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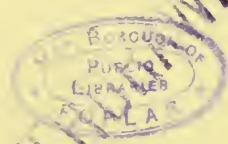
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MRS. ARTHUR WEBB'S
ECONOMICAL COOKERY

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WILLIAM



WILLIAM

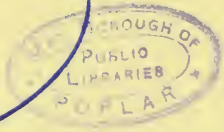
MRS. ARTHUR WEBB'S
ECONOMICAL
COOKERY

“Give me a good digestion, Lord,
And also something to digest,
Give me a healthy body, Lord.
And sense to keep it at its best.”

London

GEORGE NEWNES, LIMITED
SOUTHAMPTON STREET, STRAND, W.C.2

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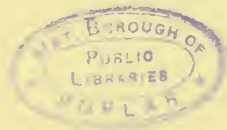


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*Here is a book to help you, not a big
tome filled with unnumbered recipes, but just
the sort of recipes which you have asked
for time and again.*



I wish to acknowledge the courtesy and generosity of the British Broadcasting Corporation in giving me permission to include in this book some of my recipes which have been given in my broadcast Talks ; and my thanks are also due to Miss Elspeth Marshall, of University College Hospital, for the special liver recipes which I hope will prove of immense value to readers in need of them.

M.E.W.

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POT ROASTS

THIS method of cooking offers itself as simple and labour-saving—economical of fuel and utensils—and suitable for town or country.

Actually, I am asking you to look upon your largest and most reliable saucepan as a meat pan and oven combined. If you are using gas, electricity, or the top of a range, it does not matter if your saucepan is not very thick.

Aluminium is perfect for the purpose, block tin even will serve, or enamel is excellent.

But for a coal fire, or a fire made with wood, or built up of turves, a thicker metal is called for—iron or hollow steel perhaps. Whatever the pan it *must* have a sound, good-fitting lid.

The choice of saucepan being selected—make a tablespoonful of dripping hot in the saucepan and all is ready for the start. Two cheap joints of meat make specially good pot roasts.

Flank of Beef

First. Flank of beef. Here is something very cheap to buy. As it lies out flat and rather tough-looking on the butcher's slab it makes little appeal to the housewife. I mean to the housewife who does not know what can be done with it. For the "pot roast" choose a piece of flank, not very fat, from 4 to 6 lb. weight. Ask the butcher to trim and bone it, and roll the meat tightly and fasten it securely with string. Put it into saucepan—allow it to simmer for 2 hours, and turn it, so that it may brown all over.

Mutton or Lamb

The best piece of mutton or lamb for a pot roast is a small piece of best or middle neck. Cook it first on one side, and then on the other, using a little dripping to start the cooking; or another way is—before cooking, score down upper skin, marking size of chops. Put in pan with a little dripping. Heat gradually for 15 minutes, then simmer top side down for half an hour. Reverse. Simmer under side for 15 minutes. Have ready small piece of pastry made with suet. Roll out to $\frac{1}{4}$ inch thick and cover upper side of meat. Score pastry down with sharp knife and baste with boiling dripping. Cook half an hour.

Other Meat

About 2 lb. of neck of veal, or a rabbit will cook as a pot roast. Or you will enjoy a small joint of pork done this way. Allow 30 minutes for each lb. of pork, and it will brown nicely if you've turned it once or twice during the process.

For pork, pieces of spare-rib, or the chump end of loin, or part of the blade bone weighing 2 to 3 lb. will make attractive meals.

Talking of small joints—have you tried a fillet from the thick end of leg of mutton? You can choose a piece not too fat. It will cost a little more per lb. of course than it would if you were purchasing the whole leg. Be generous with the dripping when pot roasting very *lean* meat, and if you are using *Colonial* meat, mutton, beef or lamb, be careful to let *heat* be applied very *gently* at first.

Remember that meat that has been *chilled* is likely to be tough if made hot *too quickly*, before the juices have a chance to flow. Home-killed meat will stand quite a lot of heat straight away, and the heat can afterwards be reduced, if necessary.

Fires and Stoves

Have you to economize and use the sitting-room fire for cooking? If you haven't a trivet for fixing to the front bars, or a metal stool for standing things on, then get three bricks, and use those to rest your saucepans and kettles on. You know the idea, half on the bricks and half on the fire. The bricks will keep the saucepans from tipping over. Bricks are jolly useful things. Three placed on the table round a gas ring are a great help. Try them with a thin sheet of metal, or a baking sheet stretched over the gas ring, and resting on the bricks, and see how many things you can keep at simmering heat with just *one* gas ring.

If gas is not available, and the small oil stove has to provide the necessary fuel heat, don't be downhearted. An ordinary oil stove with two wicks will accept responsibility for cooking excellent pot roasts.

Gammon Pot Roast

Have you tried a thick slice of ham, or a piece of hock of bacon, with baked apple slices? You'll have it again and again if you cook it like this:

Get the ham, or shoulder hock, slice cut about $\frac{1}{2}$ inch thick. Wipe it, sprinkle with flour, pepper and the merest scrap of sugar (granulated sugar will do), melt a little bacon fat in the saucepan, lay the ham in it. Cover, simmer 15 minutes on one side, then turn it and cook it 15 minutes on the other side. Have the apples sliced (not too thin—say each quarter divided once), lift the ham carefully and put the apples below in the fat, replace ham, cover with the lid and cook 10 minutes. If you can have a cabbage boiled, and well drained, cut up and covered with parsley sauce ready to serve with this pot roast, you'll enjoy what Herefordshire workers enjoyed in their orchard cottages a hundred years ago. They called this "cobbed apple bacon."

Vegetables

Another day add cooked turnips, young carrots, or broad beans to the gammon pot roast. Mint sauce—with new potatoes—or with any other vegetable—gives a pleasant flavour.

Cold Joint

It may help you to know—if flank of beef's the meat chosen for pot roast, it can be used hot one day, and cold the next. How nice it looks on the second day depends on how it was carved. Sharpen up your best knife, and cut it in smooth thin slices, right across the joint.

There will have been a lot of dripping in the saucepan in which it was cooked, let it get cold in a basin. When quite cold, remove the dark brown jelly at the bottom and melt it enough to run over the remains of the flank. You do this of course for the cold joint when you want it on the second day. This forms an appetizing glaze and makes an attractive coating. Sometimes a pinch of powdered gelatine, and a meat cube dissolved in the glaze, before applying it to the meat, gives a truly professional finish to the joint.

Pot Roasting a Fowl

Pot roasting a fowl not quite in its first youth can be *very* successful. In this case long slow simmering with a rather more liberal allowance of dripping in the pan is called for. A younger bird will be cooked in about one hour and a half. You must baste it occasionally.

If the pot roast is not quite as brown as you would like it, pour the dripping from under the meat into a basin, and put the saucepan over the heat again and the browning process will take only a few minutes. Well-made gravy

served with pot roasts makes the meal go farther and the vegetables more digestible.

Once more, think of the saucepan or pot as a little meat pan and oven combined, apply just enough heat to keep the contents cooking steadily, see that the lid fits well, and have no fear about the results. They are *sure* to be good.

ONE-POT COOKERY

HAVE you a large pot or a fish-kettle or even a very big saucepan? Whichever utensil you possess, it must have a good close-fitting lid for this type of cooking. And you need nice *earthenware* jam jars, 3-lb. size. The straight ones, the same width all the way up.

If you have straight-sided jam jars, and the right size in pots, you're in luck, for you can use oil or gas, electricity or coal, wood or coke or turf fires for your work, and, best of all, you can do it out of doors in the summer, if you've got the space.

One of the great advantages of this one-pot cookery is that quite different types of food can be put in at the same time, and will not over-cook, so long as the tops are kept *air-tight* with two or three layers of grease-proof paper tied tightly in position round each jar.

For the first attempt, choose stewed steak, potatoes, and treacle pudding.

Tasty Stew

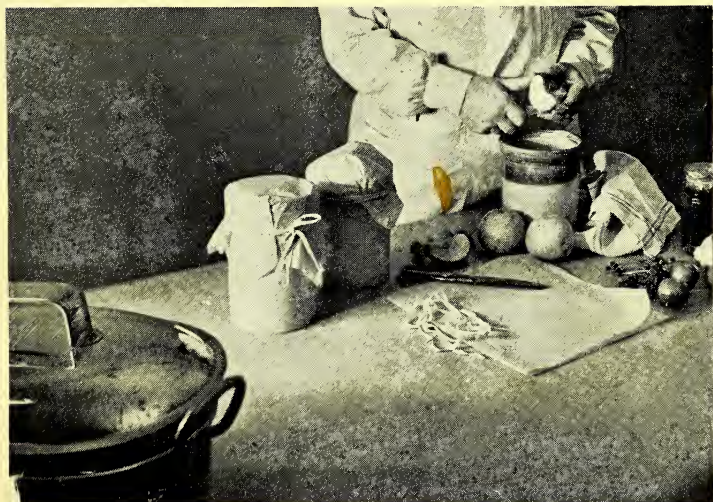
1 lb. stewing steak
1 large onion in slices
2 carrots, cut up

$\frac{1}{2}$ pint water
1 level tablespoonful flour
Pepper and salt

Fry the steak in a hot pan for 5 minutes on each side, add the onions in slices, and fry a light brown. Pepper and salt them, cut the steak in pieces, pack with the onion into a 3-lb.-size jam jar. Dredge the flour into the frying-pan, brown a little, gradually stir in the $\frac{1}{2}$ pint of hot water and



PREPARING FISH FOR COOKING : Rolling



ONE POT COOKERY



make a smooth gravy, then pour over the meat and onion in the jar, and cover with grease-proof paper tied securely.

Fill the second jar with potatoes, sprinkle in a little salt, add 4 tablespoonfuls of water. Tie on a grease-proof paper cover. The third jar will hold the pudding, so get a basin and put in :

Treacle Pudding

$\frac{1}{2}$ lb. self-raising flour	3 oz. shredded suet
1 saltspoonful salt	1 tablespoonful sugar
2 tablespoonfuls golden syrup	

Blend the ingredients, then mix with sufficient water to make a very thick batter which will just slip out of the basin when ready. Grease the jam jar thoroughly. Put in golden syrup, then the mixture. Cover with grease-proof paper—2 layers of it—and secure with strong tape.

Have the saucepan or pot ready with boiling water, which will reach half-way up the sides of the jars when all are in position.

Allow 2 hours for steaming. All the jars can be put in at the same time, and the time of cooking starts when the water in the pot is brought again to the boil. Don't remove the pot lid once, unless more boiling water has to be added from a kettle.

The Perfect Jam Roll

$\frac{1}{2}$ lb. self-raising flour	$\frac{1}{2}$ lb. jam
4 oz. chopped suet	Pinch of salt
Water	

Mix flour and salt together, add suet, then just enough water to make a firm paste. Put paste on floured board, roll out rather long and $\frac{1}{4}$ inch thick. Spread the jam over to within an inch of the edge of the paste. Moisten the

plain edge with water, roll up neatly. And—here's where you'll have to be careful. Have you got the jar well greased? Put it down on the paste-board and just coax the roly-poly in smoothly, without pushing. Is it safely inside? Tilt the jar upright, cover the top with two layers of grease-proof, tie, and put into the boiling water. Boil 2 hours. You'll love to see that roly when it comes out—a perfect shape, and *all* the jam inside.

Other Sweets

From time to time there will be fresh fruit of all kinds, good for making steamed puddings. When rhubarb is cheap, prepare 1 lb. by cutting it in bits an inch long, and sprinkle it with sugar, and just a pinch of powdered ginger. You can spread it on a suet paste and make another roly-poly. And you might try for a change, lemon curd, or marmalade.

The ingredients given for Treacle Pudding are those for making a very thick batter, and you'll be delighted with the variations in the flavour and appearance that can be secured.

Puddings from Dried Fruit

In 1 lb. of mixed dried fruit you have quite four sorts—prunes, apricots, pears, and apple-rings. Keep one sort for each pudding. Rinse the fruit in warm water—leave it soaking overnight. Drain, sprinkle each piece with a little sugar, and plop it into the thick suet batter. As dried pears, in puddings, have not a great lot of flavour, add a pinch of mixed spice to the flour beforehand.

Four puddings you can make with the different fruits.

On one day for quite a change, open a very small tin of pineapple chunks. Use the juice instead of water to mix in with the flour and suet, and then add the chunks cut small.

Stewed Liver

$\frac{1}{2}$ lb. liver
 $\frac{1}{2}$ lb. onions

$\frac{1}{2}$ lb. potatoes
3 apples

Slice the liver, chop the onions, peel and halve the potatoes, cut the apples, add pepper and salt, if you like, a little chopped sage, and a cupful of gravy. Cover and cook $1\frac{1}{2}$ hours.

Sheep's and Lambs' Hearts

Sheep's and lambs' hearts are cheap. Soak them in warm water, remove the muscular centre. Drain and stuff with bread-and-onion stuffing, or a little forcemeat. Put them in the jar with a little gravy, salt and pepper. Cover, and cook for 2 hours, for sheep's hearts, $1\frac{1}{2}$ hours for lambs'. Each jar would take two of the larger hearts or three of the smaller ones.

Do try them, they're a really satisfying meat dish.

Fish and Vegetables

Fish, such as cod, fresh haddock, etc., offer themselves as suitable for jar cookery. As for vegetables, you can make a choice from any of the root varieties; green vegetables, of course, won't come out from these covered jars quite the fresh *green* green you like, but the *flavour* will be right. Will you have the boiling water in the pot so that it comes half-way up the jars, when they're full and snugly settled in their places? Then see the lid is closely fitting. Keep the water boiling and in 2 hours, or a little less, your dinner is complete, over a gas or over oil burner, or—and this is great when an outdoor fire can be lighted—this one-pot cookery will be on its best behaviour for camp, or back-yard wood fires.

A useful Saucepan

Then there's the more modern utensil for one-pot cookery—the three- or four-tier saucepan. You've seen them lots of times. The under pan is just a water container, and in it the boiling water makes the steam which, travelling up through the other compartments, cooks whatever is in them.

In tin, or aluminium, they are splendid helps to economy—the food is well cooked, there is no waste, and as long as the water is below, you can go and do those hundred and one jobs that are calling to be done.

One small gas flame will keep a whole dinner cooking, and you need have no anxiety about it. Whichever part of the meal takes least time to cook, you should put in the top compartment, because you can shut off steam from it and stop the cooking process.

The price of these utensils varies from four shillings upwards, according to size, and you can buy them oval or round. Tin, of course, is the cheapest, but aluminium lasts longer and pays for itself in a very few months.

You can be sure of three things when you prepare meals with the one-pot cookery methods. First, a great saving in fuel ; secondly, much less anxiety about food being wasted ; and thirdly, freedom to attend to other things while dinner is cooking.

THE PACKED LUNCH FOR SCHOOL AND WORK

The School Lunch

WHAT the schoolboy or schoolgirl is to take for lunch depends upon whether they will actually have to make it their chief meal.

Fish, eggs, cheese, and milk are valuable, and can be reckoned as "meat" foods, where meat is difficult to get, or variety is desired.

Butter or dripping or suet should form some part of the meal, and fruit or fresh vegetables should have a place.

Boiled garden peas and grated cheese go well with brown bread and butter, and lettuce and a large tomato are good thirst quenchers.

Or there is potted meat or little ham rissoles or fish-cakes, all simple to prepare and very appetizing.

Radishes, spring onions, apples, give the schoolboy or schoolgirl something to bite and chew.

Bananas sliced lengthways and fried, sprinkled with sugar, and allowed to cool, make a good sweet filling for sandwiches.

Figs put through the mincer and mixed with minced peanuts will form a paste to lay on bread and butter.

Cooked prunes, well-drained from moisture, and cut small, go well with cheese sliced or grated.

That small piece of ham-like lean on the end of cheap bacon flank, when boiled, will provide 6 oz. of delicious sandwich filling, or, if minced, will make half a dozen tasty rissoles in place of other meat.

Half a pint of boiled milk should be arranged for at school each morning. Do your children like dates and raisins?

A small lunch may consist of chopped-nut sandwiches, apple, lemonade. Pea-nuts are cheap : 2 oz. of them fried for 5 minutes in a teaspoonful of salted butter made hot in a saucepan are easily chopped when cold. Spread the butter on 4 rounds of wholemeal bread, sprinkle the chopped nuts over the slices, and make into sandwiches. 1 pint of lemonade is heavy to carry, so strain the juice of a lemon into a small bottle ; then sugar also can be taken ready to mix with water at the school.

Surrey Pastry

Roll out a piece of short pastry, and cut into 4-inch-square pieces about $\frac{1}{4}$ of an inch thick. Cut 2 slices of streaky bacon into tiny dice ; pepper. Add half a ripe tomato, salt, wet the edges of the pastry, cover with a second piece, pinch the edges together, bake for $\frac{1}{2}$ an hour. Lettuce and an orange round off this little lunch.

Pudding-Cake-Sandwich

Have you any cold plum pudding? If it is fairly rich with fruit, put slices $\frac{1}{2}$ an inch thick on a square of simple dripping pastry, and another pastry square on the top. Brush over lightly with water, and sprinkle on a pinch of white sugar. Bake for 20 minutes in a hot oven. Fruit cake can be used for the same purpose in the same way.

The Worker's Lunch

What shall be put in the attaché cases that contain lunches for office and factory, for farm and works?

Cold fried-bacon rashers, laid between brown bread and butter with watercress and a scrap of mint, take only a few minutes to prepare.

Dripping, in the proportion of 4 oz. to $\frac{1}{2}$ a lb. of self-raising flour, is easy to make into thin pastry to line the small basin for meat puddings, or cover the little dish containing the meat or fruit pie.

By the way, when making meat pies to be carried some distance, you will find it safer actually to line the little pie dish with pastry and so surround the meat or fruit or other filling.

Cook the meat before making the pie, and cut it into small pieces. 6 oz. of meat with 3 or 4 sliced potatoes, and 2 small onions or tomatoes, all stewed lightly together with a little water and seasoning, and covered in a pastry-lined dish, taste very good. Bake for 40 minutes.

Fish or meat puddings baked in small dishes, dried fruit and bread puddings, with little jars of custard, are light to carry, and cheese, biscuits, and an orange, make a good finish.

Small meat puddings are more savoury if the meat is cut small, rolled in flour, and put in uncooked with chopped onion and other vegetables, and $\frac{1}{2}$ a cup of water and seasoning. Even a small meat pudding should be boiled or steamed for 2 hours.

Suggestions for Sandwich Fillings

Very thin slices of bread are not necessary nor are they economical for use in preparing sandwiches for a fairly satisfying midday meal.

Sometimes you will find it better just to soften the butter and cream it in with the other ingredients.

Haricot beans well boiled, mixed with a tablespoonful of minced and seasoned meat, make an excellent filling.

Horseradish, scraped into tiny shreds and slightly salted, will blend with the butter for spreading on sandwich bread.

Sardine butter, too, is quickly prepared : bone and remove the tails from 4 sardines, mash them into the butter, with just a sprinkle of vinegar and pepper. Spread thick on the bread.

Lettuce, onions, radishes, endive, parsley finely chopped, uncooked white heart of cabbage, are each useful in the different seasons of the year, giving real vitamin value to the contents of the lunch basket.

Do you keep a jar with eggs in vinegar pickle by you for emergency lunches? See p. 144 for pickled eggs.

Minced bacon, sprinkled with lemon juice, and a smear of mustard, makes a good sandwich filling.

Little sausages cooked, skinned, and cut lengthways and put into buttered bridge rolls or into slices of fresh bread. Remember mustard, if liked.

Cream cheese, if you have it, or little packet cheeses, mashed with chopped green tops of onions or chives, make other tasty fillings.

Little oddments of pastry formed into turnovers, can be filled with cooked meat or fish, stewed mushrooms, shelled shrimps or prawns, or, nice as anything, cheese, then fried or baked.

A small piece of cooked liver run through the mincer seasoned with pepper, salt, and nutmeg, and mixed with fine breadcrumbs or a little mashed potato, makes a savoury paste for a number of sandwiches.

There are plain water or sweet biscuits. Put in between them raspberry jam or marmalade with a little cream cheese in wafer slices.

Use a mincer for chopping dates, figs, and stoned prunes for sandwich pastes. Dried fruits minced are delicious on *brown bread* with tiny slices of cheese on top.

Inviting Variety

Concerning these sandwiches for the lunch-bag, there is no need to have a stodgy square shape always. The same bread, the same filling, the same butter, may take on fresh attraction if one day they are oblong, another day triangle and still another time in rounds. Brown bread instead of white, milk loaf, soda bread, malt bread, raisin bread, will offer them-

selves as variations. Cheese can be sprinkled with nuts or with raisins, or with chopped apples or dates, and, if nothing else serves, go to your cupboard, find a fig, date, a few raisins, and see how good they are chopped with a few nuts, especially if you moisten the mixture with a sprinkling of orange or lemon juice.

Meat and Fish Pastes

Meat and fish pastes such as salmon, anchovy, ham, chicken, have their uses ; but if you have to buy either of these, get a small jar only and use it up quickly, for no paste is ever quite so good after it has been exposed to the air for a day or two.

Coveted Cupfuls

In the special little cup which you keep for the lunch bag, one day put a fruit salad (you can vary this in a hundred ways) ; another time little puddings, sweet or savoury, and sometimes jellies. See that they are a different colour and different flavour if served more than once a week. Custards made firm also lend themselves as cupfuls. Always keep ready the cup and a spoon and a fork as well, and each day will suggest something for the morrow.

Sandwich Shaker

Keep handy a cheap little pepper-pot with this mixture :

3 parts fine salt

1 part white pepper

Mix together thoroughly in a bit of paper before placing in pot. This mixture is in about the right proportion for sandwiches, or cold picnic dishes.

Stuffed Eggs

Here you have a chance of using up any trifles of mince meat, or any pieces of shredded cooked fish, dried or fresh, tomatoes, grated cheese, and perhaps tastiest of all, a small mushroom or two cooked and cut into slices. You will not care about adding chopped onion perhaps for the office lunch, but just a spot or two of onion juice squeezed out from a freshly cut good large onion, gives just the right flavour to several little fillings for stuffed eggs.

Sweet Biscuits

If you want a little sweet something for the office or school lunch, try thin biscuits, only slightly sweetened ones, and spread them with the merest layer of honey sprinkled over with chopped nuts, and then press two biscuits together. You may like to vary the nut ration one day with chopped raisins.

Tomato and Cheese Paste

This is very simply made with 1 new-laid egg, 3 to 4 oz. of grated cheese, 1 teacupful of pulped tomato, a little pepper, salt and butter. The tomatoes are first simmered down, then strained to free of skins and seeds. The pulp is returned to the saucepan, the pepper, salt and a little butter added, and when quite hot again, the new laid egg is stirred in and care is taken to continue the stirring while the mixture comes to simmer again and thickens. It should then be placed in hot jars and a little melted butter put on top. This is delicious for sandwiches and keeps good nearly a week.

THE SALAD MEAL

A SALAD can provide the main dish, if you realize that there is a host of possibilities beyond lettuce and tomatoes. You can mix into a salad any fruit, meat, fish, egg, or vegetables, that will go with lemon or vinegar, sugar, oil, and salt.

Cheese and Date Salad

1 lb. stoned dates	$\frac{1}{2}$ lb. cheese
2 lettuce	1 tablespoonful salad-oil
1 teaspoonful lemon juice	

Grate the cheese, sprinkle with pepper, add 1 tablespoonful of milk, and mix with 2 teaspoonfuls of salad-oil. Beat into a creamy mixture. Dip the prepared lettuce into the rest of the oil and lemon juice. Stuff the dates with the cheese mixture, and arrange in little mounds on the lettuce leaves. Serve with salad-dressing.

Potato and Shrimp Salad

1 $\frac{1}{2}$ lb. cooked new potatoes	1 doz. <i>red</i> turnip radishes
1 tablespoonful olive-oil	1 pint shrimps
1 tablespoonful vinegar	a handful of cress or watercress
4 hard-boiled eggs	2 tablespoonfuls salad-dressing

Mix the olive-oil and vinegar with pepper and salt to taste on a plate. Have the potatoes cut into tiny squares rolled in the mixture, and then put them into the salad bowl, making them into a mound in the centre. Place the cress

or watercress round, and decorate with slices of egg and red radishes. Put the shrimps in tiny heaps between. Pour the dressing over the potatoes.

This salad may be varied with small pieces of white pork meat, scraps of chicken, or white fish. Or portions of tinned salmon freed of skin and bone will find a welcome in this mixed salad.

Southern Salad

1½ lb. mixed vegetables (cooked and cold) (carrots, peas, French beans, potatoes, turnips)	1 small onion, chopped
2 apples	¼ lb. ham
	1 tablespoonful grated cheese
	2 hard-boiled eggs
	2 tomatoes
2 tablespoonfuls	salad-dressing

Cut the potatoes and turnips into dice. Cut the beans and apples into thin slices. Add the peas, and then the onion and ham chopped small. Pepper and salt to taste. Mix all together with the dressing. Pile into a bowl, and decorate with slices of egg and tomato.

Flower Salad

2 lettuce	9 nasturtium leaves
¼ lb. chopped nuts	9 nasturtium blossoms
9 nasturtium seeds (pickled)	3 tablespoonfuls salad-dressing

Pull the outer leaves of the lettuce to pieces after washing and drying them. Arrange in a shallow bowl. Then tear into narrow strips the nasturtium leaves and the hearts of lettuce, and mix them. Strain the seeds from the pickling vinegar, and add to the chopped nuts. Pile in little heaps, add the lettuce mixture, and pour on the dressing. Place the nasturtium blossoms between the tiny piles of nuts and seeds, and serve at once.

Flemish Salad Dressing

Here is a simple way to make salad-dressing which will keep if closely stoppered.

$\frac{1}{2}$ teaspoonful salt	5 tablespoonfuls salad-oil
1 saltspoonful pepper, white	2 tablespoonfuls vinegar

Add the oil slowly to the vinegar, and mix thoroughly before using.

Apple and Tomato Twins

1 lb. ripe, firm tomatoes	1 lb. good eating apples
---------------------------	--------------------------

Skin tomatoes, cut into quarters. Peel and core and quarter the apples. Put the fruits into a salad bowl, sprinkle with 1 teaspoonful white sugar and the merest pinch of salt. Pour on 2 tablespoonfuls salad-dressing and serve at once.

Potato Winter Salad

2 lb. cooked potatoes	$\frac{1}{2}$ cupful celery
1 cupful cooked carrot	2 tablespoonfuls pickled cabbage
	1 onion

Cut the potato in dice-shaped pieces ; grate the carrot and onion ; shred the celery. Mix well together with a little salad-dressing. Pile in the centre of a dish. Decorate with strips of red cabbage.

Salad Dressing

If you're using oil, let it be a really good salad oil. Don't grudge a simple little home-made salad-dressing. Well blended, the ingredients in a dressing actually add to the food value of the salad, and make it more digestible. Here

is a cheap but very tasty dressing, which will keep for weeks if bottled and corked firmly. Take the yolk from a hard-boiled egg, mash it fine in a basin, add 1 teaspoonful of mustard, 1 teaspoonful of white sugar, $\frac{1}{2}$ teaspoonful of salt, mix thoroughly, then add very gradually $\frac{1}{2}$ teacupful of vinegar, 1 teacupful of milk, and 1 tablespoonful of salad-oil; stir slowly while these ingredients are being added. Leave for 1 hour, then bottle. You can vary this dressing if you like by mixing in 2 tablespoonfuls of finely mashed potato, and a generous pinch of pepper, and half a teaspoonful of grated horseradish.

Never pour a dressing on to a salad until the last moment before sending it to table, otherwise it will look a poor sodden affair no matter how carefully you may have prepared it.

Fish with Salad

Fish is good cold, but always flake it well. Actually fresh or dried haddock makes one of the tastiest additions to a salad meal. You can bake it for 20 minutes in the oven, or cover it with water in the frying-pan and simmer it for 20 minutes. Whichever you choose see that the fish is thoroughly cooked through. Remove the bones while hot, and divide the fish into flakes. Sprinkle a little pepper, and leave to become quite cold. Allow a heaped tablespoonful of fish for each person. Serve with lettuce, tomato and cold new potatoes.

If you are using a tin of salmon instead of the flaked white fish just turn the salmon out of the tin—*immediately it is opened*—put it on a plate, and remove every scrap of skin and bone, and, before using, drain free of any liquid. Divide into flakes before serving. Salmon, as you remember, is such a solid fish that in a piece it looks nothing, whereas when

you've flaked it it appears three times as much. Besides it's much more digestible if it is divided and not eaten in large pieces.

Meat with Salad

You may have a little mutton or lamb, beef or veal or pork, or bacon or rabbit or tongue, left over. Trim off neat pieces if you can, pieces free from fat or skin. Or perhaps you had better put the meat through a mincer, then you can serve it straight away in little piles in the salad ; or season it with pepper and salt, a little parsley, perhaps a few bread raspings. Then divide ripe tomatoes in halves, scoop them out and mix the pulp with the minced meat and replace in the tomatoes, ready for the salad. Or, cut hard-boiled eggs lengthwise, mix the yolks with the meat, and stuff the eggs with the mixture, then add those to the salad bowl. Sausages fried, and left until quite cold, are good eating with lettuce and other salad ingredients. Eggs which have been pickled in vinegar are ready on the instant.

Eggs with Salad

If you must have, as part of your salad meals, fish or meat or meat substitutes, you can make good use of eggs, whole or sliced, or mixed with other things. Boil the eggs for 15 minutes, if they're quite, quite fresh—as they should be. Put them into cold water, and remove the shells carefully. Cut them in thick slices and put a dab of chutney on each slice. Another time grate a small onion, and add that to the egg slices before piling up on the rest of the salad. Have you tried poached eggs served cold? Boil water in a saucepan, add 1 tablespoonful of vinegar and a saltspoonful of salt. Break the egg into a cup, then slip it gently into the boiling water ; cook gently for 3 minutes ; drain carefully. When cold serve instead of hard-boiled eggs.

Cheese with Salad

Then cheese grated or sliced, or in neat cubes, is of great value in the salad meal. Allow 2 oz. per person, and with plenty of lettuce, tomatoes, cress, a few radishes or a little beetroot, it is a satisfying food.

Vegetables with Salad

Left-over vegetables, small portions of beans, peas, carrots, cauliflower, cabbage, mixed with a few pickled onions, chopped small, lend themselves to a mixed salad. Potatoes offer a more substantial contribution to the salad meal. You can use cold mashed potato if you like, but instead of butter use a tablespoonful of oil to smooth them. Fresh young onions cut into thin rings may be mixed with the potatoes. Then when you send the salad to table decorate the top with beetroot, little heaps of cooked peas, or grated raw carrot.

Have you tried a simple Russian salad with potatoes as the chief ingredient?

Russian Salad

Take—

1 lb. cold new potatoes	2 apples
$\frac{1}{2}$ lb. mixed peas, beans and carrots	1 onion

Cut the potatoes, apples and carrots into cubes, slice the beans and onion. Put all in a dish, cover it with salad-dressing and see everything is well mixed. Serve with plenty of lettuce or cabbage. Yes! I mean *cabbage*; for this imitation Russian salad goes well with the tender centre of a nice young cabbage. You do not need to cook the cabbage. Choose one with a firm heart, then shred it finely or pull into small

pieces. It's quite an excellent substitute for lettuce in many of the mixed salads.

Cauliflower heads, cooked or uncooked, are delicious. Try them one day with tomatoes, a small grated raw onion, and beetroot, dressed with oil and vinegar. Carrots again, raw or cooked, need never be wasted. Raw, they may be grated or sliced and added to lettuce ; they increase the food value of the meal and are easily prepared. Besides, they are pretty and are attractive in the cucumber, egg and vegetable salad.

Cooked macaroni, or well-cooked rice, or spaghetti, carefully drained and mixed with salad-dressing, will prove appetizing. These useful and economical foods can be served with beetroot, tomatoes, lettuce, onion, cucumber, carrot, cheese or pickled gherkins. But each is especially good with tomato and lettuce.

Do you have garlic in your kitchen? It's wonderful for certain salads. I am not asking you to mix it *into* the salad, but cut a garlic and rub a tiny bit round your salad bowl before putting in the mixture you have chosen. It gives a flavour no mere onion can.

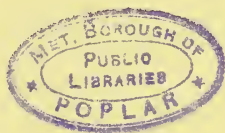
Sugar should not be left out of the reckoning when you're making a salad ; half a teaspoonful scattered over lettuce, tomato, or mixed vegetables will find approval.

Nuts and Fruit with Salad

Nuts you may serve as a meat substitute ; but run them through the mincer if you can, just before the salad is to be eaten. Nuts blend well with young leaves of celery, or with heart of celery cut small. And nuts are an advantage if you are serving apples, pears or bananas as part of the salad meal.

You do know, don't you, that you can mix in that salad bowl of yours oranges, gooseberries, cooked prunes (they go with cheese remember), dates, raisins, plums, broad beans,

runner beans, young turnips, parsley, mint leaves, chervil. But there, you make up your mind that you'll concoct a different salad every time and never once be extravagant. Go and see what left-overs you have now, and use those to work magic in the salad bowl.



CHEESE FOR CHOICE

Cheese Custard

$\frac{1}{2}$ lb. grated cheese	1 pint milk
$\frac{1}{2}$ lb. breadcrumbs	1 egg
Pepper, salt, and nutmeg, to taste	

INTO a basin put the breadcrumbs, cheese, and seasoning. Mix together. Boil the milk and stir into the other ingredients. Allow to cool. Add the egg beaten. Grease a pie dish, and pour the mixture in. Cook for $\frac{1}{2}$ an hour. The top must be a light brown.

Fried Savoury Sandwiches

Cut some thin slices of stale bread. Spread a little butter on each slice. Sprinkle with grated cheese. Season with pepper. Press into sandwiches, dip quickly into cold milk. Drain. Fry a golden brown. Put on hot plates, and serve with a dab of chutney on each sandwich.

Cheese and Potato Flats

3 tablespoonfuls grated cheese	1 teaspoonful baking-powder
6 tablespoonfuls potatoes	2 oz. margarine or dripping
6 tablespoonfuls flour	Salt, pepper, water

Cook the potatoes, mash them free from lumps, allow them to get cold. Place them in a basin, and quickly make into pastry with the grated cheese, flour, baking-powder, salt, and

margarine and a little water. Roll the pastry on a well-floured board to $\frac{1}{4}$ inch thick. Cut into rounds with the edge of a tumbler. Bake for 20 minutes on a well-greased pan.

Small rashers of streaky bacon served on the flats make a more satisfying meal, or herrings rubbed over with salted flour can be baked at the same time in another pan, and sent to table with the flats. A dab of mustard is an improvement to the herrings.

Cheese and Celery Pie

2 sticks celery
1 oz. butter

1 teacupful grated cheese
 $\frac{1}{2}$ pint white sauce
Salt and pepper

Clean celery, cut into 2-inch lengths, boil till tender in salted water. Make white sauce, stir in grated cheese, pepper and salt. Drain celery thoroughly, put in pie dish, cover with sauce, put butter in dabs. Bake $\frac{1}{2}$ an hour.

It will improve the appearance of the pie if you keep back a spoonful of the grated cheese and scatter over the top to brown for the last few minutes.

You know how to make the white sauce, with milk and flour; but don't make it too thick, or you'll have to add a little extra milk to the pie when you start baking it.

Cheese and Savouries

Also with white sauce you can blend finely grated cheese and once you've got into the habit of making a good cheese sauce, you can make a variety of economical and savoury dishes with its help. Cauliflower, boiled until tender, well drained, and then covered with cheese sauce and baked in a pie dish for a few minutes is attractive. Then well-cooked carrots, or parsnips, or swedes, or leeks, lend themselves in turn to tasty cheese and vegetable pies.

For many savouries it is necessary to have cheese grated ; and I don't want you to think this a bother, it's an economy. You can rub down on the grater small oddments of cheese that might otherwise go dry ; once grated, and stored in a little paper bag or in a glass jar covered with paper, you have it ready to hand without further trouble. Besides, grated cheese is definitely more digestible than in slices. And if you make it a practice to keep some near you, as well as a supply of bread raspings, you'll be in luck's way a dozen times during the year.

Spanish Nests

These appeal to those who like onions.

4 large onions
4 tablespoofuls grated cheese

Pepper and salt
1 spoonful butter

Boil onions until nearly done, remove centre, fill hollows with cheese ; put in oven, dot over with bits of butter, pepper and salt. Bake 15 minutes. This is a substantial dish served with boiled rice.

Novel Fried Rolls

Of course you know how to make Macaroni Cheese? Occasionally use spaghetti instead of macaroni. I think it's nicer.

Then sometimes look round and see in your cupboard if there is anything else that will agree to keep company with cheese. Sago or semolina, the very small seed tapioca, or perhaps oatmeal ; yes, or even rolled oats ; boiled in salted water until thoroughly cooked and very thick, will help you. Whichever it is, turn it out on to a shallow dish and let it get quite cold, then cut it in slices $\frac{1}{4}$ inch thick ; roll each slice in grated cheese—don't forget a little pepper—and fry them in dripping boiling hot.

Bean and Cheese Cutlets

Butter beans, haricot beans, and lentils have wonderful food value when the weather sets in cold. They need soaking overnight, remember, and long boiling to make them tender. They're worth taking a little trouble over. *They* also blend with cheese, for lentils or beans, when cold, can be mixed with grated cheese, shaped into cutlets, dipped in egg and breadcrumbs or a little batter, and fried lightly.

Cheese Straws

1 teacupful flour	1 teacupful grated cheese
1 teacupful fine breadcrumbs	2 oz. butter
Liberal pinch of salt	

Rub the butter into flour, mix in other ingredients, add *just enough* water to form paste. Roll thin, cut into narrow strips, twist each strip, put on greased pan ; bake in moderate oven 10 minutes.

A scrap of cayenne pepper is an improvement to the flavour.

POTATO SURPRISES

YEARS ago potatoes baked by the great open fires on the low hearths were known as Potato Flinders. Nowadays you can cook Flinders for yourself if you have an open fire. Put them down under the bars of your grate, but do not choose very large or clumsy-shaped ones, medium-sized, smooth-skinned ones will cook much more quickly. And scrub each potato thoroughly first and then you will love the crisp brown skin as well as the floury centre.

Of course you may prefer potatoes baked in the oven. If so, don't forget to cut just a wee bit off each end—the potatoes cook more quickly and are better flavoured.

Stuffed Potatoes

You can vary these by one day scooping out a little of the insides after cooking, and filling up the hollows with minced meat, flaked cooked fish, grated cheese, or boiled onion or carrot chopped fine, or stewed tomato, or hard-boiled egg. It's better to have the stuffing made hot before packing into the potatoes. Pepper, salt and a scrap of butter or dripping make all the difference to the taste. One hour in a moderate oven will be sufficient to bake quite large potatoes, but don't forget the bit off each end.

One day try a spoonful of chutney as the stuffing, or two small pickled onions.

I think that potatoes are such neighbourly things—always ready to help eke out the meal and make the simplest scraps look more.

If you want to use mashed potatoes, beat them to a mash while quite hot. A few spoonfuls of warm milk will help to make them smooth. Freshly cooked you can serve them as a vegetable, or you can let them cool and make Potato Rounders. This you'll find a great game with endless variations—mashed potato magic.

Potato Rounders

Be careful the mash is not *too* moist. Turn it on to a well-floured pasteboard. Have ready the other ingredients. What ingredients? Well, let's see. . . . Do you want savoury or sweet rounders? Because that mashed potato will cover roast apples, or hard-boiled eggs, or steamed onions, or sausage meat. Just roll the potato round. Or you can make neat balls, and these potato rounders will be equally good if you bake and baste them in the oven, or fry them in fat in the pan.

Potato Pie Crust

Mashed potato with a little flour dredged on it and rolled out $\frac{1}{2}$ inch thick makes an excellent substitute for pastry for rabbit pie.

If you are cooking the Welsh potato cakes, you'll find you can vary the flavour by using a little finely chopped candied peel or a pinch of spice. Or you can omit any fruit and spread the cakes with a little golden syrup when they are sent to table.

Welsh Potato Cakes

1 lb. boiled potatoes	1 egg yolk
1 oz. butter	$\frac{1}{2}$ small cupful milk
$\frac{1}{4}$ lb. flour	1 tablespoonful sugar

Pinch of salt

Boil the potatoes, mash them thoroughly—or, better still, rub them through a sieve. Add the flour, salt, sugar, and butter. Mix the egg yolk with the milk. Beat well into the potato mixture. Flour a pasteboard, turn the paste on to it, press out about $\frac{1}{2}$ inch thick. Cut in rounds with a glass tumbler, and fry a golden brown on both sides. A few currants or seedless raisins are sometimes used for these cakes to give them additional spiciness.

Potato Custard

Take 1 lb. mashed potatoes, beat to a batter with $\frac{1}{2}$ pint of milk and 1 egg. Add 2 tablespoonfuls of sugar and a scrap of lemon peel. Turn into a pie dish and bake 20 minutes. One day you could slice an apple into this custard, or perhaps add a few stoned raisins, or cooked prunes.

Potato Pancakes

1 lb. potatoes	2 eggs
1 breakfastcup of flour	Milk, salt, sugar

Clean and peel the potatoes—grate them very small—soak in cold water, then strain, and dry carefully in cloth, mix with flour and salt to taste. Mix in eggs well beaten and a little milk. Have a small amount of dripping very hot in saucepan—put in $\frac{1}{2}$ teacupful of potato mixture—fry quickly—turn and brown on other side. Serve with jam or sugar. Remem-

ber these pancakes are best made with *raw* potatoes rubbed down on the grater.

Very savoury pancakes are produced if you add a spoonful of finely grated cheese, or a tiny scrap of grated onion to the mixture, and use pepper instead of sugar as a finish.

Potato Chicken

2 lb. potatoes	1 oz. suet
1 oz. butter	$\frac{1}{2}$ teaspoonful mixed herbs
1 cupful breadcrumbs	1 pint bread sauce
Seasoning	

Cook the potatoes, drain thoroughly, mash them with a spoonful of butter and a little warm milk. Have a greased pie dish smeared with a little butter. Press the potatoes in as a lining $\frac{1}{2}$ inch thick. Make a forcemeat with a finely crumbed bread, chopped parsley and thyme, suet, pepper, salt, nutmeg, and a little lemon juice. Bind with an egg, form into little balls and fry for 10 minutes in boiling fat. Drain and lay the balls in the dish with the potato lining.

Have ready about a pint of good bread sauce. Pour it over the forcemeat and bake in a moderate oven 20 minutes.

Two small rashers of bacon, cut in tiny dice, if preferred, can be added and cooked for the last 5 minutes.

And about the water from boiling potatoes—you'll want *that* for soups, so please don't forget and throw it away. It's more valuable than it looks.

We certainly owe thanks to potatoes. But you won't overwork them. Give them a rest sometimes, and cook some of the dozen other vegetables that are available.

MAKING USE OF APPLES AND TOMATOES

APPLES have great food value—and at certain times of the year they are usually plentiful and cheap. Sometimes—to the garden- or orchard-owner—they are embarrassingly plentiful. Especially those of non-keeping varieties which must be used quickly.

My Quick Apple Batter

2 large cooking apples
 $\frac{1}{2}$ lb. self-raising flour
3 oz. shredded suet

2 tablespoonfuls of sugar
Pinch of salt
Water

Peel and core the apples and cut into small pieces. Blend flour, suet, salt, and sugar together with enough water to make a thick batter. Grease large pudding basin. Turn in mixture—cover with greaseproof paper. Steam for 2 hours. This makes an appetizing pudding and it should not take you more than 10 minutes to make.

Baked Apple Batter

1 cupful of flour
 $\frac{3}{4}$ pint milk

1 egg
Pinch of salt

4 apples

Beat egg and milk and flour and salt together until smooth. Cut apples in thick slices. Grease pie dish. Put in batter, then the apple slices. Bake for $\frac{3}{4}$ hour.

You can serve this as a sweet pudding, with sugar, or you can cook a few pieces of bacon on the top for the last 5 minutes and so make it the meat course.

Apples lend themselves to many savoury dishes and I do hope you will remember to serve sliced apple with your breakfast bacon.

Fried in the bacon fat—just cooked for 3 minutes—apple slices are delicious. They are definitely an economy if served on a few pieces of bread, also fried in the bacon fat, because they make the bacon into something more substantial for breakfast.

You'll find that children love this bacon-dripping bread and apple—especially if a sprinkling of brown sugar is allowed on the top.

When nice quick-cooking apples are available you will be busy. Served in pies, puddings, baked and boiled dumplings, cakes, fritters and turnovers, or made into jelly and jam and chutney. Stewed as a sweet or boiled as a sauce—surely there is no end to their service. Talking about sauce—you *will* try and make some to keep through the winter?

Apple Sauce

Made just in the usual way, with apples pared and cored and cut small and stewed gently with a little sugar, a scrap of butter, a grating of nutmeg, a bit of lemon peel if you like. And then when cooked to a pulp you turn it boiling hot into clean *hot* jars and seal it at once.

Why not make it as you want it? Because you may have apples that won't keep sound and usable for more than a few weeks. Yet bottled as a sauce, they should be good for many months.

Apple Sauce and Mock Goose

Select sound cooking apples. Peel and core 1 lb., cut into slices, place in a saucepan with $\frac{1}{2}$ teacupful water, 4 oz. granulated sugar, a pinch of salt, a trifle of nutmeg grated. Put on the lid, simmer until pulped (usually about 8 minutes).

For the mock goose: Soak 1 lb. of crusts and pieces of dry bread in cold water for 1 hour, squeeze dry, beat smooth in a basin. Have ready $\frac{1}{2}$ lb. onions finely chopped, 1 teaspoonful mixed chopped sage and parsley. Mix thoroughly with the bread, add pepper and salt to taste, stir in 1 teacupful milk. Grease a pie dish, put in the mixture, add a few scraps of dripping on the top. Bake for $\frac{3}{4}$ of an hour. Serve with the apple sauce and, if liked, some brown gravy.

It's easy enough to dry apples for the winter. Here are directions for

Dried Apple Rings

Choose cooking apples. Peel carefully; use a corer and drive it down through the apple and remove each core in one piece. Cut the apple in slices, about five slices to the inch. Thread the slices on to short canes. This is quite simple, you just push the canes through the holes in the centre of the rings. Take out your oven shelves and put in the canes, letting them rest from ledge to ledge across the oven. The apples will need the gentlest heat, and they will be done ready to store when, upon being broken and pressed, no moisture shows.

To keep the apples a good colour, have beside you when peeling and coring and slicing the fruit, a basin containing a quart of cold water in which 2 teaspoonfuls of salt have been dissolved. Keep the slices under water with a plate until you have enough to put on a cane. Rinse and wipe them first.

You should have good cooking apples for this simple

Apple Charlotte

1½ lb. apples	4 oz. chopped suet
1 breakfastcupful breadcrumbs	4 oz. Demerara sugar
½ lemon rind grated	

Peel, core, and cut the apples into thick slices. Stew until pulped. Grease a pie dish, and sprinkle on 2 tablespoonfuls of the breadcrumbs (brown bread is especially good for this purpose), mix together the rest of the crumbs, suet, sugar, and lemon rind. Fill up the pie dish with apples and crumb mixture in layers. Let the last layer be crumb. Dot with scraps of butter (1 teaspoonful butter is sufficient). Cover with 2 sheets grease-proof paper, bake for 1 hour. To serve, turn out on to a hot dish.

It's rather curious, I think, but actually tomatoes may be cooked in similar ways to apples and be uncommonly good. Try them in place of the apples in the two batters, one stewed and the other baked. You won't want *quite* so much sugar as with apples, but don't grudge one teaspoonful for tomatoes—it improves their flavour.

Tomato Pudding

Here is a tasty and cheap tomato pudding. Grease a basin, line it with thin suet crust, fill it with 1 lb. of ripe tomatoes cut in slices, 1 lb. of potatoes peeled and sliced, 2 onions, sliced; sprinkle on pepper, salt and a little sugar; add ½ teacupful of cold water, cover with pastry lid, then grease-proof paper, steam 2 hours.

Of course you'll remove the skin from the tomatoes before putting them in the pudding. The easiest way is just to plunge them for one minute in boiling water, then into cold, then the skin comes off without any waste or trouble.

You can vary the pudding from time to time by putting in a few ounces of bacon or meat or rabbit or fish before the pastry lid is put on. One day cut up an apple, mix with $\frac{1}{2}$ teaspoonful of chopped sage and add to the pudding.

Tomatoes, like apples, are helpful company in the kitchen. They offer themselves for jam, jelly, chutney, pickle. They are good for sauce and soup, and here is a recipe for

Tomato Crisps

1 lb. tomatoes	1 teaspoonful sugar
1 egg	Pinch of salt, pepper to taste
$\frac{1}{2}$ teacupful flour	2 tablespoonfuls water
1 saltspoonful bicarbonate of soda	

Skin and chop and season the tomatoes, dissolve the bicarbonate of soda in the water, beat the egg, mix all the ingredients together, and stir until smooth. Drop in spoonfuls into deep fat in frying-pan. Fry quickly to a crisp brown, and serve very hot.

CAKES AND COOKIES

BEFORE starting cake making, have everything ready to hand. Many a good cake has been spoiled in the baking owing to delay caused by having to prepare materials.

If poor flour, or tainted fat is used in cake making, it will give an unpleasant flavour, and the mixture will not rise as it should.

If cake mixture is beaten *after* the flour is added it is apt to become a little close and heavy. The beating should be done before the flour is put in.

If the oven is not sufficiently hot when fruit cakes are put into it, the fruit has a tendency to sink to the bottom, and give a very unequal appearance to the cake when cut.

If the oven is maintained at too great a heat, the outside crust of big cakes will become hard and dry, while the inside may not be even cooked.

For small cakes, ovens are usually made hot, otherwise the cakes are inclined to be stodgy. The smaller the cakes are, the shorter time they take to cook, of course.

Shrewsbury Cakes

$\frac{1}{2}$ lb. flour	3 oz. castor-sugar
2 oz. currants	3 oz. butter
Milk, 1 egg yolk, pinch of salt	

Rub flour and butter together until fine as breadcrumbs. Add currants and sugar. Mix to a paste with a very little milk and beaten egg yolk. Roll very thin. Cut into rounds. Bake in very moderate oven 10 to 15 minutes. Take care to have the baking sheet greased before the slender cakes are

laid on it. And you can cut out with a round pastry cutter with a fancy edge, or you can easily crimp them between finger and thumb. The flavour can be varied with a pinch of cinnamon, or ginger, or a few caraway seeds.

When the flat cakes come from the oven they must be dusted over with castor sugar.

Talking about sugar—do you ever dry strips of orange peel or lemon peel in the oven and then slip them into separate jars and fill up the jars with sugar. What for? Well, just think how easily and cheaply you get your puddings or cakes flavoured with orange or lemon by using this sugar. Dried peel covered with sugar and kept in jars sealed down tight, gives a delicious flavour and is always ready to use.

A broken stick of cinnamon, or a vanilla pod, can be pushed down into sugar jars, the same way. Just ordinary jam jars, if you like, and greaseproof paper tops fastened down closely with rubber bands.

Speaking of greaseproof paper reminds me that you might like to try a

Saucepan Cake

$\frac{1}{2}$ lb. flour	4 oz. sultanas
4 oz. castor sugar	1 teaspoonful baking powder
4 oz. margarine	1 egg, milk, pinch of salt

Beat margarine and sugar together to a cream, then the egg well beaten. Mix well, then add flour and baking powder, salt and a little milk and sultanas.

Turn into a well-greased tin and cover with two thicknesses of greaseproof paper, tied very tight.

A saucepan, with a good fitting lid, must be ready. And in the saucepan must be a cake tin, or basin, and 3 or 4 inches deep of boiling water.

You see the idea. The cake just made, is to stand on something to keep it above the water: placed safely in the

saucepan and the lid on, with the water *boiling* below it, that cake will take $1\frac{1}{2}$ hours to cook.

So don't forget you can steam a plain cake quite well in a saucepan, or in a steamer, allowing 1 hour per lb. of mixture. But don't try a large cake this way. That's better done in the oven.

Because the outside will look rather pale, make it more attractive with this

Glacé Icing

8 oz. icing sugar

4 tablespoonfuls boiling water

Crush sugar free from lumps. Add water and mix well. Pour over cake and cover smoothly. Leave in warm kitchen to set.

Do you test your cakes by thrusting down a skewer or knitting needle to see if they're done?

Well, never make the mistake of putting in *cold* steel. Make knitting needle or skewer *quite hot*, first. Another don't—never slam the oven door when cake or pastry are inside. If you do, expect to find them heavy—they will be.

Boiled Cake

2 cupfuls each of hot water and brown sugar

2 tablespoonfuls of margarine or lard

$3\frac{1}{2}$ cupfuls of flour

1 teaspoonful each of salt and carbonate of soda

Cupful of seedless raisins

Cupful of sultanas

Teaspoonful of ground cinnamon

$\frac{1}{2}$ teaspoonful ginger (ground)

Boil together the sugar, water, margarine, salt, fruit and spices for 5 minutes. When cold, add flour, carbonate of soda dissolved in a teaspoonful of hot water. Bake in a sharp oven.

Welsh Flats

$\frac{1}{2}$ lb. flour	1 tablespoonful currants
4 oz. butter	1 egg
4 oz. castor sugar	$\frac{1}{2}$ tablespoonful baking-powder
$\frac{1}{2}$ tablespoonful lemon juice	

Beat the egg, then beat the sugar and butter to a cream ; add the egg and the lemon juice. Then stir in the flour and baking-powder and currants. Flour a board ; roll out the dough $\frac{1}{4}$ inch thick ; cut into rounds with a tumbler ; pinch up the edges ; sprinkle on a little sugar. Bake on a greased pan in a moderate oven for 15 minutes.

Cottage Tea-Cakes

1 lb. flour	$\frac{1}{2}$ pint milk, fresh or sour
6 oz. margarine or butter	Pinch of salt
2 teaspoonfuls (level) baking-powder	1 tablespoonful sugar

Put the flour into a large basin with the salt and the sugar ; rub in the fat ; add the baking-powder. Pour in the milk very gradually, and mix all into a soft dough. Flour a board, roll out about $\frac{1}{2}$ inch thick ; cut into rounds with a tumbler. Put on a flat baking sheet well greased ; bake for 40 minutes. Split open and serve hot with a little butter or jam inside.

Simple Doughnuts

$\frac{1}{2}$ lb. flour	1 egg
1 large teaspoonful baking-powder	Pinch of salt
1 walnut-sized bit of margarine or lard	Milk
1 tablespoonful sugar	

Mix the dry ingredients together, taking care that the fat is rubbed well in, fine and crumbly. Make a hole in the centre, drop in the egg and as much milk as will make a stiff dough. Have a small saucepan of boiling fat. Drop

the mixture in, 1 teaspoonful at a time. Cook for 5 minutes to a nice brown. Lift out, drain on paper. Sprinkle the doughnuts with fine white sugar.

Sugar Cookies

10 oz. flour	1 heaped teaspoonful baking-powder
3 oz. butter	1 saltspoonful salt
8 oz. castor sugar	2 eggs
	1 teaspoonful flavouring

Put the butter and sugar into a bowl and beat them to a cream, add the eggs beaten one at a time. Then beat the mixture thoroughly. Have the flour, baking-powder, salt, sifted well together and add them to the mixture. Then put in the flavouring essence. Form into a roll and put on a cool plate to stand aside in the coolest place available. Grease a baking sheet, cut the roll into slices and bake in a hot oven for ten minutes.

Now these cookies can be varied by adding a little melted chocolate to the sugar and fat to beat together, or instead, 2 tablespoonfuls of cocoa can be sifted in with the dry ingredients. Either of these methods will give the requisite chocolate flavour. For nut cookies, add 3 tablespoonfuls of chopped nuts to the mixture before making into a roll. For caraway cookies, add 2 teaspoonfuls of caraway seeds to the dry ingredients before mixing.

Fruit Drop Cookies

10 oz. flour	A tablespoonful of ground nuts
4 oz. castor sugar	3 oz. butter
2 oz. sultanas	1 egg
2 oz. currants	$\frac{1}{2}$ teacupful milk
A strip of candied peel	1 saltspoonful salt
2 teaspoonfuls baking-powder	

Beat sugar and butter to a cream, add the sultanas, currants, peel thinly shredded, and the nuts. Sift together the

flour, salt and baking-powder, and add them to the mixture, then the egg well beaten and mixed with the milk.

These cookies are dropped in small pieces on a well-buttered baking sheet, care being taken that space is left for each one to spread. Baking will take 10 or 12 minutes.



PUDDINGS OLD AND NEW

DON'T you think you are a bit unfair to those clever, careful housewives of years ago? Rather inclined to look at their more elaborate and ponderous recipes, and then to believe that they knew nothing of economy?

But were those grandmothers of ours really extravagant? Actually, they were making use of the foods which, in their day, were cheapest and most plentiful.

And many of the items which have been handed down are really practical *to-day*—when we want every *2d.* to pretend it can do the work of *4d.*

Dumplings of all sorts and sizes were popular, and it's quaint reading that *turnips* cut up could be used in place of apples for sweet dumplings; and if not turnips, then gooseberries. The method for these sweet dumplings is quite easy to follow:

Gooseberry Dumplings

1 lb. gooseberries
4 oz. suet

4 oz. brown sugar
 $\frac{1}{2}$ lb. flour, and a little salt

Top and tail the gooseberries; put them in a basin with the other items, and then slowly pour in enough water to form a soft dough. Grease a pudding-basin to receive the mixture, and boil for 2 hours.

Would you like to sample this as turnip or swede dumpling? Well, just cut up small turnips, or half a fair-sized swede into slices, and use instead of the gooseberries.

Not a pudding-*basin*, but a pudding-*cloth* would have been

used long ago. And sometimes the dumpling would have had currants in it instead, or scraps of home-made candied peel, or slices of pears dried and sugared.

I have before me the faded writing of a hundred years ago. This writing, firm and very fine, fills a much-treasured book of recipes. It speaks of the dumpling as being good with fruit, or meat, bacon, or fish, put in it. Now, for sheer common sense, that is hard to beat. Think of it—a simple, inexpensive mixture, that can be made to serve as an appetizing dish, quickly prepared, sweet *or* savoury, just as you like, at the cost of a few pence.

Speaking of sweet and savoury, did you *know* that potatoes were looked upon as suitable for a sort of custard mixture? You can try this old recipe :

Lancashire Potato Custard

2 lb. of old potatoes	1 teaspoonful of lemon juice
3 oz. butter	1 egg
6 oz. sugar	$\frac{1}{2}$ lb. pastry

Melt the butter, and mix it into the mashed potatoes. Add the sugar and lemon juice, and cool the mixture. Beat an egg and add carefully. Line a pie dish with thin pastry, put in the mixture, bake 1 hour.

Here are four more puddings popular long ago :

Rabbit Swaddling

This is the old pudding that was cooked for hall and cottage, a hundred or more years ago. But there is one great difference in preparing the suet pastry to-day : the suet is chopped fine. A century ago, bits of suet the size of a garden pea were looked upon as small enough for any meat pudding,

and often they were the size of a hazel-nut when mixed with the flour.

So suet of *to-day*, please !

1 lb. flour
Pinch of salt

6 oz. suet
About 1 cupful water

Put the flour in a basin, add the salt and the suet. Make a hollow in the centre of the flour, pour in a little of the water, and gradually make into a soft paste. Don't put in too much water or too quickly, or the pastry will be sticky—and afterwards heavy. Roll out to about $\frac{1}{4}$ inch thick. Have a young rabbit washed and wiped dry and rolled in a little flour. Put 4 small onions into the body. Stick each onion with 2 cloves. Add a teaspoonful of finely chopped parsley, pepper and salt, and 4 walnut-sized pieces of boiled fat bacon. Place the rabbit on the pastry, wet the pastry edges, roll round the rabbit, pinch the edges together. Cover with a cloth (wrung out of very hot water and floured well), tie securely. Put into fast boiling water and boil for $2\frac{1}{2}$ hours.

In the pots of years ago, carrots, potatoes, turnips, and onions were boiled the necessary length of time to cook them with the rabbit pudding, and were ready to serve with it. The flavoured water was reserved for gravy for the rabbit, and the remainder made into stock.

Basket Pudding

Nowadays, angelica is expensive and a luxury. It is principally candied and prepared abroad. This old pudding was a dainty when most large gardens had big patches in the herb beds devoted to the growing of the handsome plants of angelica, and every year, quite early in the summer, quantities were candied and crystallized.

So, while not economical, perhaps, you may like to know about this method.

Cut 4 oz. of angelica in very thin strips (like bootlaces,

says the old recipe). A pudding basin should be well greased with butter, and the strips plaited in and out of each other and caught on the greasy sides of the basin.

Take $\frac{1}{2}$ lb. of flour, 3 tablespoonfuls of chopped suet, 4 heaped tablespoonfuls of fine breadcrumbs, 2 tablespoonfuls of honey, a teacupful of water, mix them well together, and put them in the basin. Care should be taken that not one of the precious angelica strips be displaced. Steam for 2 hours.

That is the pudding ; the sauce of cream and eggs, cordials, and sweetenings, suggested as an accompaniment to it, is beyond the reach of any reasonable household. Besides which, we have our digestion to think of.

A Welsh Bilberry Pudding

Butter a pudding basin and line with very thin suet paste. Pick over the berries and rinse in cold water, drain thoroughly and place in paste-lined basin, sprinkling BROWN sugar liberally with the berries. Cover with thin layer of paste, tie down with scalded and floured cloth and steam for $2\frac{1}{2}$ hours.

When ready turn out *very gently* on to a deep dish, cut a round hole about the size of a shilling in the middle of the pastry, and insert a piece of butter rolled in spice and sugar. Stir this in among the berries with a wooden skewer.

This method of adding spiced butter was also practised with apple puddings, and the recipes are taken from my great-grandmother's recipe book dated 1805.

Spinach Sweet

Our great-grandmothers grew spinach, and it was sometimes used for sweet puddings. Boiled in the ordinary way, with very little water, the spinach was drained thoroughly and chopped very fine ; then 2 cupfuls were mixed with a cupful of stale breadcrumbs, a grating of nutmeg, 4 oz. of

sugar, and a bit of butter. The mixture was put into a pie dish, and a pint of milk with a beaten egg added was stirred into it; and all was baked for 1 hour. That was *sweet* spinach of 1807. Spinach is spinach any way, but a little less cooking would be better, don't you think?

Rice-Pudding Cake

Of course, you know that nearly all the baking was done in the great bread oven, and many of the puddings were pushed in at the same time as the bread, and taken out when the last batch of bread was done.

Perhaps you would like to make a rice pudding something like those of bread-oven days—but much smaller, of course. Well, allow 6 oz. of rice, 1 quart of milk, 4 oz. of sugar, 2 oz. of currants, and don't forget a grating of nutmeg and a pinch of salt. Put all into a pie dish and cook slowly until the rice has swollen and absorbed all the milk.

Let the pudding grow cold, then turn it out of the dish and cut it in slabs. You'll like it, for it is really rice-pudding cake. Perhaps, instead of the currants, you would prefer 2 oz. of raisins, or sultanas, and if you have a teaspoonful of beef dripping, stir that in when the milk is first hot; it will make the rice rich and creamy.

Sippets

There were lots of different ways of using bread in puddings, and whenever small *pieces* of bread were cut for the purpose the pudding was known as a "Sippet" pudding. Here is a

CHEESE SIPPET

Cut $\frac{1}{2}$ lb. of stale bread into thin slices, put in pie dish, pour over 1 pint of boiling milk. When quite cold stir in 1 well-beaten egg and 4 oz. of grated cheese, pepper and a

little salt. Mix all together, and bake for a quarter of an hour.

APPLE AND SAGE SIPPETS

Another sippet was made with the slices of stale bread put in layers in the pie dish, with grated cheese, apple and chopped sage in between, and a thick onion sauce poured over it. Then it was baked for $\frac{1}{2}$ hour.

Boiled puddings were cooked in the big three-legged pots of black iron, which hung above the fires of wood, or coal, or turf.

Wonderful puddings were made with the garden fruit, but curiously enough rhubarb did not get half the attention it deserved. To-day we can appreciate it in pies, puddings, and stewed ; we know its value, and find it useful in so many ways. Perhaps long ago there was a fear that too much *sugar* would be needed to sweeten rhubarb. White sugar was too precious for every day, and brown sugar was also expensive ; and the other sweetener—*honey*—was not always available.

But when you read about the lavish way certain other food-stuffs were dealt with in bygone kitchens, try not to be hasty in your judgment.

In this dear old recipe book which I possess, you find the household prices paid in 1806. Eggs were 60 a shilling, butter was 3*d.* per lb., and a quart of cream was 3*d.* But many things *we* enjoy were very scarce ; others were out of reach ; and more were, of course, unknown.

But I think we can be very grateful to the women who, working under great disadvantages, gave so much thought to the blending of foods, the preservation of fruits and meats and herbs and vegetables, so that even the long, dreary winters did not find them unprepared.

We think we know so much more than those capable women of years ago—I wonder ! You see, only a few recipes here and there remain of their amazing store. There must have been more that were never written down, because they thought everybody knew about them.

But aren't you glad that *you* don't have to gather faggots of gorse and undergrowth to make *your* oven hot ; that you don't have to stand behind the great jack, basting every joint you want to roast ; that you don't have to bend in your doubles, stirring food, surrounded by smoke that stings and blinds ?

You know you're glad. So am I. You can get more variety ; you can be more economical, and yet be properly fed ; and you can get your cooking done without breaking your back or burning your face.

A cheap Christmas pudding, and one that need not be kept before eating :

Imitation Christmas Pudding

4 oz. suet	$\frac{1}{2}$ teaspoonful mixed spice and ground
4 oz. flour	ginger
4 oz. currants	1 teaspoonful lemon juice
4 oz. raisins	2 tablespoonfuls golden syrup
4 oz. breadcrumbs	$\frac{1}{2}$ pint milk

Stone and divide the raisins ; warm the syrup a little ; mix all the ingredients thoroughly, then stir for an extra 5 minutes. Grease a large basin, turn in the mixture ; cover with grease-proof paper and a pudding cloth ; put into a saucepan of boiling water. Boil or steam for 4 hours. Serve with a sweet sauce, flavoured with a few drops of vanilla essence.

Walnut Pudding

$\frac{1}{4}$ lb. breadcrumbs	1 pint milk
$\frac{1}{4}$ lb. shelled walnuts	2 oz. sugar
2 eggs	Grated lemon rind

Put the crumbs into a basin with sugar and lemon rind. Heat the milk and pour it over them. Put the walnuts into the oven for a few minutes, then chop them finely. Mix

with the crumbs. Add the yolks of the eggs and mix well. Whisk the whites to a very stiff froth, and add lightly to the mixture. Pour into a buttered pie dish, and bake in a moderate oven for 30 minutes. Some jam may be put at the bottom of the pie dish.

Gooseberry Amber

1½ lb. green gooseberries
6 oz. sugar

2 oz. butter
2 eggs

Top, tail and wash the gooseberries. Put them into a saucepan with ½ teacupful of water. When cooked a little, add the sugar, let it dissolve, and when the gooseberries are soft, remove from the fire. Add the butter and the yolks only of the eggs. Pour into a pie dish. Bake for 25 minutes. The whites of the eggs should be beaten until quite stiff and then spread over the fruit, which should be returned to the oven to bake just to a biscuit shade.

Greengages and plums can be used for this amber pudding, but they should be stewed with sugar until quite soft, then rubbed through a sieve before being gently reheated. Whilst still quite hot, the butter and egg should be added as in the Gooseberry Amber.

Raspberry Delight

1 lb. fresh raspberries
4 oz. castor sugar

3 sponge cakes
1 oz. ground almonds

Beat the raspberries with the castor sugar until perfectly soft. Crumb the sponge cakes. Mix with the ground almonds and add to the raspberries. Press all into a basin, leave a couple of hours.

To serve, turn out very gently, cover with fine sweet biscuit or sponge crumbs, and surround with ½ pint of custard quite cold.

Strawberry Delight

1 lb. strawberries

6 oz. castor sugar

2 egg whites

Beat the strawberries to a pulp, add the sugar and the whites of eggs. Whip together until the mixture is quite stiff. Serve piled up on fresh sponge cakes halved, or on little strips of nice crisp shortcrust.

Strawberries when small and fresh but quite ripe lend themselves as fillings for flans and small tarts. Having prepared the little pastry cases beforehand and allowed them to get quite cold after baking, the fruit is carefully picked over so that any gritty particles are removed, and they are laid in position in the little pastry cases, then covered with syrup which is easily made but should be prepared ready.

Boil 6 oz. loaf sugar with 3 teacupfuls of water for 10 minutes. Mix 2 teaspoonfuls of cornflour, free from lumps, in a little cold water. Add a spot or two of cochineal or carmine colouring and simmer all until quite thick. Cool the syrup a little before covering the fruit in the pastry cases.

Summer Puddings

You will enjoy these for three reasons: they are made with fresh fruit in season, they are easily made, and are served cold.

The ingredients are simple:

Slices of bread

6 oz. of granulated sugar

1 lb. of gooseberries, raspberries,
loganberries, or other soft fruit

A breakfastcupful of custard

Cut the crusts from slices of bread. Butter a basin, line with the slices. Prepare the fruit and stew it with sugar. Then fill the basin with layers of hot fruit and slices of bread. When quite full, cut a round of bread to fit the top of the

basin. Press a plate down on it gently and keep it in position with a weight.

If preferred, this pudding can be made in the morning for an evening meal. To serve, turn out of the basin and surround with custard.

Fruit Batters

$\frac{1}{4}$ lb. flour
 $\frac{1}{2}$ pint milk

1 egg
6 oz. sugar

Mix the ingredients thoroughly, adding a pinch of salt. Leave for an hour.

For gooseberries, grease a pudding basin and fill it with gooseberries which have been topped and tailed, washed and drained. During the filling process add the sugar so that it gets well down amongst the fruit. Pour on the batter and leave for a few minutes for it to settle, then cover with three layers of greaseproof paper and steam for 1 hour and 40 minutes.

This pudding can be made with stoned plums, or raspberries and other fruits in season. If gooseberries are used, then they must be green. Ripe gooseberries do not lend themselves so well to these puddings.

If preferred, this pudding can be made in a well-greased pie dish and baked for $\frac{3}{4}$ hour in the oven.

Baked Apple Batter

Peel and core six good cooking apples. Place them in a well-greased pie dish and fill the hollow centres with golden syrup. Surround them with the batter and bake for an hour. Sprinkle over a little castor sugar (or fine granulated will do), and bake for another 5 minutes.

Fruit Salads

Nearly all fruits lend themselves to the making of fruit salads. Among the tinned fruits there are peaches, pears, apricots, pineapple, cherries. It is an economy to open only *very small* tins of either one of these for the salad mixture. Fresh oranges are particularly good, but when using them, slice them across and get out every bit of pulp for the salad. Bananas are best sliced thinly. If grapes are used, sweet green grapes are very good but ought to be skinned and stoned before adding to the salad.

It is best to choose one of the syrups from the tins, and I would suggest to you that pineapple or peach syrup is the better liquid to choose, and it is wiser to heat it gently in a saucepan and add another two or three spoonfuls of sugar to it, seeing it well dissolved before pouring over the fruit, which should be set aside to cool for at least 2 hours before serving.

Fresh apples, pears, halved plums, greengages, raspberries, loganberries, blackberries, and mulberries, may each have a place in season in the fruit salad, but it is a mistake to overdo the proportion of any soft fruit. If strawberries are being used in a mixed salad, they should be put in at the last moment and not be allowed to soak in the syrup.

Waffles

These are easily made and need not be expensive because the ingredients used are of the most ordinary everyday description, and nowadays waffle irons can be purchased very cheaply. Directions, easy to follow, are supplied with these irons, but one of the rules laid down is—never wash the iron. After using, it is best to sprinkle a little salt on the iron and brush quickly. By this means any bits of batter are removed without further trouble.

Here is a suggestion for making a quick batter.

4 oz. flour	2 eggs
$\frac{1}{2}$ pint milk	2 tablespoonfuls melted butter
1 teaspoonful	good baking-powder

Sift well the dry ingredients and add a little salt, just a pinch. The yolks and well-whisked whites are added separately.

It does not do to let this mixture stand long on account of the baking-powder, so it should be used at once.

With this mixture you can have all sorts of variations, finely chopped herbs, little savoury items such as diced mushroom, cheese, nuts, or you can make it sweet. If served plain, waffles may be sent to table with little jugs of hot syrup, melted butter, or a little tomato juice. A little whipped cream is delicious with waffles, and to our English taste, a spoonful of home-made jelly, such as gooseberry or currant, is very attractive.

Berry Pancakes

Strawberries or raspberries or loganberries make delicious summer pancakes, choose nice fresh ripe fruit. Prepare an ordinary batter, but sweeten it with castor sugar. Fry in small pancakes. When done, lift on to a hot dish and spread with a little melted butter, and with the berries crushed and blended with castor sugar. Fold pancakes and roll in powdered sugar. Serve very hot.

Apples cut small with chopped dates or figs and raisins, make a delicious combination for mixing in steamed puddings, or if the apples and other fruits are cooked to a soft pulp with a little sugar and lemon juice, they form tasty fillings for flans and tartlets.

PIES AND TARTS YOU WILL LIKE

Isn't it curious how the English-speaking peoples love pies? Pies of every description—those made with fruit, others with meat or fish or eggs or rabbit, or—but anyway, pies.

Squab Pie

You can make it with small pork chops, or neck of mutton chops laid in a pie dish.

But first you must slice up 1 lb. potatoes, 1 lb. onions, and $\frac{1}{2}$ lb. apples.

Season each slice of potato and meat and put half the apples, onions and potatoes under the pork or mutton chops, and the other half on the top. Then put in 3 teacupfuls of water. Bake for $1\frac{1}{4}$ hours.

That's one way of making Squab Pie. Perhaps you would rather stew meat and onions first in one pint of water, then allow to cool before putting in pie dish with sliced apples and only $\frac{1}{2}$ lb. of potatoes sliced and well seasoned.

Cover with this simple pastry, and bake 1 hour.

$\frac{1}{2}$ lb. flour
 $\frac{1}{2}$ teaspoonful baking-powder

4 oz. lard or dripping
Pinch of salt

Mix flour and baking-powder and salt together, rub in the fat until it all looks like breadcrumbs, add *just* enough water to make stiff dough.

Be sure the water is *quite* cold. You know it makes such a difference in having light pie crust if your hands are cool as well as the place on which the pastry is rolled.

If you prefer to use margarine instead of dripping or lard, you can. Actually half lard and half margarine is better.

Another type of pie is

Raised Pie

$\frac{1}{2}$ lb. flour	1 saltspoonful salt
3 oz. lard	$\frac{3}{4}$ lb. lean pork
1 egg	Gravy
Salt, pepper, pinch of sage	

Put the lard and 3 tablespoonfuls water in a small saucepan ; boil for 5 minutes. Have the flour ready in a large basin mixed with the saltspoonful of salt. Allow the water and lard to cool a little. Make a well in the flour ; pour in the contents of the saucepan ; mix together with the flour, using a wooden spoon. Afterwards knead the dough with the hands. If too stiff, add 1 spoonful more boiling water. Flour a board ; cut off $\frac{1}{4}$ of the warm dough for a lid. Mould the rest up, or flour a jar and work the dough up the sides. Have the pork cut into dice, season with pepper, salt, and sage, and moisten with 1 tablespoonful water. Fill the moulded pastry with the meat ; brush the edges with beaten egg ; roll out the rest of the dough for a lid ; cover the pie ; pinch the edges together, trim neatly. Make a small hole in the top ; brush with the rest of the egg ; decorate with pastry leaves. Bake for 2 hours. Remove from the oven ; pour hot gravy in at once.

You make the gravy by simmering pork bones in $1\frac{1}{2}$ cupfuls water with a little salt. The longer the bones simmer, the better the gravy will jelly when cold in the pie.

You can use the same methods for making veal and ham, or other *raised pies*.

Giblet Pie

Goose giblets make excellent pies. But they want careful preparation. A set of goose giblets should include head, long neck, two feet, gizzard and liver. Soak and rinse them in cold water. Place in saucepan, cover with water, add two

small onions. Bring to boil, add salt to taste, simmer for 2 hours. Lay in a pie dish, leave to get cold. Add more seasoning. Cover with pastry, bake for 1 hour. Nice, hot or cold.

Duck, fowl or turkey giblets are good, but nothing like so tasty as goose giblets for a pie.

Brushing over the top of the crust with a little beaten egg will give it the necessary glaze.

Practically every kind of meat will lend itself to pie making, and it will depend upon you, how tasty and delicious you make it.

In these days of home-preserved fruit, there should be no lack of variety in fillings for sweet pies such as only the English make. Raspberries, currants, blackberries, plums, they may all be at hand if the summer treasures are harvested each in its season.

You know exactly what to do with these, but what about

Lemon Pie

For this you want to line a shallow tin with good short pastry, then when that is baked, have ready this mixture :

3 teacupfuls milk	2 eggs
6 oz. sugar	2 tablespoonfuls cornflour
1 oz. butter	1 lemon

Use a little of the milk cold to mix the cornflour, add rest of milk boiling. Stir well. Bring again to boil, add half sugar. Boil 5 minutes. Draw saucepan away from heat. Stir in yolks of eggs, well beaten, the grated rind and juice of lemon, and the butter. Stir in thoroughly. Pour into pastry shape. Bake 15 minutes.

If you want the very nicest appearance to the lemon pie, just whisk the whites of the eggs until quite stiff, add the rest of the sugar and put on the top of the pie. Give it another 3 minutes just to brown.

Toffee Pie

Made with simple dripping paste in a pie dish. Grease pie dish, line with pastry, rolled thin. Mix cupful of golden syrup, a teaspoonful of lemon juice, teacupful breadcrumbs. Spread some of the mixture over bottom of pastry, add another layer of pastry, then mixture. Add a scrap of butter, then a final layer of pastry. Make a few slits with a knife in top crust. Bake 1 hour.

Now you can vary the flavour of Toffee Pie by adding chopped nuts instead of breadcrumbs, a few drops of almond essence instead of lemon juice, and nutmeg or cinnamon as an extra flavouring.

Harwich Pie

1½ lb. cooking apples
2 tablespoonfuls raisins
2 tablespoonfuls currants

8 oz. sugar
Nutmeg
Dripping pastry

Peel and core the apples ; put them in a saucepan with 2 tablespoonfuls water. Put on the lid ; stew the fruit until tender ; add the sugar and nutmeg. Stone the raisins ; prepare the currants ; stir into the apples. Stand aside to get cold. Line a shallow pan with pastry, put in the mixture, cover with more pastry, sprinkle some sugar over. Bake for ½ hour in a hot oven.

Apple Cake Pie

1½ lb. good cooking apples
4 oz. currants
2 oz. sultanas
2 oz. mixed candied peel

4 oz. sugar
Cinnamon, ginger and nutmeg
Short crust
1 tablespoonful melted butter

Peel and core the apples. Cut into slices. Have a pie dish well greased with butter. Lay some of the apple slices at the bottom. Sprinkle with sugar and a few of the currants

and bits of chopped candied peel. Sprinkle over a little of the cinnamon, ginger, and grated nutmeg (be very sparing with these). Shake on a little of the butter melted.

Add another layer of apples and repeat with candied peel, currants, sultanas, and flavouring. When all the ingredients are packed in nicely, cover with a little short crust and bake in a good oven for 40 minutes.

Banana Tart

4 large bananas	1 teacupful milk
4 oz. castor sugar	1 egg
Rind and juice of half a lemon	Salt and nutmeg
Short crust	

Peel and beat the bananas to a cream. Add the castor sugar, lemon-juice and grated rind. Beat the egg lightly, mix with milk, a tiny pinch of salt and a grating of nutmeg.

Have ready a shallow tin or plate lined with a simple short crust, pour in the banana mixture, cover with tiny pastry strips to form pattern, bake for 10 minutes in a hot oven and then in a more moderate heat for 25 minutes.

Rhubarb Custard Tart

1 lb. rhubarb	2 tablespoonfuls flour
6 oz. sugar	2 egg yolks
1 tablespoonful butter (melted)	Short pastry

Choose nice fresh red rhubarb. Cut it in half-inch lengths. Beat the egg yolks to a froth. Add the sugar and flour, mix together, then the rhubarb and lastly the melted butter. Stir well together. Have a shallow pan lined with short pastry. Pour in the rhubarb custard and bake about 12 minutes in a hot oven and about 25 minutes in a moderate oven.

If a little extra trouble is taken, the whites of the eggs well whisked until stiff, may be put on the tart the last thing

before putting into the oven for about 3 minutes to make it biscuit brown.

There are other fresh fruits that lend themselves to making these delicious tarts.

An Onion Pye

Wash 1 lb. of potatoes, cut in slices. Peel 1 lb. of onions, cut in slices, pare 1 lb. of apples and slice them. Line a pie dish with light pastry. Drop an ounce of butter in pieces over the pastry. Mix grated nutmeg and powdered mace with $\frac{1}{2}$ a saltspoonful of black pepper and a teaspoonful of salt. Mix the powders together, strew some over the butter, then a layer of potatoes, a layer of onions, a layer of apples, and a layer of fresh eggs (6). Throw a little of the seasoning on each layer, add 1 oz. more butter and 6 tablespoonfuls of cold water. Cover with light pastry. Bake for $1\frac{1}{2}$ hours.

This recipe is 159 years old.

MILK IN SWEETS AND SAVOURIES

No other food combines so many of the essential food values as milk, and the grave pity is that much less milk is consumed in this country than in the majority of other northern countries.

KEEP MILK CLEAN, COOL, AND COVERED

- (1) Always keep milk in a cool place. If you have no larder, stand milk outside a window or in a passage or in a basin of cool water.
- (2) Always keep milk covered.
- (3) Do not mix new milk with old.
- (4) Never put milk into a warm jug or basin.
- (5) Rinse all utensils used for milk :
first in cold water ;
secondly, in water at or near boiling-point ;
and thirdly, rinse again in cold water.

Here we are, a nation with broad, fertile meadows, with the greenest grass and the best grazing in the world. The old careless ways with regard to milk production and sale of milk have given place, or are giving place, to methods which mean safety for all who purchase milk, and know how to deal with it when bought. And yet there are many households where the families have so little fresh milk that it is not worth a milkman calling. No, and it's not always poverty that decides this dearth of milk, but often a disregard of the real value of milk as part of the necessary food for building up and maintaining the health of the family.

I repeat, it's a wonderful food—one that is *necessary* for the infant and growing boy or girl, and of the utmost value for us grown-ups. Try to encourage a liking for milk.

You know the law demands clean utensils and clean handling of milk on the producers' and dairyman's part. You will help—will do your bit—won't you? by seeing that your jugs and saucepans and cups and glasses and anything else into which you put milk are absolutely clean. Remember to keep milk covered; otherwise it may either get infected from the air or get tainted by other stronger-smelling foods that may be near it.

Buy the very best milk you can afford. But if you must depend upon skimmed milk for puddings, and don't by any means despise skimmed milk, do please add just a scrap of butter or good dripping before the cooking is finished. You see if you buy skimmed milk, the butter fat has all been removed, so that's why you should add something similar, if you want to get real value.

While in the hotter weather you may turn to milk for making light puddings and delicious savouries, you have to place more dependence upon it when the chilly days have really come to stay. And this dependence is quite reasonable, because milk is a great protection against cold, and the risk of taking cold.

Golden Mountain

$\frac{1}{2}$ lb. dried apricots
4 oz. rice

$1\frac{1}{2}$ pints milk
 $\frac{1}{4}$ lb. Demerara sugar

Soak apricots overnight, stew in syrup made with the sugar and the soaking water. Soak rice in milk. Cook rice and milk for 1 hour. Drain cooked apricots, line deep basin with them—fill up with rice. Leave until cold.

Now this looks a pretty dish when it's turned out of the basin. You add the syrup from cooking the apricots and just pour it over the little golden mountain. If you've got a sweet tooth, add a spoonful of sugar and a nut of butter to the rice before starting to cook it and stir in well.

You know how to make *savoury* macaroni. Well, see what the family says to

Sweet Macaroni

Cook 4 oz. of macaroni in plenty of boiling water until tender. Drain : lay in greased pie dish. Pour over a pint of sweetened milk mixed with 2 eggs—well beaten. Cook slowly till custard has thickened.

A little bit extravagant using eggs, you think? Well, try sugar only in the milk, and bake a little longer.

And for a change make a Yorkshire Pudding and add a little *sugar* before baking, or, better still, serve it as a sweet, with golden syrup.

And speaking of golden syrup reminds me of the old-fashioned

Pudding-in-a-hurry

Perhaps in *your* part of the country it was called Hasty Pudding—same thing, I expect. Here are the ingredients :

1 pint milk	4 tablespoonfuls flour
2 tablespoonfuls	sugar

Bring milk to boil. Mix flour with a little cold milk. When quite smooth stir in some of the boiling milk—put all into the saucepan, stir until it thickens. Add sugar. Boil 15 minutes.

Pudding-in-a-hurry is safer if cooked in a double saucepan, or in a jar standing in boiling water. Do be careful not to burn it, or you will never be asked to make it again, and it really is very useful when the cupboard is getting empty of pudding items.

Is your oven warm? Yes. Well, you can smear a little butter over a pie dish, turn in the hot mixture and *bake* for 15 minutes instead of boiling it. Baked or boiled, serve golden syrup with Pudding-in-a-hurry.

As some people do not like milk, try dishes made with milk that tastes of the other ingredients.

Inexpensive Queen Pudding

1 pint milk	1 oz. margarine
1 egg	2 tablespoonfuls sugar
1 breakfastcupful breadcrumbs	3 tablespoonfuls jam
6 drops flavouring essence	

Boil the milk, and pour it at once over the breadcrumbs. Stir in the margarine, sugar, and essence. Cool a little, then stir in the beaten yolk of the egg. Grease a pie dish, put the jam in, then the pudding mixture. Let it remain in a very moderate oven until set. Beat the white of the egg, stiffen with a teaspoonful of sugar, put on top of the pudding, and allow it to become biscuit brown.

Winter Warm

1½ pints milk	Pinch of salt
2 tablespoonfuls fine oatmeal	1 egg
1 tablespoonful flour	Golden syrup

Put the oatmeal and flour into a basin, mix with $\frac{1}{4}$ pint milk. Boil up the other milk, add the oatmeal and flour mixture; stir and bring again to the boil for 5 minutes; put in the salt, remove from the heat. When quite cool, stir in the egg. Turn all into a greased pie dish; bake slowly for 25 minutes. Serve with golden syrup.

Breakfast Food

Do you want something appetizing and quickly prepared for the Littlest—the proud wee person with teeth? Then put a spoonful of fine bread raspings into a saucer, sprinkle on brown sugar, pour on $\frac{1}{2}$ cupful of boiling milk. Older children love that special breakfast food once or twice a week. But usually they like more crumbs and milk, and certainly help themselves to more sugar.

Rolled Oat Fritters

1 cupful minced nuts
 ½ cupful rolled oats
 2 tablespoonfuls sugar
 1 egg
 1 cupful milk

Beat egg, mix all into stiff batter. Stand aside for an hour, then drop by spoonfuls into boiling fat—fry on both sides.

Milk Shallot Savoury

4 shallots
 4 eggs (hard-boiled)
 ½ pint milk
 1 tablespoonful flour
 2 oz. butter
 Pepper and salt to taste

Chop the shallots very small. Make the butter hot in a little saucepan, put in the shallots, fry for 6 minutes. Sprinkle in the flour, and stir in the hot milk gradually to make a sauce. Simmer for 8 minutes. Slice the eggs carefully, place in milk sauce to get hot. Add pepper and salt, and serve on toast.

If preferred, the eggs may be placed in a casserole, and the sauce strained and poured over them, and the casserole put in the oven for a few minutes for the eggs to get hot through.

Sour Milk Fritters

½ lb. flour
 1 level teaspoonful baking-powder
 Bacon or sausage fat
 1 cupful sour milk
 Pinch of salt

Mix the milk, flour, baking-powder, and salt into a smooth batter. Have the fat smoking hot in the pan. Drop the batter in a tablespoonful at a time, and fry into crisp, golden fritters. These are tasty by themselves, or can be served with rashers of bacon, small sausages, kidneys, or sliced liver.

Nut Cutlets

$\frac{1}{2}$ lb. chopped nuts
 1 lb. mashed potato
 $\frac{1}{2}$ cupful breadcrumbs

Pepper, salt, nutmeg to taste
 $\frac{1}{2}$ pint milk
 2 tablespoonfuls flour

Make a very thick white sauce with milk and flour ; allow it to cool a little. Mix nuts, potato, breadcrumbs together in a basin. Season liberally. Add thick sauce, stir together. Turn out on to floured board. Shape into cutlets ; coat cutlets with breadcrumbs and leave to get quite cold, then fry in fat on both sides.

You can vary this meal by adding chopped parsley and other herbs to the mixture. Or onions and a little sage, or what about

Nut Curry

For this prepare the curry sauce by putting 2 cupfuls of milk over 2 tablespoonfuls of desiccated coco-nut. Let it stand in a basin for an hour. Pour off gently, bring the milk to the boil. Have ready mixed 1 tablespoonful of curry powder, 2 tablespoonfuls of flour, a pinch of salt and a little water. Add mixture to milk. Simmer for 10 minutes. Put in $\frac{1}{2}$ cupful chopped nuts, 2 chopped cooked carrots and the coco-nut. Simmer another 10 minutes.

If you have leeks or celery growing in your garden, you will find either makes a delicious meal if boiled until tender, drained thoroughly, and covered with milk sauce. Or another day make a leek and celery pudding, by just putting them cut up in a suet pastry-lined basin. Steam for 2 hours.

Steamed Fowl

There is another food fairly cheap—hens, which have done their bit so far as egg laying is concerned. Buy one and steam it, it's much better than boiling.

Have ready a large saucepan, put a tiny pie dish—not too big—in the bottom. Put the fowl on the pie dish. Pour into the saucepan cold water about 2 inches deep. Add 2 onions, a carrot, a bit of celery, a little salt. Put on lid. Bring water to boil—boil gently for 2 hours. Cooked like this in steam, the flesh should be white and tender.

The water below is rich and tasty—too fat of course, so cool it and skim off fat, for frying or basting, and use the broth as a broth, or make it into gravy or soup.

Roast Chicken

What about the fowl? Serve it at once with a thick milk sauce, into which you have stirred a teaspoonful of chopped parsley, or a hard-boiled egg, chopped fine—or why not call it *roast* chicken? Yes, put it in a fairly hot oven, baste it well and then, of course, make plenty of bread sauce to go to table with it.

And about that broth from steaming the chicken. When you've removed all the fat, strain $\frac{1}{2}$ cupful carefully, put it in a saucepan, and add equal quantity of milk. It may be served for an invalid or small child.

Celery Savoury

3 good hearts celery
3 oz. macaroni or spaghetti

White sauce
Seasoning

Wash the celery, boil in slightly salted water until tender, drain carefully (saving the water for soup). Cut the celery

in short lengths, break the macaroni into pieces and cook also in salted water.

Have a simple white sauce, about $\frac{3}{4}$ pint, hot and ready. Season it with pepper, salt, a grating of nutmeg, and $\frac{1}{2}$ teaspoonful of white sugar. Put the macaroni and celery in a fireproof dish, cover with the sauce, cook 15 minutes and send in same dish to table.

Spaghetti is just as good when a change from macaroni is desired.

Cheese Dish

$\frac{1}{2}$ lb. cheese 2 lb. onions 1 lb. potatoes	1 lb. tomatoes 3 teacupfuls milk 1 tablespoonful flour 1 tablespoonful butter
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Grate the cheese, cook onions in water until tender but unbroken, drain carefully. Boil potatoes, drain and mash. Have pie dish buttered, put in onions, tomatoes (skinned and sliced), and the potatoes. Season well. Make sauce with milk, flour, and a little of the butter. Add the grated cheese and a wee pinch of cayenne pepper. Pour over the contents of the dish. Bake in good oven until lightly browned.

SOUPS THAT SATISFY

Use of Bones for making Foundation Stock

Buy a leg of beef bone, or a rump bone. (Average price, 6d.) Ask the butcher to chop it into very small pieces. Wash in cold water. Drain well. Place in large pan. Cover with 3 quarts cold water. Bring to boil. Boil for 10 minutes with pan uncovered. Skim, and add level teaspoonful of salt. Put lid on and simmer for 2½ hours.

The water will have reduced considerably. Strain through colander into large bowl. Allow to get cold. Remove fat carefully. This fat weighing from 4 to 12 ounces is pure and unflavoured, and is suitable for pastry and cake making, frying meat or fish, and is of the highest value for cooking small joints and "Pot roasts." The jellied stock may be made into tasty and nourishing soups.

Such stock can form the foundation for several sorts of soup. Or you can start straight off with the necessary ingredients to make the complete soup with one cooking. For instance,

Celery Soup

Scrub the outer stems of celery, and save the heart for salad. Cut 2 onions into rings. Place in saucepan with 1 quart of the stock. Bring to boil. Simmer 1½ hours. Strain, mix 2 tablespoonfuls of flour smoothly with a teacupful of milk.

Add to boiling stock. Stir while boiling 10 minutes. Season to taste with pepper and salt. Stir in scrap of butter.

Dry crusts of bread cut into $\frac{1}{2}$ -inch squares, and fried crisp and brown in a little dripping, are welcomed in this soup.

Quick Soup

Wash and peel 1 large carrot, 1 turnip, 6 potatoes, 2 onions. Grate them on coarse grater. Place 1 quart of the stock in pan. Add salt, pepper and grated vegetables. Stir, bring to boil. Simmer $\frac{1}{2}$ hour. Stir occasionally to prevent burning. Add a few drops of colouring, or 1 meat cube and add a teaspoonful of butter before serving.

Artichoke Soup

Boil a lb. of Jerusalem artichokes very slowly (you know the sort I mean—those that look like wayward potatoes), boil them in a little milk and water for $\frac{1}{2}$ hour. Press them through a colander or a coarse sieve, mix a little flour and milk, pour on the stock boiling, stir, add mashed artichoke, a little butter, $\frac{1}{2}$ pint of milk, pepper and salt. Stir, while simmering, 10 minutes. Slices of onion lightly fried, and sprinkled with a few grains of cayenne pepper, can decorate this soup when sent to table.

Chestnut Soup

The chestnut season is such a very short one, and they are a bit of a bother to prepare. But do try this way with them. Skin a lb. and cook until tender, boil 3 pints of stock, add the chestnuts, simmer $\frac{1}{2}$ hour with 1 onion grated very small, and a tiny bit of lemon rind. Season with pepper, salt, and nutmeg. Strain, and add a piece of butter.

If you have a garden, then luck is with you, for leeks, cauliflowers, bits of sprouting broccoli, fresh parsley, sorrel, shallots, parsnips, are there for the gathering, and can be simmered in the stock for required time to make tender. Leeks are such jolly things to have at hand. When they have flavoured the stock, take 2 or 3 out, cut them into inch-long pieces, and fry in spoonfuls of seasoned batter. Send to table as leek fritters. They are just a little something extra.

Here are a few items you will find a stand-by in changing the flavour, or adding to the flavour, and changing the appearance. One spray each of thyme and parsley and marjoram, tied up in a scrap of muslin. Boiled with the stock, it serves its purpose, and is then thrown away.

Fresh nutmeg (old nutmegs lose value).

Scraps of oven-dried lemon peel.

Curry powder.

Brown colouring, made cheaply and easily.

Chutney.

Home-made relish and pickles.

Sugar—this is a great friend—most soups are better for a pinch. Tomato soup is better for a spoonful.

Cayenne pepper—and—last, but most important—butter. Please, please don't grudge a bit of butter for your soups. It adds to the flavour and smoothness, and increases food value.

Another Quick Soup

1 quart stock	2 tablespoonfuls pea flour
1 large onion grated	1 bit dripping or butter
Salt and pepper to taste	

Put the stock into a saucepan, add the grated onion, bring to the boil. Mix the pea flour with a little water, stir into the boiling stock. Flavour with pepper and salt, simmer for 15 minutes. Add the dripping or butter, and serve very hot.

Leek and Potato Soup

1½ lb. potatoes	½ pint milk
1 lb. leeks	1 tablespoonful tapioca
1 quart water	1 oz. butter
Pepper and salt to taste	

Prepare potatoes and leeks, cut into thin slices ; wipe dry. Melt butter in saucepan. Put in vegetables, cook, without browning, 5 minutes. Add water and salt, simmer for 1 hour. Stir, break up vegetables. Sprinkle in seed tapioca. Cook another 15 minutes. Add milk and pepper. Simmer 1 minute.

A Good Milk Soup

6 medium-sized onions cut small	½ cup breadcrumbs
1½ pints milk	Salt, pepper and nutmeg
Tablespoonful of butter	

Put the butter into a saucepan. Put in the sliced onion, cover, and cook very gently until tender, but only just lightly browned. The bread should have been soaking in the milk, add both to the onions, bring again to the boil, then simmer about 20 minutes. Strain through a colander, return to saucepan, add a tablespoonful of grated cheese when just ready for table.

North Country Soup

Sheep's head	Celery
Carrots	Onions
Turnips	Rice
Salt and parsley	

Remove brains. Soak head in strong salt and water. Put in saucepan, add salt, just cover with water, bring to boil. Strain. Put again in saucepan with 3 quarts water. Bring

to boil. Add 1 teaspoonful salt. Simmer 2 hours. Cut the vegetables small, put in saucepan, add the rice; simmer for another hour. Remove the head. Cut meat small, put back in broth. Serve. This is an appetizing and nourishing meal for the coldest day.

And if you like to add more vegetables and a little chopped parsley, it will be even thicker and better.

Heads-and-Tails Soup

1 lb. fish, bones and fins	1 teaspoonful salt
2 carrots	1 oz. butter
3 small onions	1 tablespoonful flour
2 celery stalks	$\frac{1}{2}$ pint milk
1 quart water	

Heads of fish, such as turbot, sole, ling, haddock, do quite well for making soup. Cut them up, wash and put them into a saucepan with the salt and water—bring to the boil. Boil for 5 minutes, remove any scum. Add the vegetables cut in small pieces, add a little pepper, simmer for 1 hour. Melt the butter in a basin and mix the flour with it. Then gradually pour in the milk. Mix quite smooth, strain the soup carefully, and pour it over the flour mixture. Stir well and bring again to the boil. Boil for 8 minutes. If preferred, 1 teaspoonful finely chopped parsley can be added at the last moment to the soup. Serve with toasted bread.

Indian Soup

1 quart stock	1 tablespoonful flour
2 tablespoonfuls rice	1 teacupful milk
2 teaspoonfuls curry-powder	Scrap of butter
Pinch of salt	

Bring the stock to the boil, sprinkle in the rice, boil for 15 minutes. Mix the curry-powder and flour with the milk, pour in the stock. Bring to the boil, simmer for 15 minutes, add the salt and the butter. Serve with toast.

Never waste all the water from boiling potatoes and other root vegetables, put some in stock pot.

If you prefer thick soups, there are lots of inexpensive items that offer themselves. Flour, cornflour, rice, barley, oatmeal, sago, tapioca, macaroni, potato flour, pea flour, peas, beans, and most valuable of all, lentils. There is no need to point out to you the value of tomatoes, fresh or tinned, for soup making. Such a small amount of gas or fire is required to keep the big saucepan at simmering heat.

FISH—FRESH AND DRIED

Baked Fish Steaks

FOR this you can use saithe, ling, pollack, fresh haddock, rock salmon, or cod. Butter a baking-dish or a casserole, cut steaks about 1 inch thick, rinse in cold water, dry, sprinkle with flour and a pinch of salt. Lay the fish in the dish. Put on a scrap of butter and a few drops of lemon juice. Add 4 pickled onions, chopped small, then more fish—seasoned as before—1 teaspoonful lemon juice, and a walnut of butter. Place in the oven, bake for $\frac{1}{2}$ hour.

Hampshire Haddock

Take a 2 lb. fresh haddock. (Sometimes it may be more economical to buy cuts of large fresh haddock.) Remove the head, trim off the fins and tail. After washing well, dry, stuff with forcemeat made with 1 cupful fine breadcrumbs, 1 teaspoonful chopped parsley, 1 saltspoonful chopped thyme, 2 oz. shredded suet, grated rind of $\frac{1}{2}$ lemon, salt, pepper, and nutmeg, to taste. Add a beaten egg, 3 tablespoonfuls milk. When the forcemeat is pressed into the fish, secure by threading a needle with coarse white thread, and stitching the loose skin together over the stuffing. Put the haddock into a deep baking-dish, well greased. Dot with bits of margarine or butter. Bake for $\frac{3}{4}$ hour.

For the sauce to serve with this : stew the head and trimmings in 1 pint water, with a little salt and a bit of lemon rind for $\frac{1}{2}$ hour. Then strain the liquid and thicken with

1 tablespoonful flour mixed with cold water. Allow to simmer again for 8 minutes.

Half a teaspoonful butter, sprinkled with pepper, is an improvement if stirred into the sauce at the last minute.

How to Boil or Steam Fish

How do you boil fish? You will find putting it in a piece of butter muslin a great help, for you can lift the muslin out carefully, and inside is your fish thoroughly cooked, but unbroken. Keep $\frac{1}{2}$ yard of muslin for this purpose and this purpose only, and you can use it again and again. To prevent the muslin sticking to the bottom of the saucepan, put a saucer in first, and turn it upside down for the fish to rest on.

Boiled Mackerel

Clean 2 fair-sized fish, wrap in muslin, put in the pan with just sufficient warm water to cover. Add 1 teaspoonful (level) salt. Bring the water just to the boil for 1 minute, then simmer only for 12 or 15 minutes. Lift the fish out carefully. Drain, place on a very hot dish, pour over them parsley sauce.

Another savoury sauce to serve with mackerel is made with finely chopped leaves of sorrel, instead of parsley. Sorrel is one of the easiest plants to grow in almost any soil. It helps with salads and serves as a vegetable.

Herring Rolls

6 fresh herrings	1 teacupful water
1 teacupful vinegar	2 teaspoonfuls mixed-pickling spice
	Pepper and salt

Clean and bone the herrings, cut in two, lengthways, sprinkle with pepper and salt. Roll each piece separately, lay in a pie dish. Put mixed-pickling spice in a small piece

of muslin, tie securely, and place in a dish with the herrings. Pour in the vinegar and water. Bake in a moderate oven for 40 minutes.

Baked Ling

Ling is one of the cheaper big fish, but it is much nicer if it is cooked and eaten while hot. It has a tendency to grow a trifle tough if left to get cold and then reheated. Buy only sufficient for one cooking, and perhaps you would like to try it this way.

4 cutlets of ling	2 lb. potatoes
1 teaspoonful lemon juice	$\frac{1}{2}$ pint white sauce, parsley, pepper and salt

Rinse the fish in salted water, dry, lay in greased pie dish. Sprinkle lemon juice over each cutlet, add pepper and salt, and a scrap of butter or margarine. Bake 10 minutes. Mix chopped parsley in with white sauce, pour over fish, bake another 10 minutes.

Have the potatoes fried crisp and brown, and, can you spare a pickled onion—or better still two pickled onions? Well, cut them in bits and scatter over the parsley sauce and see how spicy that dish of ling tastes.

If you don't like onion, then any other pickle will do.

Haddock and Sausage Pie

1 lb. dried haddock	2 lb. mashed potatoes
1 lb. beef sausages	Scrap of butter—seasoning

Line greased pie dish with potatoes, cut haddock in small squares, skin sausage, lay one on each piece of fish, season, dot on butter. Bake 20 minutes.

You'll find the potato will be better if you mix in a little dripping—a spoonful perhaps—when mashing it, and the haddock will be easier to cut neatly if you take out the bone first.

Fried Fillets

1½ lb. fillets
6 oz. flour

1 cupful water
1 saltspoonful salt

1 egg

Wash and dry the fillets. Mix 4 oz. flour, water, and salt, into a smooth batter. Beat up and add the egg. Put 2 oz. flour in a paper, sprinkle with pepper and salt. Toss the fillets, one at a time, in the seasoned flour. Coat all over with the batter. Fry in *deep* fat for 8 minutes. Drain and serve immediately.

Are you worried about the fish tasting greasy when it is fried? Be very sure that the fat, whether dripping or lard, or better still, oil, is sufficiently hot before the fish goes into the frying-pan. Wait until all the fuss and bubbling is over, and a faint blue smoke rises from the fat. And even then be careful to put only one piece of fish in at a time, and let the fat be quite hot again before you put in the next, and so on.

Thoroughly dry the fish before starting the cooking, and, if you are not proposing to coat it with egg and breadcrumbs or batter, well roll it in a little flour and then put it in the hot fat.

Fish Sausages

1 lb. any white fish, flaked

½ cupful milk

1 cupful breadcrumbs

2 eggs

1 teaspoonful chopped parsley

Pepper and salt and nutmeg to taste

2 tablespoonfuls bread raspings

See that the fish is free from bone, and is well flaked. Put in a basin, add parsley, crumbs, and seasoning. Beat in 1 egg and the milk. Mix all together thoroughly and shape into sausages 1 inch thick and 3 inches long. Coat with the second egg, well beaten. Roll in the bread raspings. Have fat smoking hot in a saucepan or small deep frying-pan. Fry the sausages a rich brown. Serve with potato chips or crisps.

Fish and Vegetable Pie

1 lb. white fish	2 apples
3 tomatoes	2 onions
2 lb. potatoes	Pepper, salt, brown gravy
1 tablespoonful	vinegar

Wash the fish, cut into pieces. Peel and slice the potatoes, divide each tomato into four, peel, core, and quarter the apples, slice the onions. Put all into a casserole, add pepper and salt. Pour in $\frac{1}{2}$ pint brown gravy, place the lid on the casserole. Bake in a very moderate oven, or over gentle heat of gas or stove for 1 hour. Stir in the vinegar and just a scrap of butter before serving.

Savoury Herrings

3 herrings

Stuffing: 1 onion, 2 tablespoonfuls breadcrumbs, $\frac{1}{2}$ teaspoonful mixed herbs, $\frac{1}{2}$ teaspoonful vinegar, water to bind, salt and pepper

Mustard sauce: $\frac{3}{4}$ pint milk, $1\frac{1}{2}$ oz. fat, $1\frac{1}{2}$ oz. flour, 1 heaped teaspoonful made mustard, pepper and salt.

Make the stuffing. Chop the onion well before mixing with the other ingredients. Clean and cut the herrings in half, removing the backbones. Place alternate layers of herring and stuffing in a greased dish. Pour over the mustard sauce. Sprinkle with breadcrumbs, and bake in a moderate oven for 20 to 30 minutes. Make the sauce as for boiled fish, adding the made mustard.

Cod and Bacon

$1\frac{1}{2}$ lb. cod, in thick cutlets
4 streaky rashers

Bacon fat
Pepper and salt

Dry the fish cutlets carefully. Put a little bacon fat into a casserole, lay in the fish, sprinkle on pepper and salt. Cut each bacon rasher in two, place one lot over the cod. Add



FIRST STAGE. Cleaned and skinning



SECOND STAGE. Cutting a little each side of backbone



THIRD STAGE. Lifting off the fillet with the thumb, the small bones gently drawn

Photo: Frank Woods, Epsom

FILLETING A HERRING

more fish, season again with pepper, spread on the other bacon rashers. Cover with a lid. Bake for $\frac{1}{2}$ hour. For the last 5 minutes allow the bacon to crisp. Serve from the casserole.

Fish Fancies

$\frac{1}{2}$ lb. cooked white fish	Salt, pepper, nutmeg to taste
$\frac{1}{2}$ lb. pastry	$\frac{1}{2}$ teaspoonful chopped parsley
	1 teaspoonful butter

Have the fish flaked and free of bone or skin. Season it. Roll out the pastry—thin; cut it in different shapes with a cutter, but none larger than the top of a tumbler. Put a tiny heap of seasoned fish on each piece, and a dab of butter. Wet the edges of the pastry, press together. When all are filled, fry them in deep fat for 6 minutes. Drain. Serve very hot with chopped parsley scattered lightly over them.

Fish Pudding

$\frac{1}{2}$ lb. flaked fish	1 teaspoonful margarine or butter
1 lb. mashed potato	1 teacupful milk
1 egg	Pepper, salt, nutmeg, and mustard

Mash the flakes with the potato, add the pepper, salt, and nutmeg, the margarine (or butter) and 1 saltspoonful mustard. Beat the egg and stir in with the milk, and pour on to the fish mixture. Grease a pudding basin or mould; put in the fish, etc., cover with greaseproof paper, and steam in a saucepan of boiling water for 1 hour.

Don't forget that if the skin and bones, fins and tails, of fish are covered with water and simmered for $\frac{1}{2}$ hour, the liquid, when strained, can be thickened with a little flour and milk, seasoned, and served as sauce.

There are many ways of flavouring sauce for fish. So, whether you make the sauce with stock in which you have

stewed bits and bones and trimmings of the fish, and then thicken it with flour or cornflour, or whether you prefer white sauce made with milk, just remember that a spoonful of anchovy sauce, tomato relish, lemon juice, or vinegar, mushroom ketchup, mustard, grated cheese, even a pinch of horse-radish, chopped thyme, parsley, chives, or fennel will produce the most wonderful difference in flavours.

There's another sauce you must try :

Shrimp Sauce

Shell half a pint of nice, big, fat shrimps and stir them into some white sauce, add a scrap of butter, some pepper, a dash of anchovy sauce, and then? Well, then pour that sauce boiling hot over a large dish of plain boiled rice, macaroni or mashed potatoes. You'll think this really good.

You might use this same sauce and mix with it a few spoonfuls of flaked fish, and then pile it piping hot on rounds of toast. It's a quickly made supper dish on a cold night.

Fish Tarts

$\frac{1}{2}$ lb. cooked white fish
1 cupful white sauce, thick

$\frac{1}{2}$ lb. short pastry
Pepper, salt

Roll pastry thin, cut into 12 rounds, grease bun pan, put in pastry. Bake in good oven 10 minutes. Make sauce, stir in flaked fish and seasoning. Put a spoonful in each little tart case. Scatter over it a few breadcrumbs and return to the oven for 5 minutes to brown.

Make the same mixture of fish and sauce for fish cutlets, and let it cool before shaping into cutlets and frying brown on both sides.

Cloistered Kippers

Rinse each fish under cold water tap, dry. Put flat on a piece of greaseproof paper. Pepper the kippers, add a tiny bit of butter; wrap paper well over to cover each kipper. When all are ready, put them into the oven in a hot pan, or hot baking-dish. Cook 15 minutes.

When removed from their paper shrouds, the kippers are moist and succulent.

Then there are tiny dabs and other small flat fish, which you can buy sometimes for a few pence a pound. If you just wrap those the same way in greaseproof paper, and add the bit of butter, and then steam or bake them, they are easy to serve.

Hints for Filleting a Herring

- (1) Place the herring on a board and, with a sharp knife, cut open the front and take out the roe, which can be put aside to make a savoury.
- (2) Next make an incision down the back from head to tail, just cutting through the skin.
- (3) Then make a small incision close to the head on one side. Lift the skin here, and it will come off in one piece.
- (4) Repeat on the other side. Now the skin is removed, and the next step is to take out the bone.
- (5) Insert the thumb just above the bone at the tail end, and move the thumb gently towards the head, lifting the flesh from the bone.
- (6) Then begin again at the tail end, this time lifting the backbone gently, when it will come away from the flesh entire, with all the small bones adhering to it. The resultant two fillets can conveniently be prepared and cooked in numerous appetizing ways.

Fish Loaf

1 tin of salmon	1 egg
1½ cupfuls fine breadcrumbs	½ cupful milk
1 small onion	½ teaspoonful salt

Sprinkling of cayenne pepper

Flake the fish with a fork, removing all oddments of bone and skin. Grate the onion finely and add to the fish with the lightly beaten egg, the milk, salt, cayenne and breadcrumbs, and, if liked, liquid from the fish can. Mix well, put in a small greased pie dish, sprinkle with a few breadcrumbs, dot on scraps of butter. Bake in a moderate oven until lightly browned, about 20 minutes. Serve with very thin lemon slices, or, better still, a little home-made tomato sauce.

VARIED COLD SUPPERS

WHEN you have the oven hot make some

Croûtons

Cut stale white bread into slices, $\frac{1}{8}$ inch thick, trim off the crusts neatly, cut the bread into circles, or rings, or diamond shapes. Fry the slices in deep fat for a few minutes until just straw coloured. Drain on white paper. Afterwards place the slices in the oven, until lightly crisped. Store away when cold, and they are ready for all sorts of

SAVOURY MIXTURES

Hard-boiled eggs chopped small, you could blend with a pinch of mustard and salt, a minced shallot or two, and a teaspoonful of butter and use the paste to spread on several croûtons. Half a cold fried sausage, a piece of fish, a tomato or a little corned beef, or a piece of cheese, could be added at the last moment.

Then slices of breakfast sausage, or small cold fried bacon rashers on croûtons are substantial if you serve cold new potatoes and lettuce with them.

Grated cheese and very thin slices of onion can be used with croûtons. In fact you will like them in all sorts of ways with cold meat, eggs, sardines, vegetables, pickled cabbage, cucumber and tomato.

TIMELY PREPARATION

One great advantage about cold meals is that they can be prepared beforehand and you can take your time about the matter:

You will find it helpful sometimes to make simple pastry, and use it for sausage rolls, little meat patties and pasties. Don't let the pastry be thick or tough. Thin and light and crisp it will be welcomed with either sweet or savoury fillings. Junkets served with stewed fruit or fruit tarts are just right for supper-time, because junkets are light and digestible, but you won't have to prepare them too long before they are served.

Sandwiches of many sorts can be prepared for supper dishes. One cooked kipper, carefully boned and mashed into a paste with 1 ounce of butter and 1 teaspoonful of finely chopped cress or parsley, will make delicious fillings for quite a number of sandwiches. Or one small slice of liver, minced and seasoned with pepper and salt, and mixed with a teacupful of mashed potato can be made into little flat cakes and fried for 5 minutes. When cold, just put them in between slices of bread and butter and serve them with cucumber, or lettuce, or tomatoes.

You know all about making fish cakes—make some now. They are excellent for the cold supper. Don't make them too large, or too thick. They taste well and look well with little heaps of red pickled cabbage on the same dish.

And there's another fish supper, which you can prepare the day before if you like.

Soused Mackerel

4 mackerel
12 peppercorns

1 cupful vinegar
1 cupful water

Rinse the fish, cut off heads and tails. Split the fish open and remove the backbones, wipe away discoloration. Lay each piece skin side downwards in the baking-dish, pour on vinegar and water. Scatter the peppercorns in and a little salt. Cover the dish. Bake in a moderate oven for 45 minutes, then put aside to get quite cold.

You'll find these dishes welcomed from time to time :

Mutton Masked

2 oz. butter
1½ oz. flour
½ pint milk

1 lb. mashed potatoes
6 neck-of-mutton cutlets
Salt to taste

Have the small neck cutlets trimmed, and fry on both sides until cooked (about 10 minutes). Mash the potatoes smoothly with a walnut of butter and 2 tablespoonfuls of milk. Make the potatoes into a pyramid on a dish, place the cutlets in position up the sides of the potato pyramid. Stand on one side to cool. Prepare the sauce by melting the butter in a saucepan, then stir in the flour, blend smoothly over heat for a few minutes. Pour into the mixture ½ pint of milk (hot). Stir, and simmer for 8 minutes. Add salt to taste. Pour carefully over the cutlets and potatoes, especially covering the mutton. Leave to cool.

Beef and Potato Surprise

½ lb. corned beef, lean
2 lb. mashed potatoes
6 small tomatoes

6 gherkins
6 onions
(from jar of mixed clear pickles)

Cut the lean beef small. Pile the mashed potatoes in a dish, and surround with a border of diced beef. Cut up the onions in quarters, and stick them in the potatoes. Decorate with small gherkins and tomatoes also cut in quarters.

Curried Eggs and Peas

4 hard-boiled eggs
3 cupfuls peas, cooked

½ pint curry sauce
4 oz. rice, cooked

Chop the eggs, strain the peas free from water. Have the curry sauce prepared (directions already given), and while

boiling hot, in a saucepan, put the eggs and the peas into it, stir gently for 1 minute. Add 1 teaspoonful of butter and blend with the other ingredients. Place the boiled rice in a round dish or shallow bowl, and make a hollow in the centre large enough to receive the curry mixture. Pour neatly into the rice hollow. Broad beans (very young and tender) can take the place of peas in this dish. This dish good—hot or cold.

Brawn Rolls

12 slices brawn	6 small tomatoes
12 lettuce leaves	1 teaspoonful mustard
$\frac{1}{4}$ lb. cooked macaroni	$\frac{1}{2}$ a lemon
1 teaspoonful sugar	

Cut the brawn very thin. Dry the lettuce leaves after careful washing. Have the macaroni boiled in salted water, until tender. Drain, sprinkle with pepper. Pile in the centre of a small meat dish. Mix the mustard and sugar into a cream with the juice of $\frac{1}{2}$ a lemon. Smear each slice of brawn with the mixture. Roll 6 leaves of lettuce round 6 rolled slices of brawn. Reverse the process with the others, that is, roll 6 slices of brawn round 6 tightly rolled lettuce leaves. Slope them against the mould of macaroni, and decorate with portions of tomato.

Suggestions for Quick Meals

You will surely have cheese in the house. Make some nice toast, cut the cheese into thin slices, lay them on the pieces of buttered toast, cut two rashers of bacon into little dice-shaped pieces, and put under the grill for a few minutes, until the bacon is crisp.

If you have a tin of sardines, turn it out, wash quickly through a colander with a little hot water to remove the oil,

then roll each sardine in flour, well seasoned with pepper and salt, dip it in batter and fry. This makes a delicious change and takes only a few minutes to prepare.

Spaghetti or macaroni are equally good with cheese, and cooked spaghetti fried with sausages makes an attractive dish.

The useful little tins of corned beef can be made of service. A few slices evenly shredded give substance to the plainest salad, and curry made with corned beef is liked if not served too often. Built up with potatoes and onions, corned beef becomes shepherds' pie. Minced with breadcrumbs, a flavouring of herbs and seasoning, bound with an egg, it presents itself as rissoles to fry and be eaten hot or cold.

PORK IN SUMMER DISHES

I KNEW it was no use calling this chapter—Pork in June, or July or August. You wouldn't have liked it; you would have said, "Pork can't be good then, there is no R in those months." So I just call it Pork in Summer—there's an R there right enough.

There is no reason why a small tender-fleshed little English pig—dairy-fed—should be considered unsuitable food for summer days. Pig meat in every form is eaten with satisfaction on the Continent, not least by English tourists.

A Novel Roast

A pig's head is usually quite cheap, and half a pig's head should provide an excellent little roast for two people. But don't forget the simple pastry crust that is laid over it and baked, crisp and brown, with it. Pastry makes the joint go farther, and saves the meat from toughening, and the rind from hardening. And speaking of hardening, if you want the rind of pork to be crisp and tender, whatever joint of pork you're baking, brush it over lightly with a drop of salad-oil before putting the meat into the oven. A teaspoonful of oil is a sound economy because it keeps the rind from burning and gives it just that "scrunchiness" that makes everybody want a piece. There won't be a scrap wasted.

When you've cut all the sizable slices away from the roast, don't think you've done with the head. Cover it with a quart of hot water in a saucepan, add an onion, carrot and

a potato, and a little salt. Simmer for an hour. Stir in a little pea-flour mixed with cold water, simmer another 15 minutes, strain and serve as a soup hot or cold.

Cheap Brawn Tin

If you are making brawn and have not an expensive brawn tin, then make one like I do.

It looks most professional, almost as good as a real collared head tin, or brawn press, costing several shillings. And you can make one for 2*d.* or 3*d.* according to the size required. Actually I bought a set, three different sizes, for 6*d.* Anyway, just buy a cake tin, one with a removable bottom, lay the loose metal disc flat on a step, and with a nail and hammer punch 12 holes in it. Rinse with boiling water, dry, and use when required for making brawn.

Brawn

If you roast or boil one side of the pig's head, then make use of the other side for making brawn. It's not much trouble: soak it first in strong salted water, then have a large saucepan ready, and cover the head with warm water. Put an ounce of mixed pickling peppers in a muslin bag and a teaspoonful of salt in the water. Bring to the boil, boil fast with the lid off for 10 minutes. Skim, then put the lid on the saucepan, and simmer until tender. A small head takes about 2½ hours. Place on a plate, remove all bones. Chop the meat very small, skin the tongue, and cut into pieces about an inch square. Sprinkle all liberally with black pepper, add a little nutmeg grated, and salt to taste. Grease a basin or brawn tin, fill to the top with meat pieces and 4 tablespoonfuls of the stock from boiling the head. When the basin or tin is quite full, put a saucer on the top,

and press down with a heavy weight until cold. The brawn will be ready next day.

You know you can get lots of variety in brawn if you mix in different spices, or add 1 lb. of bullock's cheek, or 1 lb. neck of veal to the pig's head and boil with it. If the brawn is to be eaten next day, 3 or 4 young cooked carrots in it make a pleasant tastiness. And one day remove the shells from 3 hard-boiled eggs, then press the eggs gently into the brawn mixture to cool and set with it. But remember brawn does not keep more than 2 or 3 days.

Pork Surprise

Cut very, very thin slices from a cold roast leg—roll each slice cornet-fashion and fill it with a little salad of cress and lettuce and cooked peas. Add a spoonful of salad-dressing, and serve with tomato slices surrounding the cornets. You can make this look rather extra special if you arrange it carefully. Use any little salad mixture you fancy that will make a dainty-looking dish. On another occasion, carve the cold leg and serve it simply with new potatoes and orchard sauce.

Orchard Sauce

This is made with apples, just ripe. You can peel 2 or 3, scrape them quickly into pulp. Just use a teaspoon to scrape them, and then put the pulp in a basin and squeeze the juice of a lemon over it. Stir for a moment or two, and serve a spoonful with each helping of pork. There was another orchard sauce popular once upon a time, that was the juice of apples pouring out of the cider press. Before the juice became cider it was pleasantly acid, and rather sweet. Nothing much to look at, but it was liked as a sauce for

bacon, pork or pancakes. Mugs were dipped freely in the cloudy liquid, and put on one side to clear in the cool before using.

Pork Salad

You cannot quite believe that you'll like it in the hot weather. Very well, call it *chicken* salad, and only the one who prepares it will know the difference. White meat of pork, finely chopped, nicely seasoned, laid in little mounds on lettuce and beetroot and egg and tomato, and any other saladings you care for, will look like minced chicken and *taste* like minced chicken.

Pork rissoles and bread sauce and tiny forcemeat balls in brown gravy also taste much like rissoles made with chicken.

Decorated Blade-bone

3 lb. blade-bone pork	2 sheets gelatine
2 tomatoes	$\frac{1}{2}$ teaspoonful vinegar
1 tablespoonful cooked peas (green)	$\frac{1}{2}$ a lemon
	Pepper and salt to taste

Roast the blade-bone for $1\frac{1}{2}$ hours, basting frequently. Remove from the oven, and allow it to get cold. Pour into a basin fat from the baking-pan. Add 2 tablespoonfuls of cold water. Stand the basin in a bowl of cold water to allow the fat to set quickly. When the fat is settled at the top, strain the liquid into a small saucepan. Add the gelatine in small pieces, the vinegar, pepper and salt. Stir over gentle heat until gelatine is dissolved. Cool quickly, and pour over a cold pork joint. Make a pattern on the top with thin slices of tomatoes and the cooked green peas. Serve with the half lemon cut in tiny, fancy pieces, and small new potatoes cooked and cold laid on watercress.

Luxemburg Fritters

4 small pig's trotters	Brown breadcrumbs
1 onion or shallot	Seasoning
Egg	Water
1 breakfastcupful pickled cabbage	

Buy very clean trotters. Soak them for $\frac{1}{2}$ hour in a quart of cold water with 2 teaspoonfuls of salt. Drain, put in a saucepan, cover with cold water. Bring to the boil. Drain, and put again in 3 pints of cold water. Add the onion and salt and pepper to taste. Boil for 10 minutes. Then simmer until tender (time according to size). When done, remove from pan, cool. When cold, cut in $\frac{1}{4}$ -inch slices across the trotters. Divide each foot in two, flour, and coat with egg and breadcrumbs. Fry a light brown, and put aside to get cold. Serve by placing the fried slices in rows on a dish. Surround with little mounds of the pickled cabbage.

If you are cooking sausage in batter or to serve for pancakes or fritters, cook the sausage first either by frying or boiling for a few minutes.

TASTY WAYS WITH BACON

THE cheaper parts really can be used economically. Let's start with streaky, and use a sharp pair of kitchen scissors to trim off the rinds and the hard edges.

$\frac{1}{2}$ lb. streaky bacon
2 eggs

6 cold cooked potatoes
Bacon fat for frying

Make the pan hot, put in the bacon fat, and let it melt. Lay in the prepared bacon slices, cook through. If liked crisp, fry on both sides. Have ready 2 eggs, well beaten and seasoned with pepper and a tiny scrap of salt. Lift the bacon piece by piece out of the pan, allow the fat to drain from the bacon slices. Then dip the slices in and out of the egg mixture. Return to the pan, fry a nice brown. Dish up on a very hot dish, and when all the slices are cooked, bring the fat again to the boil, and fry quickly the potato pieces, which should be a $\frac{1}{4}$ inch thick. For a more substantial meal add more potatoes, or cut some cold parsnips into dice-shaped pieces, and fry with the bacon.

You can cook

Apples with Bacon

$\frac{1}{2}$ lb. streaky bacon
(or allow 2 slices per person)

2 cooking apples
1 teaspoonful white sugar

Be sure to put plenty of fat in the pan after the bacon is crisped and fried. Then have the apples already peeled and cored and quartered, and cut again into $\frac{1}{2}$ -inch-thick slices.

Slip them into the boiling fat, and cook through. They will take less than 5 minutes. Pile them on the bacon slices and sprinkle the sugar over.

The Friendly Flank

Too fat you think? Have another look at a 3-lb. piece, one end narrow and streaky, the other end quite a sizable piece of lean, almost like a small lump of ham. In the centre there is fat, but what fat, valuable in every ounce. Soak the bacon in cold water, scrape off any rusty coating on the under side, place in a saucepan with cold water to cover. Bring to the boil, skim, simmer for 2½ hours. Drain and put on to a dish, remove rind, then cover with fine-browned breadcrumbs, a sprinkling of white sugar, and a grating of nutmeg.

When cold, you can carve the streaky end in thin slices. The thicker end can also be sliced and enjoyed cold, or you can treat it as ham and mince it for savoury rissoles, pancakes, ham patties, or, best of all,

Savoury Ham Toast

Beat 1 oz. of butter into 3 oz. of minced ham. Add ½ teaspoonful of fresh mustard, some pepper, 1 teaspoonful of chopped watercress or parsley. Spread the mixture on hot buttered toast. Put under the grill for 5 minutes.

The fat in the rest of the flank may be served with lean corned beef and pickles. Or a few slices will go well with grated cheese and beetroot for a lunch dish.

Or it may be rendered down by gentle simmering over heat as a frying fat, and prove its worth that way.



THE FORE HOCK

- A. The fore hock, called shanks in the North of England, and fore end or shoulder in Scotland
- B1. Knuckle cut off (C), with bone removed, showing cavity for stuffing
- B2. The same cut, boned and rolled for boiling
- C. Knuckle as removed from B1 and B2
- D1. The hock divided into three : first cut
- D2. The above cut, boned and rolled
- E. Second cut, boned and showing cavity for stuffing
- F. Third cut—knuckle end



CUTS OF BACON

- A1. Collar, called in the North of England bottom of the shoulder
- A2. The same cut, boned and rolled
- B. Flank and streak tied together for boiling
- C1. C2. The above joint after cooking, showing possible variation
- D. The whole streak
- E. Flank as cut from above
- F. Thin streak, rolled for boiling
- G. Thin streak for roasting



Bacon Rolls : Three Ways

Thin rashers of streaky or flank do for this.

No. 1. Have some bacon fat boiling in a small pan, trim the rind off the number of rashers required. Roll each one round a teaspoonful of grated cheese, liberally flavoured with pepper. Fry for 7 minutes, seeing that the rasher and cheese are thoroughly cooked. Serve with fried bread, toast, or mashed potatoes.

No. 2. Lay $\frac{1}{2}$ a sausage on each rasher, roll up, and cook in deep bacon fat for 8 minutes.

No. 3. Serve crisp little bacon rolls with orange slices piled on small rounds of fried bread.

Bacon Hot and Bacon Cold

A HOCK ROAST

Do you like cooking a "cut-and-come-again" joint? Well, choose a nice piece of shoulder hock. Ask your grocer to cut out the bone. Let the bacon soak in cold water. Wipe dry, then fill in the cavity left by the bone with forcemeat. For this you will want :

2 breakfastcups breadcrumbs	$\frac{1}{2}$ lemon rind, grated
4 oz. fine chopped suet	Pepper, salt, nutmeg to taste
1 teaspoonful chopped parsley and thyme	1 egg beaten to mix

Stuff the hock (4 lb.) with this, and tie it with string and skewer. Bake in a moderate oven for 2 hours. Baste frequently. Serve with brown gravy and baked potatoes. Use a sharp knife to carve with—then you'll have a neat joint when cold.

Another Bacon Roast

This time, *streaky* bacon can be used. Buy 3 lb. of bacon, and get the rind removed with a sharp knife. The grocer is the best man to do this, he's an artist at the job. Your part of the work is to prepare :

1 lb. onions	1 teaspoonful sage
2 breakfastcups breadcrumbs	Pepper and a pinch of salt

Wash and wipe the bacon. Peel and halve the onions. Boil them for 10 minutes. Chop finely, mix the breadcrumbs, sage, flavouring, and onions, thoroughly. Lay the bacon flat down on a hot baking-pan, and spread the stuffing over the top $\frac{1}{2}$ inch thick. Bake in a hot oven for 1 hour and 20 minutes.

Baste with the fat from the bacon in the pan. Serve with apple sauce, greens, and parsnips.

Bacon Cold

Hock or streaky or collar, if well cooked, is nearly as good as ham. So choose a sizable piece.

Scottish Bacon Puffs

$\frac{1}{4}$ lb. bacon	$\frac{1}{4}$ teaspoonful cream of tartar
$\frac{4}{4}$ oz. flour	Pinch of salt
$\frac{1}{4}$ teaspoonful baking-soda	A shake of pepper
1 egg and enough sour milk to make a batter	

Remove the rinds, fry bacon slowly on both sides, and lift out and keep hot while frying the puffs.

TO MAKE PUFFS

Beat up the mixture as if for scones, adding enough milk to make a thick batter. Make the dripping smoking hot

in the pan, and drop the mixture in in spoonfuls. Fry a nice brown on both sides and cook thoroughly, serve with bacon.

Here is an old Eastern recipe :

Bacon Sauce

$\frac{1}{2}$ lb. streaky bacon	2 tablespoonfuls vinegar
2 small onions	$\frac{1}{2}$ pint water
1 level tablespoonful flour	Pepper to taste
1 teaspoonful white sugar	

Cut the bacon with a pair of sharp scissors into tiny squares. Chop the onions small. Put into a hot frying-pan, shake about until the bacon and onions are just browned. Sprinkle on flour, pepper, and sugar. Make the vinegar and water hot, and add to the mixture in the pan. Stir while boiling for 8 minutes. Have ready some well-mashed potatoes and a nicely boiled cabbage, thoroughly drained. Put them in a deep hot dish, the cabbage in the centre, the potatoes piled round. Then cover with the bacon sauce.

Savoury Bacon Roundabouts

These are especially good served very hot.

1 lb. streaky bacon	Salt and pepper to taste
$\frac{1}{2}$ lb. self-raising flour	4 oz. dripping or margarine
2 lb. potatoes, cooked and mashed	Water

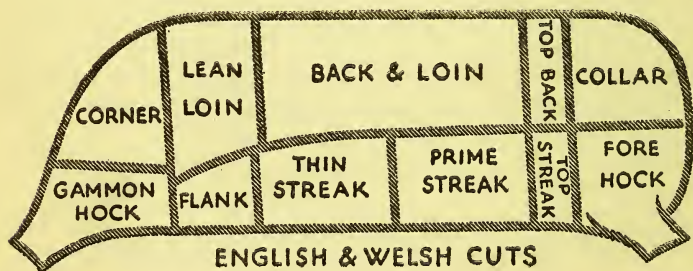
Prepare the pastry by mixing flour, seasoning, dripping or margarine, and mashed potatoes. Use a little water to bind. Flour a pasteboard, and roll the mixture out thin and smooth. Cut the pastry into strips, and lay upon each strip a slice of bacon from which the rind and edge have been cut. Roll up the pastry and bacon quickly, put on a well-greased pan. Bake for $\frac{1}{2}$ hour.

Bacon Glory

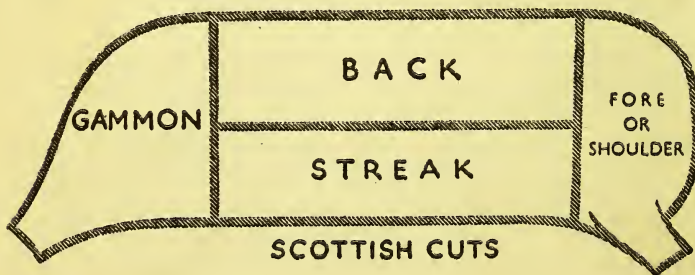
$\frac{1}{2}$ lb. bacon (collar)
 1 lb. tomatoes
 3 small onions

2 cupfuls breadcrumbs
 1 teaspoonful butter
 Pepper and salt

Grease a pie dish. Sprinkle in 1 cupful of the breadcrumbs. Season with pepper and salt. Slice each tomato in three pieces, and put a layer over the breadcrumbs. Cut the bacon into small dice, and place these over the tomatoes. Add pepper only, not salt. Follow with the onions finely chopped. Season well. Add some more tomato slices, then breadcrumbs, and finally the butter cut in small pieces. Bake in a hot oven for $\frac{1}{2}$ hour.



ENGLISH & WELSH CUTS



SCOTTISH CUTS

Streaky Bacon Cooked in an American Way

Heat up a tin of baked beans and 1 lb. cooked tomatoes. When hot through, place in an earthenware dish. Cut $\frac{1}{2}$ lb. streaky bacon in thick slices, fry in plenty of fat. Cover the beans and tomatoes with the fried bacon, sprinkle $\frac{1}{2}$ teaspoonful granulated sugar on top, and brown in the oven.

Bacon Rissoles

Bits of lean bacon can be made into rissoles. For these you will want 1 cupful of fine breadcrumbs, a little chopped parsley and thyme, the lean bacon minced, pepper and salt, and a very little milk. Mix the ingredients together with the milk. Make into small sausage-like rolls, dust with flour, then coat over with an egg, well beaten, dip in a little bread raspings, and fry a golden brown.

If you prefer it, make a little very thick white sauce and mix in the minced ham, season and allow to cool. Then shape into cutlets. When quite cold, egg and breadcrumb and fry.

Liver and Bacon

Do you like liver? Have you ever thought whether bacon makes liver savoury, or liver makes bacon savoury? One day, when you have only $\frac{1}{2}$ lb. of liver, cut it in slices, chop $\frac{1}{2}$ lb. of streaky bacon or collar small. Grease a pie dish, put in a layer of bacon, then some liver, then bacon again, sprinkle with pepper, salt, and add a scrap or two of butter. Bake $\frac{1}{2}$ hour. Serve with 3 oz. of spaghetti cooked in boiling salted water for 30 minutes.

Vegetables and Bacon

Try a dish of well-cooked swedes, drained free from water, and mashed thoroughly. Sprinkle pepper, salt and a teaspoonful of sugar on to them, add a little butter and beat well. Turn the mixture into a greased dish. Cover with uncooked rashers of bacon, place in hot oven, bake and crisp 10 minutes. Broccoli and cauliflower, with big white heads, are available sometime during the year. Why not boil one, or other, drain and cover with parsley sauce? To this add thin collar rashers, fried in the pan, with chipped potatoes, and you'll find it a very satisfying meal.

Here's another item to use with cold or hot boiled bacon—mint sauce.

It is really good, the crisp acid of vinegar lends itself to making the bacon exactly right. The mint adds a flavour quite attractive, and the sugar helps too.

THE USEFUL HOCK

Why not buy a bacon hock—say 8 or 9 lb.? You can do lots with such a piece. Ask the grocer to weigh the hock, then divide it in two, and to take out the bone. Have one piece rolled and tied round very tightly—with strong string—for boiling. Soak it in cold water for 2 hours, then put it in a saucepan, cover with fresh cold water. Bring to the boil and cook until tender. Lift out on to a plate, and remove the skin while hot.

Leave it to get cold before you cut the string or the nice round shape of the hock will be spoiled. Cover with breadcrumbs. This joint will prove a real friend in need. Lean, well-flavoured bacon, every bit of it tasting nearly as good as ham, and half the price.

The other half of the hock will roast, as on page 97.



VEGETABLES USUAL AND UNUSUAL

WHERE vegetables are of the usual type such as carrots, potatoes, etc., or more unusual ones such as I am describing here, there are certain essentials to remember. The first one is absolute cleansing of every part of the vegetable, before it is cooked, but do not make the mistake of long soaking in water.

Green vegetables, with very few exceptions, are cooked in boiling water, and that water must be kept boiling all the time. The more conservative method that is now much advocated of cooking greens in a *small* amount of water, and keeping them covered with a lid, and after straining the greens making use of the water, has much to commend it. By this means the valuable mineral salts present in the fresh vegetables are preserved, and can be taken in a convenient form whether, as a drink, or added to a soup or stew. Unfortunately we have got so used to having our green vegetables *green* that we have rather sacrificed their value for the sake of appearances.

Have you tried a few lumps of sugar instead of one small lump of soda to keep the colour? You will like it, it is much better, and besides sugar really improves the flavour.

Greens

Do remember to have your green vegetables as fresh as possible. Withered and discoloured cabbages and cauliflowers have lost three parts of their food value.

In summer and early autumn England is rather a wonderful place for those who like vegetables. Even if you only

use everyday varieties such as potatoes, peas, beans, cabbages, marrows and turnips, quite a lot of different dishes can be secured.

But there are many others, and one of the best possible is spinach. To some people the rather smooth, satiny taste of spinach is unpleasant—they taste it once and ever afterwards refuse to touch it. That's really foolish when you come to think it out because spinach can be served in such different ways, and in one dish it may not be liked while with another method of cooking it would be voted delicious.

Again, there are several varieties of spinach. Summer spinach is very tender and good. And if you're clever you'll make two dishes of it instead of one. Unless the leaves are very small, you'll need to strip them from the long stalky midribs. It's worth doing and will take perhaps 5 minutes longer.

When all the green leaf is in one heap, and the midribs in another, tie the midribs together in an even bundle with two bands of string. Then plunge them into cold water—soak them for a moment—then put them in fresh cold water—shake them well in it—and so remove any chance of grit.

Then see that the leaves are thoroughly rinsed and drained. Put a small piece of dripping in a saucepan, melt it and add the spinach—shake a little to prevent burning. As they shrink down in their own moisture—with the heat—sprinkle over them a little salt and $\frac{1}{2}$ teaspoonful of sugar—cook 15 minutes. Drain thoroughly—press firmly—serve very hot. That is so far as the leaves are concerned. Now for the stems or midribs.

Are the strings tied firmly?

Then have boiling water in a saucepan—add salt to taste, and 3 or 4 lumps of sugar. Put in the bundle of spinach stems—boil 15 minutes with the lid off. Drain—put in a dish—and serve like asparagus, with a little butter.

Once you've tasted this mock asparagus, you'll be awfully sorry for all the people who waste good food by throwing away these stems.

Then there's seakale spinach beet with its handsome broad

mid-ribs of white, or yellow. Do remember that the leaves stripped off are delicious as spinach—they take $\frac{1}{2}$ hour to cook—they have taken longer to grow than the summer spinach, and are therefore a little less tender.

The midribs you rinse, and tie in bundles, and cook in boiling salted water, and serve like you would the more expensive seakale.

Make the best of peas when they are young and green and tender. When you're cooking them, don't grudge a teaspoonful of sugar—granulated sugar is excellent—it just makes them a scrap sweeter and keeps them green.

Don't wait until vegetable marrows are big and hard just because they seem more for the money. Marrows, about 10 or 12 inches long—when young—are awfully good plain boiled or stuffed with forcemeat and baked.

Golden Butter-Beans

This dish is very easy to prepare. Gather the beans very young, wash and just cut the merest scrap off each end. Have ready some boiling water, enough to cover the beans. Boil for 15 minutes, adding $\frac{1}{2}$ teaspoonful of salt and 6 lumps of sugar for the last 5 minutes. Strain, serve very hot with a tablespoonful of melted butter.

Cooked or uncooked, these beans are almost butter-coloured. You can use them as a chief dish or as a vegetable ; they are delicious and nourishing.

Custard Marrows

Gather these while quite young. Then they are small and tender. Peel them—there should be no need to cut any part away—cover with boiling water, salted to taste, cook for 20 minutes with lid on saucepan, serve with plain white sauce or parsley sauce.

Sugar Peas

These are large, and every bit of the broad, wrinkled skin is to be eaten. They are very quickly prepared. Just gather the peas and remove the stalk ends. Wash, and put into boiling water ; add salt and sugar to taste (4 lumps of sugar to a quart of water is sufficient). Boil the peas for 20 minutes with the saucepan uncovered. Turn the peas out carefully into a colander, and so keep them unbroken. Serve with thick parsley sauce. Or send them to table, and use them as a second vegetable. Actually, sugar peas make a very special dish, and vegetarians will welcome them as something quite out of the ordinary and of very definite food value.

New Zealand Spinach

This is of particular value in summer-time, because, no matter how dry and hot the weather, New Zealand spinach grows very rapidly and spreads its foliage over the ground. It's a "pick-and-come-again" vegetable. You must wash the leaves through several waters, or they are liable to be gritty. Drain and shake free from moisture. Have ready a saucepan with a small piece of butter or dripping melted in it. Put in the spinach, and place on the lid. Put over gentle heat until the spinach is warmed through ; then shake about to prevent burning, and cook for 20 minutes, drain and press. Add a sprinkling of salt and pepper, a walnut of butter in small dabs, and serve in a very hot dish as a vegetable. Another savoury way is to put little piles of the spinach on buttered toast.

Chinese Artichokes

If you have seen these funny little vegetables which look like tiny spiral spinning tops, you may have thought them curious and not worth buying, but try them one day. Wash and scrape them like little new potatoes. Rinse, then put into cold water, add a little salt and a couple of lumps of sugar. Boil gently until tender.

You can serve them with a little butter. Another way is to fry the cooked artichokes until lightly browned and pile them on fingers of bread also lightly fried and crisped.

Kohl Rabi

You have seen this curious-looking vegetable growing just like a turnip which had escaped from under the ground and decided to grow above it. Well, the flavour is rather turnippy, and it is actually a little more nutritious than the ordinary turnip, *but* it must be cooked when only quite young.

It is peeled just the same way and boiled in slightly salted water until tender, then drained and sent to table as a vegetable or covered with white sauce flavoured with cheese. Kohl rabi is a good savoury. The green leaves which cover the tops may be used as a separate dish, a cabbage substitute in fact.

Celeriac

Here is a vegetable not really difficult to cultivate, but it is often expensive to buy, and many people avoid it, not knowing how delicious and nourishing a dish it can make.

Actually, in celeriac, the root only is eaten, while in celery, the top is the cherished part. Peeled and prepared like turnips, celeriac is cooked in salted water until tender.

Served with white or brown sauce, or a little butter, it will make a fine addition to the meat. Or better still, a good supper or lunch dish in place of meat.

Cooked and sliced and allowed to become cold, it is just right for adding to salad. Some tiny onions are cooked and served in the white sauce. Please try these one day, when you have a few minutes to spare.

Celeriac carefully grown, and when still young and crisp and tender, can be sliced raw and served with lemon juice, vinegar or mayonnaise sauce.

Novel Broad Beans

Have you any broad beans? Pick them when *young*, and rinse them, and then cook them *whole*. Have the water boiling in the saucepan, add salt to taste, and 3 lumps of sugar for every lb. of broad beans. Cook young beans 15 minutes. Drain and serve.

Red Cabbage as a Vegetable

For this choose a nice small but firm red cabbage. Cut away all outside leaves and as much of the stump as possible. Divide the rest in four quarters taking each quarter in turn and cutting in fine shreds. Wash the cut-up shreds by putting them in a colander and holding it under the cold-water tap. Drain away as much moisture as you can and roll up in a clean cloth to dry. In a saucepan melt 2 oz. of dripping or butter and shake in the shredded cabbage. Put on the lid and let the cooking go on slowly for an hour. Shake the saucepan now and again and give the contents a stir. When the cabbage is tender, sprinkle in a teaspoonful of salt, a tablespoonful of vinegar, a little castor sugar, and just a pinch of ground all-spice. Stir again with a fork, blending together all these ingredients and serve thoroughly hot.

Beautifiers

Onions and carrots, separately or together, are most valuable aids to health and they make lots of delicious dishes. Here is one :

4 large onions	1 teacupful breadcrumbs
4 carrots	1 tablespoonful butter
$\frac{1}{2}$ pint white sauce	Pepper and salt

Boil the onions until tender. Scoop out centres carefully. Have the carrots cooked. Cut them into small pieces. Dip in a little melted butter. Season with the pepper and salt. Mix with the pieces removed from the hearts.

Place the onions in a buttered pie dish, fill with the carrot and onion mixture, pour the white sauce round the onions, sprinkle over the breadcrumbs, add a dab of butter here and there, a little more seasoning, including nutmeg if you like. Place in the oven until the breadcrumbs are just a little browned, and send very hot to table without removing from the dish.

Something that you might like to add occasionally for a more savoury supper dish, is a little grated cheese added at the very last and a little finely chopped parsley, but remember it is the onions and carrots that are the beautifiers.

Vitamin C

Have you heard that eating leeks and onions (raw or cooked) ensures having beautiful hair? Many people believed this years ago. But nowadays doctors advocate a liberal use of them in diet, because they have plenty of Vitamin C, that vitamin which is so vital in maintaining resistance to disease.

Vitamin C is a nice friendly vitamin found in *such good* company. When you eat a tomato, or orange, or grapefruit, or take lemon juice, or gnaw a scrunchy raw carrot, or eat lettuce or watercress, all crisp and freshly gathered, Vitamin C is there attending to your inner chemistry.

GRAVIES AND SAUCES

Simple Gravy Colouring

THIS is easy to make and costs little or nothing.

Boil $\frac{1}{4}$ lb. loaf sugar in tablespoonful of water until it is almost black, then add 3 tablespoonfuls of cold water and boil up for a few minutes until it looks like a syrup. Strain it into a bottle, cork well, and use only a few drops as required.

If preferred, you can make a larger quantity, using sugar and water in proportion, because colouring made like this will keep any length of time.

Brown Gravy

Put 2 teaspoonfuls of butter or dripping in a saucepan and stir ; let this fat melt, then add a level tablespoonful of flour and stir very gently until blended. Leave for 5 minutes over heat without risk of burning, then stir in $\frac{1}{2}$ pint hot water or stock, or you can use water from boiling potatoes, about a breakfastcupful is right. Bring to boil and add a spot or two of your colouring and the gravy is ready for serving. Of course gravy made by pouring a little stock or hot water in the baking pan after the roast joint has been removed is gravy at its best, but economy does not always allow of a joint and joint-made gravy every day, so it is just as well to learn another way and be able to have gravy, joint or no joint.

Fruit Sauce

Any soft fruit can be used for this: strawberries, raspberries, blackberries, or plums. Mash the fruit to a pulp, press it through a colander and add sugar to taste. This can be served fresh and cold, or you can make it hot by putting in double saucepan and thickening with a little arrowroot, using 1 teaspoonful of arrowroot, mixed smooth with cold water to each $\frac{1}{2}$ pint of the fruit pulp. The juice of any canned fruit can be made into a delicious hot sauce by boiling it and thickening it with arrowroot, or even a little cornflour, at the same time adding just a pinch of salt. If desired, pine-apple chunks, cut fine, can be added to a sauce, or when juicy plums are available, they can be sliced or chopped small, and they give a delicious flavour to a sauce which can afterwards be used for plain batters or plain suet puddings.

Plain Pudding Sauce

Put 1 tablespoonful of butter in a small saucepan, add 1 tablespoonful of flour, cook for a minute or two and blend well. Add 4 tablespoonfuls of sugar, together with a $\frac{1}{2}$ pint of boiling water and a little salt. Let the mixture come to the boil and stir it to ensure its smoothness and freedom from lumps. At the last moment before serving add grated nutmeg, lemon juice, or other flavouring. This, with slight variations, is a favourite sauce for suet puddings or very simple boiled currant puddings.

Tomato Sauce

Put 2 tablespoonfuls of butter and 2 tablespoonfuls of flour into a small saucepan. Cook for a minute, blend well, add very slowly 1 teacupful of strained tomato juice and 1 breakfastcup of water flavoured with chopped onion. (This onion

flavouring is secured by simmering the cupful of water with a grated onion for 10 minutes.) Stir the hot liquid slowly into the blended butter and flour, season with salt and pepper, boil 3 minutes and strain.

If thicker sauce is necessary use a lb. of fresh tomatoes skinned and cook them with a cupful of water and a chopped onion for 20 minutes and add those to the butter and flour without straining.

Mint Sauce

Have the mint as fresh as possible, rinse it in two or three cold waters, shake it free of moisture. Strip the leaves and chop them very fine. Put in tureen, and pour on 3 tablespoonfuls of absolutely boiling water, stir in sugar to taste, dissolve, and finally add the amount of vinegar desired.

Horseradish Sauce

Grate fresh horseradish, and mix in small basin with 2 tablespoonfuls of fine white breadcrumbs. Cover with milk, and leave to soak for 2 hours. Then press through a fine colander, and add a saltspoonful of salt, a saltspoonful of castor sugar, and 2 tablespoonfuls of vinegar.

This sauce, to taste its best, should be served very cold. It will actually keep, if covered, for two days.

Bread Sauce

1 small onion
4 cloves
1 pint milk

4 oz. fine breadcrumbs
Salt, pepper, nutmeg
Tiny bit of butter

Have the onion wiped and peeled, stick the cloves into it. Have a pint of milk in a saucepan, add the onion, bring slowly to the boil, add the fine breadcrumbs. Stir once, then

leave on the side of the stove or over the gentlest heat while the sauce thickens. Just before serving, remove the onion and clove, add the butter and seasoning, stir, bring up just to simmering point again, pour into tureen.

JELLIES AND JELLY-MAKING

THE time the jelly and jam take to "set" varies with the different fruits. You get a quicker setting when pectin and acid are present in sufficient quantity.

Pectin is a substance found in greater or lesser degree in most fruits. Its amount is usually greater when the fruit is just firm ripe. Pectin weakens in quality as fruits become over-ripe, so it is, generally speaking, better to use for jam- and jelly-making fruits which are only just ripe.

Acid is necessary also. It helps the pectin to do its work. And it is because some fruits are really defective in acid that lots of jam recipes include lemon juice or citric acid or tartaric acid among the ingredients.

Other methods of adding acid are by mixing ripe and unripe fruit, or by using the juice from gooseberries, red currants, or apples, to mix with the fruit for the preserve.

Some fruits need water to start the jelly- and jam-making ; other juicier varieties are best without water, depending on their own moisture.

Among the most popular jellies are those made from the simplest fruits easy to grow, or usually cheap to buy.

The first rule then is select good, sound fruit, and better slightly under-ripe than over-ripe, and make sure it is clean.

Then you should weigh the fruit. It is necessary to know the actual weight before you start, because some fruits need a little water to start the cooking process, and, of course, the measure of water depends upon what amount of fruit you're dealing with.

Black-Currant Jelly

Preserve as many black currants as you can. When making them into jelly you need not strip them all from the stalks. But wash them well in cold water and drain thoroughly.

6 lb. black currants

2 pints water

Sugar

Place fruit in preserving pan with the water. Simmer gently 1 hour, or until the fruit is quite soft.

Pour into jelly-bag. Next day weigh the strained juice. Put into pan. Bring to boil. Add equal weight of sugar—hot. Dissolve. Stir while coming to the boil. Remove scum. Boil fast 15 minutes. Skim again. Pot up.

Hot Sugar

Don't forget to make the sugar hot. It means such a saving of time if the sugar is very hot when added to the hot juice in jelly-making, or to the hot fruit in jam-making.

Here are the quantities for sugar when you're making jelly—not only black currant of course. If instead of weighing the juice you prefer to measure it, then allow 1 lb. of sugar to every two *breakfastcups* of juice, that will be 1 lb. of sugar to each pint of liquid. The amount of sugar varies a little, very sweet fruits needing rather less.

What sort of sugar are you to use? There is special preserving sugar sold for the purpose, but, sometimes, you will find it more convenient to use the sugar you have by you, lump sugar, or granulated. There is very little difference if you remember to make it hot through.

But just a suggestion. Whatever type of sugar you buy in any quantity for preserve-making must be clean. So turn it out on to a large dish, or white paper, and make sure it is free from grit, scraps of paper and bits of packing material. Too much trouble? Don't grudge the three or four minutes

extra. It's worth it to save your precious jelly from specks that would spoil its clear brightness. In the course of the year I judge many hundred jars of jelly, and I am often disappointed at the number of otherwise beautiful jellies which are marred by scraps of grit and tiny particles of skin.

Don't Squeeze Jelly-Bag

Remember that one important rule in jelly-making is slow, steady straining. Don't squeeze or press the jelly-bag to get the juice to move more quickly. Be patient, let it have the night to drip in.

You may have a jelly-bag made for the purpose, or perhaps use muslin for your very dark jellies. Some people do.

For lighter-coloured jellies you will find that if the crushed *shell* of a new-laid egg is put in the bottom of the basin it will serve to make the juice clearer and brighter. It is really very simple, the jelly-bag allows the juice to drip slowly into the basin below, and the egg shell serves to clear the juice. Be very careful, however, when pouring the liquid into the preserving pan not to disturb the broken shell and sediment in the bottom of the basin.

Covering Preserves

Perhaps you prefer to cover your jellies and jams when they're quite cold. It *may* be all right, but don't you think that they may be safer if sealed down when very hot? Not so much chance of getting infected perhaps with dust settling on them, or flies paying them a visit.

I do want your jelly-making to be a success, without risk of failure. So be sure and have close to hand plenty of clean jars, made nice and hot, ready to receive the boiling pre-

serve. See you have enough covers and count your little wax papers. You must have one for each of your jars. It is of the utmost importance that as soon as the jelly is in the jar you put on one of these little wax papers, just the right size to cover the top of the jelly, and waxed side touching the jelly, please. And then the cover on the jar.

Have you ever tried tissue paper damped with milk or white of egg, put over the hot jars? It is excellent. So is transparent paper secured with a tight little elastic band. Or you can have a layer of paper brushed over with hot starch, and pressed on to the top of the jar.

Loganberry Jelly

Loganberries, like raspberries, make a beautiful coloured jelly.

6 lb. loganberries

Sugar

1½ pints water

Put fruit and water into pan. Bring to boil. Simmer for 1 hour. Turn into jelly-bag. Next day measure juice, put in pan, heat slowly. Add hot sugar. Dissolve. Stir only while coming to the boil. Don't stir while the liquid boils 15 to 20 minutes. Skim and put into small pots. Seal at once.

Red-Currant Jelly

8 lb. red currants

Sugar

Put the fruit in a basin over a saucepan of boiling water for 1 hour. When hot through, mash the currants with a wooden spoon. Turn into a jelly-bag. Next day, weigh the juice, place in a preserving pan, bring to the boil. Add the hot sugar, same weight. Dissolve, stir well, then bring to the boil again, and boil very fast for 6 minutes. Skim.

If preferred, loganberries or raspberries may be mixed with

the currants, and made by this same process into delicious jelly. But note that the fruit is not boiled—only made very warm to allow of juice being released.

Blackberry Jelly made with fully grown, but Red, Berries

Wash in slightly salted water, rinse in clear water. Place in a preserving pan. Allow 1 pint of cold water to 6 lb. of berries. Cook on the side of the range or over low gas until the juice is extracted. Strain through a thin jelly-bag. Next day, measure the juice, bring to the boil, allow 1 lb. of preserving sugar per pint. Boil quickly for 20 minutes, and seal while hot. The colour is a beautiful, deep ruby, the flavour excellent.

Long before the blackberry crop in hedgerow and field is available, some of the larger cultivated varieties in the garden may be ready for preserving.

Windfall Apple Jelly

8 lb. sound windfall cooking apples	Cloves or ginger to flavour
4 quarts water	2 lemons
Sugar	

Wash the apples, cut in quarters without peeling or removing cores, put in a pan with the water and lemon rinds. Simmer until quite soft and broken, about 2 hours. Add ginger while cooking. Strain through a jelly-bag. Next day, measure the juice and place in the pan. Bring to the boil, add the strained juice of the lemons. Make the sugar hot, and allow $1\frac{1}{4}$ lb. to each pint of juice. Stir while coming again to the boil. Boil fast for 25 or 30 minutes. Skim, pot up, cover at once.

Gooseberry Jelly

6 lb. fruit

Water

Sugar

See that the gooseberries are clean and free from grit after washing. (For jelly there is no need to top and tail.) Put them into a large preserving pan, just cover with cold water. Bring to the boil, then simmer only, until the berries are mashed. Turn into a jelly-bag hanging over a large basin. Let all the liquid drain slowly for some hours. Wash the preserving pan, and into it turn the pulp from the bag. Add $1\frac{1}{2}$ pints of water. Stir, bring to the boil, simmer for $\frac{1}{2}$ hour. Strain again through the jelly-bag, mix with the first lot of juice. Allow 1 lb. sugar per pint of juice. Make the sugar hot in the oven or over a saucepan of boiling water. Smear the preserving pan with a scrap of butter, turn in the juice, bring to the boil, add the hot sugar, dissolve, simmer for 15 minutes, and then pot up and seal at once.

Mint Jelly

2 cupfuls mint leaves

Sugar

1 pint boiling water

Strained juice from stewed apples

A little green vegetable colouring

See that the mint leaves are young, quite green, and freshly gathered from the garden. Strip the leaves from the stems carefully and wash them. Pack them tightly in a basin and add the water boiling. Cover the basin and stand it in a saucepan of boiling water and keep it just at simmering point for an hour. Strain through a piece of old linen or cotton and squeeze out all the moisture. Have ready the juice from apples which have been stewed for jelly-making, and have been strained to a clear liquid. Measure the apple liquid into a pan and for each $\frac{1}{2}$ pint add 2 tablespoonfuls of the mint-flavoured liquid. Stir in just enough green colouring to tinge it nicely. Let the liquid warm through, then add

sugar in the proportion of 1 lb. to a pint of liquid. The sugar should have been made hot beforehand and it will quickly dissolve. Bring to the boil rapidly, skimming once or twice until it jells. Pour into warmed clean jars and cover at once.

JAMS AND JAM-MAKING AND FRUIT CHEESES

Do you make strawberry preserve—leaving the fruit whole?

I always think it looks so nice, and tastes so good. Many clever cooks think it better to do it this way. It certainly takes longer, and requires more care when the syrup has to be made first before the fruit is added. As I know, many have not always got time to spare.

Here is a recipe for making

Quick Strawberry Jam

2 lb. strawberries

3 lb. castor sugar

Juice of 1 lemon

Slightly crush the strawberries, cover with sugar in layers. Add the lemon juice, put into preserving pan. Bring to boil. Stir while boiling all over the pan. Boil just *1 minute*. Still stirring, take away from the fire and stir for 5 minutes as it cools. This prevents the fruit from rising to the top of the jar. Pour into hot jars and cover at once.

Choose small red strawberries for this jam, just a little *under* ripe if possible. It will only be necessary to skim the jam once when it has boiled $\frac{1}{2}$ minute perhaps. Only make small quantities at a time.

No, that's *not* waste of labour. Think how easy it is, how quickly done. And please don't look upon it as an extravagant jam because it has a lot of sugar and a lemon. When you make these quick jams adding lemon juice, or other

pectin, you will find there is no waste caused by evaporation. What you put into the pan in the way of fruit and sugar, you take out in jam, practically the same weight.

Raspberry Jam

6 lb. raspberries

6 lb. sugar

Sort over the fruit carefully, place in a large basin over a saucepan of hot water or at the side of a warm stove or in the oven. Warm the basin and fruit through gradually. With the back of a wooden spoon mash the fruit thoroughly, keeping it warm during the process. Make the sugar very hot meanwhile. Grease the preserving pan inside with a little bit of butter. Dissolve the hot sugar in the fruit pulp, stir, then turn all into the pan, bring to the boil. Boil very fast for 6 minutes. Pot up and seal while hot.

This same recipe will serve for loganberries (or red currants stripped from their stalks).

Take special note of this recipe for raspberry jam made the quick way. That is, just boiling for 6 minutes. It keeps well, too.

Think of it! If you have raspberries in the garden, you can pick them once or twice in a morning and make two or three lots of jam before midday. I know, I've done it, and the jam was voted "as good as the fresh fruit."

Green Gooseberry Jam

6 lb. gooseberries

1½ pints water

5½ lb. sugar

See that the gooseberries are fully grown, but still quite green. Top and tail them, and wash them free from dust. If the berries are very large, cut them in two. Put them in the pan with the water. Stir occasionally while coming to the boil. Add the sugar (made hot in a basin in the oven

or on the side of the stove). Stir while dissolving. Then, when the jam has again started to boil, stir constantly for 20 to 25 minutes.

Draw the pan away from the fire, put jam at once into hot jars and seal.

Rhubarb Jam with Ginger Flavouring

6 lb. rhubarb
2 level teaspoonfuls ground ginger

5 lb. sugar
ginger

Choose freshly gathered rich red rhubarb. Wipe with a damp cloth ; cut into small pieces. After weighing, put in a preserving pan over gentle heat, sufficient to soften the rhubarb and draw out the juice.

When all is quite cooked, add the sugar hot. Bring to the boil. Boil for $\frac{1}{2}$ hour, stirring constantly. Remove the pan from the heat, and mix the ground ginger with a cupful of the jam pulp. Empty this into the pan, and stir while it boils for another few minutes.

An Easy Black-Currant Recipe

4 lb. black currants
7 lb. granulated sugar

Five 1 lb. jam jars of water

Put fruit and water in pan—bring to boil. Boil quickly for exactly 15 minutes. Add sugar. Dissolve, bring to boil. Boil again quickly exactly 15 minutes.

That's all—and you can pot up 14 lb. of delicious jam. Good, don't you think?

Instead of being haphazard in jam-making it's a great thing to know how long each preserve should take to come to the right consistency. Don't try and make too much at a time. Small quantities and quickly finished are really more

economical in the long run, you know. It's such a mistake to have to push your preserve pan aside time after time in order to do some other cooking.

So get all your preparations made beforehand—jars, covers, and wax papers, in readiness—your fruit cleaned free from stalks, and weighed, the sugar measured out.

Then, if you can devote yourself to the matter for an hour, say, success is certain.

Elderberry Jam

3 lb. elderberries (stripped from stems)

2½ lb. sugar

Squeeze fruit, put in pan with sugar. Bring to boil, stirring all the time, then simmer slowly until fairly thick. (Elderberry jam should not be stiff.)

Pot up, seal while hot.

The juice of a lemon shortens the time of cooking and improves the flavour. If using lemon juice, add to elderberries at first.

RHUBARB WILL HELP.

If you have rhubarb, you can make good use of it. Mixed with currants, ripe gooseberries, plums, rhubarb quickly takes the flavour of the other fruit, and it is difficult to believe that rhubarb forms part of the jam. You can make rhubarb jam and later blend it with blackberry jam, apple jam, or damson jam. Rhubarb and fig together form a preserve that is of real medicinal value and quite palatable.

Rhubarb and Fig Jam

1 lb. dried figs

3 lb. rhubarb

3 lb. sugar

Juice of 1 lemon

Wash and dry the cooking figs and rhubarb. Cut both into small pieces. Put into basin with the sugar and strained lemon juice.

Mix and allow to stand overnight. Next day, smear butter (only a scrap) over bottom of preserving pan, turn in the fruit mixture. Bring to boil, then simmer only for 35 minutes. Seal while hot.

Dried Apricots and Rhubarb

4 lb. rhubarb
2 lb. dried apricots

3 lemons
5 lb. sugar

Wash apricots, then cover with water and allow them to soak 36 hours.

Wash, dry, and cut rhubarb into small pieces, put in basin, sprinkle over it 1 lb. of the sugar. Now place the apricots and water in which they were soaked and the rhubarb into preserving pan.

Wash lemons, cut them in quarters, add and simmer for 1 hour.

Add the remainder of the sugar, bring to the boil again, boil for 30 minutes longer. Remove pieces of lemon and put jam in jars and seal.

Apricot Jam made from Pulp

3½ lb. apricot pulp
Rind and juice of 2 lemons

3½ lb. sugar

Weigh the pulp, add the sugar, the grated rinds, and the juice of the lemons. Allow to stand in an earthenware basin for 1 hour. Bring to the boil and boil hard for 25 minutes. Test on a plate, remove pan from stove, stir jam 5 minutes, then pot and cover immediately.

This pulp jam is best made in small quantities at a time, and is much easier to manage than if large quantities are made.

Apple Marmalade

Slice 4 lb. apples after washing and peeling and coring. Place in a saucepan not quite covering the fruit with cold water. Boil to a pulp and press through a hair sieve. Add 1 lb. of sugar to 1 pint of pulp and flavour with ginger, lemon or cinnamon to taste. Boil $\frac{1}{2}$ hour stirring all the time. Put in wide jars (heated) and cover carefully.

If apples are rather sweet ones $\frac{3}{4}$ lb. sugar is plenty I find.

Evaporating Slack Preserves

Perhaps you would like to try this way of causing just a little evaporation of the made jams and jellies after making.

If you have put them in small jars of one size, slip the covers off, and stand the jars in a warm sunny window, or on a stove, or in a cool oven, with a sheet of glass tight down on them. The gentle heat should attract a certain amount of moisture on to the glass, and if you just remove that once or twice during the day, you will find that the preserves will then be firmer.

Sometimes I have had to do this two days running in the case of rather slack jelly, but it is usually quite successful. The two points of importance are—first, to see that the *clean glass* is tight down on to the jar, and secondly, to wipe any moisture from underneath as it accumulates.

Pectin, Glycerine and Marbles

There are several aids to quick “setting” of jams and jellies—bottled pectin—and pectin in powder form. For busy women—with more fruit than time—these special preparations are of real service. They do all that is promised

by the manufacturers and, though they may slightly increase the cost of the jam or jelly, actually I think some allowance must be made for the very definite saving in fuel, labour, and time. When this saving is counted the extra cost per lb. may perhaps be forgiven.

If you smear a little butter over the preserving pan before putting in the fruit the jam is brighter in colour.

Remember that a glass marble swinging round at the bottom of the pan will help to keep jam from burning. And pure glycerine, stirred in 2 or 3 minutes before jam is ready to pot up will help to preserve it. One teaspoonful of glycerine for every 4 lb. of jam.

Damson Cheese

Ripe damsons

Sugar

Rinse the damsons, drain free of water, put them in a deep earthenware jar, and cover closely. Then place the jar in a pan of cold water on the fire or stove. Boil until the damsons are soft.

Remove the stones, as many as you can, then press the pulp through a sieve into a preserving pan. To each lb. of pulp allow 1 breakfastcup of sugar; when the sugar is dissolved, boil up quickly.

When quite thick and stiff, pot up at once into small hot sterilized jars and cover securely. If preferred, a few of the stones can be cracked and the kernels blanched and added to the cheese.

Gooseberries and black currants lend themselves to making fruit cheeses.

These cheeses can be cut with a knife—and sometimes it is more convenient to preserve them in deep small saucers and turn them out as required.

Pumpkin or Vegetable Marrow Cheese Curd

4 lb. pumpkin or marrow	1½ lb. sugar
2 oz. butter	Grated rinds and juice of 3 lemons
	2 egg yolks

Prepare the pumpkin or marrow by peeling and cutting into small pieces. When ready, put into a colander, or steamer, over boiling water, and cook until quite soft. This should take about 20 minutes. Remove the colander, press the pumpkin or marrow to extract any surplus moisture. Turn into a basin which has been made hot, and beat to a pulp with a wooden spoon. Add the butter, sugar, the rinds and juice of the lemons, and beat together. They should form a smooth pulpy mass. Turn into a saucepan, boil very gently for 12 minutes, then take off the fire and add the yolks of eggs which should have been beaten beforehand. Put on the hot stove once more, leave for 5 minutes, then put into sterilized jars and cover at once.

This delicious curd will keep good for some months. Made with pumpkin, it usually keeps a little longer than when made with marrow. It can be used as a filling for tarts, or flans, and as a butter substitute for sandwiches.

FRUIT BOTTLING IN OVEN AND STERILIZER

GOOSEBERRIES, rhubarb, cherries, early black plums, raspberries, loganberries, black and red currants, foreign apricot and peaches are all desirable for preserving in bottles quite early in the summer.

Bottling Fruit

Stand the bottle on a steady table, pack carefully with fruit of one size, shake occasionally. Cover with water; rinse by letting it drain away through the fingers. The fingers across the neck of the jar will prevent the fruit falling out or loosening.

Fill up again slowly, jerk the bottle once or twice during the second filling with water. This will break any little airlocks in among the fruit, and let the liquid really surround each fruit. Put on the rubber band, glass lid, clip, or screw ring, and when enough bottles are ready, place them in a large, deep pan with cold water, and bring up the temperature very gradually to 165 degrees. This should take $1\frac{1}{2}$ hours. Then leave for 5 minutes before removing, and adjusting the seals.

Bottling Pears, Apples, and Tomatoes

Three exceptions to the 165-degree temperature are pears, apples, and tomatoes.

When preparing pears, select only those which are known as good eating varieties. Peel the pears carefully, and have beside you a large basin containing a quart of cold water, into which you have stirred a teaspoonful of salt or a spoonful of lemon juice. If the pears as they are peeled, halved and cored are slipped into the water and covered with a plate, they will not discolour, and their appearance in the bottles will be much more pleasing.

Pears are often bottled in water, but syrup is better, as then the sweetness of the fruit is actually intensified, instead of being squandered in the water. Pears bottled in water should reach a temperature of 180 degrees for 5 minutes. In syrup, they may be given a temperature of 190 degrees for 15 minutes.

Apples, good white-fleshed cooking varieties, should be prepared in the same way as pears; only quarter them as well before putting in brine or acid water. Bring them to the same temperature as pears in water. Apples are never so good in syrup.

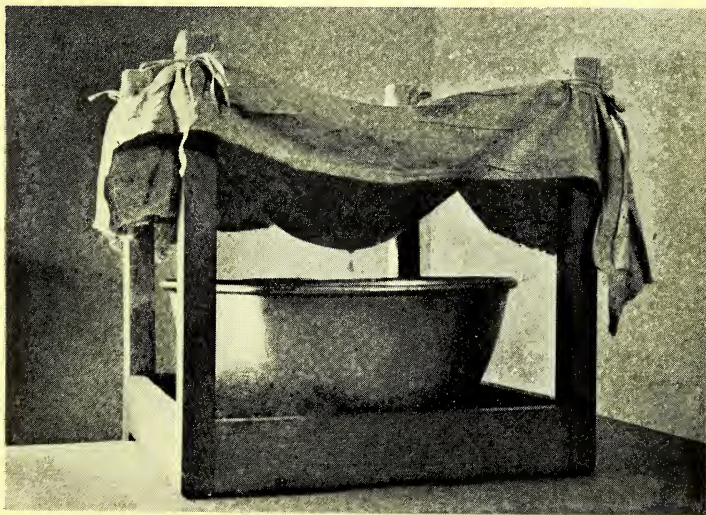
Tomatoes bottled whole should be fully coloured and ripe, but quite firm. A teaspoonful of salt should be added to the water before sterilizing. The temperature should reach 180 degrees for 15 minutes.

Syrups for Bottling

The syrups vary with some of the fruits, but a general syrup is made with 1 quart of boiling water and $1\frac{1}{4}$ lb. of sugar (loaf or granulated). Bring the water to the boil. Add the sugar, let it dissolve, bring it to the boil again. Boil for



BOTTLING FRUIT AND VEGETABLES



STRAINING JELLY

THIS

IS

THE

2 minutes. Keep the pan covered while the syrup is hot ; strain and cool before filling in the bottles.

When bottles of fruit are hot from the sterilizer, wipe them over with a cloth wrung out of hot water, then polish them quickly with a dry cloth. Stand them out of any draught to cool.

Do you think there is any prettier possession indoors than a cupboard filled with rows of bottled fruits and bottled vegetables ?

Think of the colours—red of currants, yellow of plums, rosy carmine of cherries and raspberries—and the green of peas and beans, and pearly white of celery and leeks, and cauliflower. No, such things are not out of your reach. You can use the simplest of appliances—and make a start with any fruits that are plentiful.

Oven Bottling

For this method you can use ordinary glass jam jars (2 lb. size are good). And it's especially suitable for stone fruit, such as cherries, plums, etc. If you are bottling cherries remove the stalks, spread the cherries on a dish or tray. Be sure the jam jars are absolutely clean and dry—pack the fruit in carefully. See that nothing goes into the jar that is unsound, no cracked or damaged fruit. When you've got the jars full, stand them on a meat pan and put them into a moderate oven.

Before shutting the oven door just pour a little cold water into the pan so that the jars are standing in about $\frac{1}{2}$ inch of water.

The water—getting hot at the same rate as the jars—will keep the glass from cracking.

Twenty to thirty minutes should be long enough for the fruit. Look in the oven from time to time—and when you see a little juice in the bottom of the jars you will know that you can take them out—the fruit will be hot through, and ready to be covered with boiling liquid.

Be very careful to remove one jar at a time, stand it on a wooden table, or board. Pour in boiling water, or boiling syrup, sufficient to cover the fruit in the jar. Seal the top of the jar before you get another one from the oven.

Of course, syrup will be nicer to cover ripe fruit—it keeps the richness and sweetness in the fruit much better than water. But do remember that when preserving *oven-bottled* fruits the covering *liquid* must be absolutely boiling as you pour it over the fruit—and each jar *must* be sealed at once. Now this syrup can be made with either lump or granulated sugar, and you can use an aluminium or enamelled saucepan for boiling it. You do understand, don't you, that you keep syrup *boiling* hot for oven-bottled fruit, and allow it to get cold (after straining it) for sterilized fruits?

There are four items necessary for successful fruit preservation the oven way :

Dry bottles ;

Dry fruit ;

Boiling liquid to cover ;

Immediate sealing with airtight seals.

For real economy of fuel, time and labour, oven-bottling has much to commend it, and although the fruit will not look quite *so nice* as the sterilizer-bottling, it *will* be preserved, and ready for pies and puddings, and to take the place of freshly stewed fruit.

Sterilizer Bottling

All fruit is better for rinsing in cold water before packing into jars. Be careful, therefore, to see that it is clean and free from dust and grit, sound and undamaged. No bruises or cracks. Nothing second-rate should be used as fruit for bottling.

Of course, you've seen those very superior made-for-the-purpose sterilizers, deep and strong, big enough to take six or more fruit bottles? Nice, aren't they? If you haven't got one and cannot afford to buy one, don't worry a scrap

about it. You can manage quite well with a large pot or saucepan or a fish kettle or one of those cheap oval tin pots.

You just need some utensil that is strong enough to bear heat, deep enough to take the bottles and has a well-fitting lid. Just before you put the bottles in this pot or saucepan, which you are going to use as a sterilizer, and which I shall now call a sterilizer—just before putting in the bottles, let me say again, you must put in something to keep the bottoms of the bottles from coming in direct contact with the bottom of the sterilizer. If you are living in the country get a little hay or straw or grass, on which to stand the bottles. If in town a few thin bits of wood, or a newspaper folded in several thicknesses, will do to save the bottles from cracking.

Perhaps you haven't a thermometer and don't feel like affording the two or three shillings to buy one, so—have your fruit bottles clean, sort over your fruit, pack it closely into the bottles right up to the tops. Pour in water to cover the fruit, adjust the rubber bands, glass lids, see that the screw bands round the necks are *not* screwed down tight. Will you remember?—*don't* have the screw rings tight at first, or your bottles may crack.

Place the bottles in the sterilizer, surround them with cold water right up to their necks, put the sterilizer over gentle heat, and let the water gradually come to simmer.

When you see the water in the sterilizer just start to simmer, *not boil*, but just simmer, take out the bottles, one at a time, screw the ring tightly and stand aside, then get another one out, and so on, until all are done.

Suppose you have not any screw-topped or patent fruit bottles, you can use 2 lb.-size jam jars and seal them down afterwards.

What are you to seal them with? If you like try this way: Cut some paper, white kitchen paper, or leaves of exercise books, or thin plain paper. Cut three rounds for each bottle. Be generous about the size so that the paper will stretch over the top and come right down low on the neck of the jar. Next make a little boiled starch—make it thick, clear and free from lumps, then brush it lightly over

both sides of each piece of paper. Press the papers over the top and on to the neck of the bottle and in a moment or two it will be dry and form a capital seal.

Use a *wet* cloth (wrung out of hot water) to press the paper tight down on the bottle—don't forget this, for if you use a dry cloth it will just pull the paper to bits.

Of course there are parchment and other suitable covers which can be purchased for a few pence per dozen. If they make really air-tight seals they are worth buying.

VEGETABLE BOTTLING AND DRYING

VERY special care has to be taken in the bottling and sterilizing of vegetables. As they contain no acid, a certain amount should be added to the water. This is usually done in the form of lemon juice.

Acid Brine for Bottling Vegetables

1 gallon boiling water
5 fluid oz. lemon juice, strained

2½ oz. salt

Stir this mixture well, and stand it aside to get cold before filling in packed bottles.

Here is the method for using brine, taking beans as an example. Wash young, freshly gathered, scarlet runners or French beans; slice or leave whole, as preferred, place in a square of butter muslin, and dip in boiling water for 2 minutes; then plunge in cold water. Pack the bottles, which must have been thoroughly sterilized, to within $\frac{1}{4}$ inch of the top; pack loosely, cover well with this solution of acid brine. Adjust the tops of the bottles, place in a sterilizer, surround and cover with cold water, bring to boiling-point, and boil for $1\frac{1}{2}$ hours. Remove the bottles one at a time, and see that the seals are secure.

Peas can also be bottled in the same way, but if you want to use mint, here is the

Solution for Bottling Peas including Mint

1 gallon boiling water
4 oz. sugar

2½ oz. salt
2 oz. mint leaves

Wash the mint before putting in boiling water, strain when cold. Note that lemon juice is not used with this method.

Bottling Peas

Wash the peas first of all in pods ; shell, and wash the peas again. Tie in butter muslin. Dip in boiling water for 1 minute, then plunge in cold water. Pack loosely into bottles, fill up with the solution. Adjust the covers of the bottles, place in a sterilizer, cover with cold water, bring to the boil ; boil for 1 hour. Remove one at a time, tighten the seal. Set aside to cool. Next day, place again in the sterilizer, boil for 1 hour. Repeat the boiling process on the third day. Remove, and see that the seals are secure.

This is known as the *intermittent* sterilization process. Without mint, one sterilization in the acid brine should be quite sufficient, and is, of course, much less trouble.

For Bottling New Potatoes

The potatoes must be thoroughly washed as brought in from the garden, then put into fresh water, scraped, washed again, and cooked with a little salt and mint in the water for 10 minutes. Remove the mint and plunge the potatoes under cold water. Pack into bottles, not too tightly, and cover with a solution of acid brine.

The lids should then be placed on and screw rings, or other seals adjusted, the bottles put in the sterilizer and surrounded with water, brought to boiling-point and boiled at a temperature of not less than 212° for $1\frac{1}{2}$ hours. Remove the bottles one at a time from the sterilizer, see that glass lids, rubber bands, and screw bands are in position. Before putting away see that the bottles are absolutely secure in their seals. The intermittent process is preferred by some people as being more certain to destroy any harmful organisms that may have survived the first sterilization. Personally, I find the acid brine method with $1\frac{1}{2}$ hours usually very successful.

(It may interest you to know that in well packed bottles of vegetables, 1 quart of acid brine will probably be sufficient to cover the contents of 5 bottles.)

Other Vegetables for Bottling

Carrots. These should be small and perfect in form. Wash and trim off both ends carefully (that is to say, remove as little as possible of the carrot, and let the pointed appearance remain). Put them into boiling, slightly salted, water. Boil for 10 or 12 minutes, strain, plunge into cold water and keep them covered.

Young carrots for bottling should not be peeled, or scraped, but a rough piece of linen crash, or similar material, should be used to rub off the skins. When the skins are removed the carrots should be kept in cold water until the bottles are ready for them. In packing, the carrots should be graded for size, and a better appearance is given if they are laid in alternatively up and down, that is to say, one row will have the carrots thick end up, and the next one the narrow end up. By this means carrots can be fitted in better, and more can be actually packed into each bottle, than if put in haphazard. When packed within $\frac{1}{2}$ inch of the top of the bottle, they should be covered with the acidified brine, and sterilized for $1\frac{1}{2}$ hours at boiling temperature.

Other vegetables which may be done with slight variations in treatment are asparagus, celery, broad beans, cauliflower, artichokes, and seakale.

Perhaps one of the most attractive-looking bottles of vegetables is that known as vegetable macedoine. Actually three or four different coloured vegetables such as peas, carrots, turnips, runner or French beans, or even small onions, are placed in layers in the bottles. The vegetable macedoine is a great standby for cold-weather soups, and stews, and garnishes, as the vegetables will of course be already cooked.

Vegetables for this mixture should be prepared according to their kind. Carrots and turnips can be cut into dice, or fancy shapes, runner beans can be sliced, small French beans cut in two, or left whole, but the different vegetables should be put in separate pieces of muslin for blanching (that is the first little boil and cold plunge), and then they can be packed

into the bottles, in layers which will give the most varied appearance. When the bottles are filled, the vegetables should be covered with the acidified brine and sterilized by boiling $1\frac{1}{2}$ hours.

Vegetable Drying

The preservation of vegetables for the winter by drying off the moisture and storing them in an even temperature, is one that may not appeal to a great number of people, nevertheless, where there is a great surplus of any fresh vegetables, especially peas and beans, it is worth while taking a little trouble.

Peas for drying should be young but fully grown. They should be brought in and washed, then shelled. The peas must be tied in a muslin bag and put in a pan of boiling water for 3 minutes. They should then be removed, and spread on trays, and placed in the cool oven, or over the cooking stove until the moisture has been evaporated from them.

Scarlet runners and French beans can be dried in the same way. It is usual to shred the scarlet runners in thin even strips, while French beans, if very young, are dried whole.

A better colour is given to the green vegetables if $\frac{1}{4}$ oz. bi-carbonate of soda is added to each $\frac{1}{2}$ gallon of boiling water used in the blanching process.

Vegetable drying need not be a matter of any expense for fuel, if the drying trays, made by stretching coarse muslin over wooden frames, are made to fit the cooking oven, and are put in from time to time as the oven is cooling after cooking. If the trays are laid aside between whiles, a little muslin should be laid over the vegetables to protect them against dust. When peas and beans are dried until they are crisp, they should be cooled for several hours, then packed into tightly corked bottles and kept in the dark.

PICKLES AND CHUTNEYS

THE most delicious pickles and chutneys are made of such simple everyday things: cauliflower, cabbage (red and green), marrow, onions, shallots, beetroot, beans (French and scarlet runners), gherkin and cucumber, as far as vegetables are concerned. While as for fruit, pears, damsons, plums, tomatoes (ripe and unripe), gooseberries and apples are valued, some for pickle and some for chutney, and lots of gardens provide plenty of green walnuts for pickling in July.

But whatever vegetables you choose they must be young, in perfect condition, and prepared as soon after gathering as possible. You can clean some sufficiently by careful wiping, first with a damp cloth then with a dry. Others will need thorough washing: even then they should be dried before cutting up and brining.

This brining process consists of soaking the prepared vegetables in salt and water, before pickling them in vinegar. The brine is made of $\frac{1}{2}$ lb. salt to 1 quart of water. Usually 24 hours is long enough for brining. Another way of using salt is to cut the vegetables into suitable pieces or slices and lay them in porcelain basins with layers of salt between the layers of vegetables. Then leave them for one or two days. The salt draws out some of the moisture from the vegetables and makes them slightly tougher and more suitable as pickles.

After brining or salting, place the vegetables in an enamel colander and rinse with cold water, then thoroughly drain them before putting in suitable jars. After packing, leave for a little while, and then pour away every vestige of water which may have run down into the bottom of the jars.

Then the pickles are ready for you to cover with cold spiced vinegar and seal securely before putting away to mature.

About vinegar—it is important that you use good/strong vinegars, for, after the salt, they are the preservatives which are to keep pickles sound for many months. For clear pickles white wine vinegar is usually preferred, but it is, of course, more expensive than brown. Cider vinegar was an old favourite and is still used, but for general use ordinary brown vinegar will serve. Whichever you choose have it and all the necessary spices, sugars, jars and seals ready to hand before a start is made.

Of course you can vary the strength in spiced vinegar according to your own and your family's particular taste for very hot, rather hot, or mild pickles and chutneys. But here is quite a nice snappy flavour :

Spiced Vinegar

1 quart vinegar	$\frac{1}{4}$ oz. mace
$\frac{1}{4}$ oz. whole allspice	1 oz. bruised ginger
8 cloves	2 inches stick cinnamon
	$\frac{1}{4}$ oz. pepper-corns

Tie spices in muslin bag and place in the vinegar. Bring *slowly* to the boil. Keep the saucepan covered and boil for 5 minutes. Take away from heat. Leave spice bag in while vinegar cools for 2 hours.

I am often asked whether vinegar is better poured over the pickles hot or cold. It depends what type of pickle is being prepared. Onions, cabbage, beetroot and clear mixed pickles, all of which are liked crisp, are better if covered with cold spiced vinegar. While plums, damsons, pears and walnuts should be covered with boiling—or very hot—vinegar.

Here is a recipe for

Mixed Pickles

Cut up into suitable-sized pieces firm white cauliflower, small onions, small cucumbers, French beans or young scarlet runners. Sprinkle salt over them and let stand for two days. Rinse, drain, pack into jars, taking care to arrange neatly,

place two or three red peppers close to glass sides. Cover with spiced vinegar. Seal.

I think that you may like to hear of a good pear or damson recipe, for fruit pickle is more unusual, and if you prefer a sweet rather than a sour pickle you'll find them very appetizing.

Fruit Pickle

6 lb. pears
 3½ lb. sugar
 2½ pints vinegar
 ¼ oz. whole cloves

1 oz. allspice
 1 stick cinnamon
 1 piece bruised ginger
 Rind of half a lemon

Dissolve sugar in vinegar—crush spices, tie in muslin—add to vinegar. Peel and halve fruit and simmer in spiced sweetened vinegar until tender. Lift fruit from liquid, pack into jars. Bring vinegar again to boil, boil gently until slightly thick. Fill each jar with hot vinegar syrup, and seal. This pickle improves with keeping.

Chutneys

When making chutney the object to be aimed at is a smooth blending of all the ingredients, and so slow cooking is necessary. It is said that perfect chutney is hot and sweet and sour. There are plenty of acid fruits to choose from—gooseberries, apples, plums, ripe tomatoes, green tomatoes: dried fruits like raisins, dates and sugar for sweetness; and for flavouring, onions or garlic or shallots and spices and vinegar.

And to get that mellowness we love in chutney we must cook everything thoroughly, so that no one ingredient shall persist in obtruding over the others. Slow simmering therefore, from one to three hours, according to the recipe used, is called for. The smaller the ingredients are cut or minced the better the result.

The simplest of all chutneys to make is that made with apples as the only fruit. You can make it spicier, or hotter or less sweet as you prefer.

Homely Apple Chutney

7 lb. prepared cooking apples
2 lb. Demerara sugar
1 teaspoonful each salt, mixed
pudding spice

1½ oz. mixed pickling spice
1 quart vinegar

Peel and core apples. Cut into small pieces. Weigh 7 lb. Put in enamelled iron pan with vinegar. Bring to boil. Add pickling spice in muslin bag. Simmer, until apples are soft. Add sugar, salt, pudding spice. Stir. Simmer until thick.

You should put this into small jars, made hot, and seal at once. *Windfall* apples will serve for this chutney, and you can vary it by putting in chopped onions, or garlic, raisins or sultanas, but by itself, it's the cheapest chutney, and awfully good with cold meat.

Marrow and melon, pumpkin and plums and pears—the skilful cook can make a wonderful variety at little cost, when she has a garden from which to gather.

But whatever you choose to pickle, please, please be *light-handed* with salt and cayenne pepper and ground ginger. A little *less* of each than the recipe gives, if you like, but never *more*.

Another Apple Chutney

2 lb. apples (after cutting up)
1 lb. sultanas
½ lb. onions
1½ lb. brown sugar

1½ pints vinegar
¼ oz. salt
½ oz. mustard seed
½ saltspoonful cayenne pepper

½ oz. whole ginger

Chop the apples and onions small. Put into pan with sugar, vinegar, sultanas, and pepper and salt. Add the ginger and mustard seed tied in a muslin bag. Bring to boil, and simmer gently until the onions are tender, vinegar reduced, and the mixture is thick. Remove muslin bag containing mustard seed and ginger, and put chutney into jars at once.

A Simple Tomato Chutney

4 lb. ripe tomatoes	$\frac{1}{2}$ oz. salt
1 lb. Demerara sugar	$\frac{1}{4}$ oz. red pepper
$\frac{3}{4}$ pint brown vinegar	$\frac{1}{2}$ oz. garlic

Boil all together for 1 $\frac{1}{2}$ hours. Press through a sieve and return pulp to the pan. Boil again for 10 minutes, stirring carefully. Put into hot jars and seal down at once.

Gooseberry Chutney

4 lb. gooseberries	1 tablespoonful salt
$\frac{3}{4}$ lb. onions or shallots	$\frac{1}{2}$ tablespoonful powdered ginger
$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ teaspoonful pepper
1 lb. sugar	1 pint vinegar

Top and tail the gooseberries, wipe them free from grit. Put into preserving pan, add the onions and sultanas chopped small, and the rest of the ingredients. Bring to boil. Simmer until chutney is thick. Have jars made hot, pot up chutney, and seal at once.

Vegetable Marrow Chutney

4 lb. marrow	1 lb. sugar
1 lb. chopped apples	1 oz. mixed pickling spice
1 lb. chopped onion	1 oz. ginger
$\frac{1}{2}$ lb. sultanas	2 pints vinegar

Prepare the marrow by peeling and cutting into small cubes. Weigh and put it into a bowl, sprinkle it with salt, and leave it covered. Next day, strain off the liquid. Have the apple, onions, and sultanas chopped (or minced). Put them into preserving pan with the vinegar. Tie the spices and ginger in a muslin bag, and see that they are well covered with the vinegar. Simmer all gently until soft. Add the

marrow, and mix together with a little cold vinegar, 1 dessert-spoonful of turmeric, and a teaspoonful of mustard. Stir this into the chutney mixture, and simmer until marrow is tender and the chutney is thick. Pot up and cover at once.

Pickled Eggs

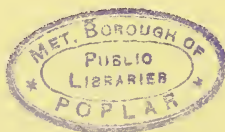
8 eggs
3 cupfuls vinegar

1 oz. mixed pickling spice
 $\frac{1}{2}$ teaspoonful salt

Select eggs that are not more than two days old. Boil 30 minutes, remove from saucepan, place in cold water. Shell carefully and pack eggs in glass jars. Cover with boiling vinegar, add the salt, seal down.

The spiced vinegar is easily made by boiling the spices in vinegar together for 10 minutes. It should be strained before covering the eggs.

These pickled eggs will last good for several weeks if necessary and they make a delicious meat substitute, or can be served with salad.



CANDYING AND CRYSTALLIZING

Green Tomato Sweetmeat

GATHER tomatoes when still quite green but fully grown. Wash, prick each fruit with a knitting needle.

Put 1 oz. of salt in 1 quart of water, leave the tomatoes soaking in this brine for 12 hours. Put plate over to keep fruit down under the liquid. Rinse in cold water, dry

Make syrup with 1 lb. sugar and 2 cloves to $\frac{1}{2}$ pint boiling water, simmer syrup 5 minutes, skim.

After placing in 1 lb. tomatoes, simmer until fruit is clear and syrup is thick.

Drain and cool and dry, sugar the tomatoes before putting away, or place fruit in jars and cover with remains of boiling syrup.

Candied Cherries

2 lb. cherries
1 $\frac{1}{4}$ lb. sugar

1 pint water
Cream of tartar

Pour the water into a saucepan, put in the sugar, stir while it dissolves, then add a pinch of cream of tartar and boil until it forms a thick syrup. Remove any scum that rises. Put in the cherries and simmer gently until tender. Drain cherries free from syrup, place them on cake sieves lined with white paper and dry them slowly in the oven, changing the paper two or three times during the process. When the moisture is evaporated, have small boxes lined with waxed paper, pack in the cherries, placing waxed paper

between each layer of fruit. As the fruit is packed sprinkle it well with sugar. Put on the box cover, seal in waxproof paper, and store in a dry place.

Note.—Little waste of juice or flesh of the cherries is likely if, in removing the stones, a clean hairpin is used for the purpose. Just hold the cherry in the left hand, slip the hairpin (curved end first) through the stalk end of the fruit, and draw out the stone quickly. But it is better always to stone cherries over a basin, and the small amount of juice resulting should be added to the candying syrup.

Plums, apricots, greengages, pears, can all be candied, but there are two or three processes for these and greater care is required.

Candied Orange and Lemon Peel

8 oranges or lemons
 $\frac{1}{2}$ oz. bi-carbonate of soda

2 quarts boiling water
 $1\frac{1}{2}$ lb. sugar

After being washed, the oranges and lemons should be cut in halves and the flesh carefully removed, then bi-carbonate of soda should be dissolved in the boiling water and the skins left soaking in the solution 20 minutes. They should then be removed, rinsed thoroughly in cold water and simmered in fresh water until they are quite tender. Drain free of the water and have ready a syrup made with 1 lb. sugar dissolved in 1 pint water and brought to boiling point. Put the lemon and orange peels into this hot syrup which should be standing in a basin, put a small plate over them and leave them to soak for 2 days. At the end of this time, the syrup should be drained off into a saucepan, and the other $\frac{1}{2}$ lb. sugar added to it. It should be brought to the boil as before, and the skins should simmer until they are clear. They should then be removed from the syrup and placed on a cake tray to dry. The drying process is easy if the tray is placed in a cool oven. The syrup from boiling the peels should be boiled up again for 3 or 4 minutes, taken

from the fire, stirred until it becomes cloudy and quite thick, when the pieces of peel may be dipped into it one at a time and replaced on the tray to dry.

If preferred, orange and lemon peel may be cut up in strips, and candied much in the same way.

THE GOOD OUTLOOK

Herbs for Growing and Drying

WHEN you are working in your kitchen what can you see? I *do* hope it's something pleasant. It makes *such* a difference if you can look out of a window, if you can lift your eyes from your work, and every now and again let them rest on something green and growing.

Perhaps you are in luck and can see a garden stretching away, with pathways bordered with colour. Perhaps your windows are surrounded by climbing roses, and the scent comes to you as you work; and perhaps you'll just have to make the best of a bad job, and make a pleasant outlook for yourself.

Is there a fairly broad sill to the window? Then try and get or make a long narrow box to fit it safely. Fasten it securely at each end. You can stand half a dozen old saucers in the box and put pots on them if you like. If you're living in town and have neighbours underneath you'll be more popular if you don't splash too much water and soil about. Of course, if you can fill the box with soil and do without flower pots so much the better. But it must be good soil. Turf loam, rotted leaves and a little lime and sand.

I want you to have that window garden, I want you to plant it with something for colour, something for perfume, and everything for use.

There is the cheery nasturtium, a penny or twopenny packet of that lovely yellow-flowered one, with leaves nearly as yellow as the blossoms. Do you know it? Sometimes

it's called "Golden Emperor" and sometimes "Golden Queen" and sometimes just yellow nasturtium. Well, just get a packet and plant the seed half an inch deep and don't let the soil get too dry. They will grow quickly. Keep them clean, and you'll enjoy a few leaves occasionally between bread and butter, or see how snappy a flavour the blossoms give to a lettuce salad and they look so pretty. And there will be seeds forming on the plants later in the season. They can be pickled and used like capers.

Do you like thyme? *I* love it. Whether green or yellow or silver, woolly or smooth, creeping or shrubby, thyme is always worth while. But you want some in a pot don't you? Then get a root of lemon thyme straight away and plant it firmly. Don't over water it, and when you want a little for flavouring cut it with a pair of scissors.

You'll only *use* the tiny *leaves*, so stick the little stems back again in the pot. Near the edge of the pot remember. Expect them to grow and they will.

Have you the gift of the green thumb? *I* hope so—it's great. Those who possess the green thumb just get bits and snips and oddments of plants to grow in anything, anywhere.

Mint can be another potful. Pinch the tops off when you want them as a flavouring, the plant will make better roots then. It's a greedy thirsty plant, give it plenty to drink.

Marjoram is more compact, one plant will divide into several plants for another season. It is good-natured, and will grow almost anywhere, but likes fairly moist soil in which to give of its best.

Chives, again, are easy to raise. Bought as one little clump, it will give lots of delicate little savoury green stems the first season, and provide endless little bulb-like roots for dividing for another year's furnishing of the herb garden, and will always have some slender spears of green ready for the salad bowl.

One day leave the chives to blossom. You'll have a pot of delicate purple mauve flowers, looking like sea thrift from the Cornish cliffs.

Then a small sturdy bush of sage you could have. Keep it trimmed, you only want a few leaves at a time. Its grey green crêpey foliage is a contrast to the greener green of the other plants.

Spare a pot on the window-sill, or a little corner elsewhere, for wood sorrel. It has a pretty old country name for its lovely little clover-shaped leaves, and mauvey white blossoms. I expect you've heard of it—"Cuckoo's bread and cheese." Winter and summer the pale-green foliage springs fresh and pleasantly acid to add to the salad or to serve in a sandwich. Ask a country friend to send you a root. You can plant it any time.

And then there's parsley. Sow a pinch of parsley, and raise a few little plants of the lovely little fernlike stems. It's whimsical stuff is parsley. I have sown it some years and looked in vain for the seedlings to show. I have *thought* things and *said* things about its non-appearance. Bought some more seed, only to find the first lot growing thick and strong. There are quaint superstitions about parsley. In some parts of the West of England no one will ever transplant parsley roots from one garden to another. Take bunches and bunches *cut*, and say thank you for it—but *never a root*. When questioned they explain that if they did transplant parsley roots "they would leave sorrow and take sorrow." Then there's another saying about parsley that the reason it takes so long to show after being sown is, that it needs planting on Good Friday or on Sunday, and dislikes other days. Do I believe it? Of course not. My last parsley was sown on a Monday. There's a lot to gather and dry ready for the winter, I hope. You do know how to dry it, don't you? If you have parsley in your garden pick it when it's still young and green, gather it in handfuls, wash it thoroughly in cold water, shake it as dry as you can—pick off the sprays from the stems, spread them on sheets of paper and put them in a moderately warm oven. In about half an hour the parsley should be crisp enough to rub fine through a colander. Put the sifted parsley into little tins and store in a dry cupboard. It should be just

as green and good flavoured as the freshly gathered when you use it for sauce and forcemeat. You won't forget will you, June and July are the very best months for drying the savoury things from the garden.

Marjoram and thyme, sage and parsley and mint. And it's *not* waste of time. You gather the leaves when fresh and plentiful and full of goodness, and preserve them for the winter when they will be scarce or difficult to pick, sometimes impossible to get at all.

You can dry mint if you like, in the same way as you dry parsley. But perhaps you would rather have it preserved in vinegar. Chop $\frac{3}{4}$ lb. of mint leaves very fine. Boil $1\frac{1}{2}$ pints of malt vinegar for 5 minutes. Pour it over the chopped mint, add 1 lb. lump sugar, dissolve, stir well. Bottle when cold. You can keep it for several months and the mint should remain a good fresh green. Worth while, don't you think?

Sage and marjoram are easily dried.

When I dry them I store the sage away in small bottles by itself, but I like to mix marjoram and thyme together. Sometimes I add parsley and make it "mixed herbs" ready for instant use. Here are the proportions—1 teaspoonful marjoram, 1 teaspoonful thyme, 4 teaspoonfuls parsley. Forcemeat balls and little savoury stuffings can be made in a few minutes if you have only to crumb the bread, prepare the suet and just add the ready-mixed herbs.

If you would rather have gaily coloured pot plants on the window-sill, do! Then perhaps you'll grow the herbs in the garden. It does not matter how small the space, thyme will grow in between the stones in the pathway. My best plants are growing in a gravel path, there they flourish, silver leaved, green, and golden thyme, always ready to give of their scented sprays.

Sage will grow on a wall, and mint, well, mint will behave itself for a year staying where it is planted, then it will go careering gaily underground and come up as a new colony, yards and yards away. Sometimes it goes away as *lamb* mint, and comes up somewhere else as spearmint or horse mint, or peppermint, or so it seems!

Chives and parsley make charming edging plants, and they don't take up much space. These are simple everyday herbs easily grown and ready to use.

Think how many more filled the herb borders in gardens of long ago. I love the names of them, don't you? Sorrel and sage, chervil and chives, borage and rosemary, parsley and camomile, fennel and marjoram, mint and angelica, tarragon and thyme.

Those masses of sweet-smelling sweet-named treasures must have given our grandmothers pleasure in the troublous times *they* lived in. *To-day* there may be some happiness in the good outlook that you can make with treasures on the window-sill, in the wee garden, or on the wall of the backyard.

FRESH FRUIT DRINKS, ESSENCES AND VINEGARS, ETC.

Pine-Ade

1 small tin pine-apple chunks 2 quarts boiling water
12 oz. sugar

STRAIN the chunks from the juice, put them into a basin cut small, crush with the back of a wooden spoon. Strain juice from three lemons and add it and the syrup from the chunks to the pulp. Stir in the sugar and pour over the water boiling. Cover closely for two hours. When quite cold strain and use.

PEACH-ADE or APRICOT-ADE is made the same way and canned apricots or peaches are used.

Currant Fruit Drinks

$\frac{1}{2}$ lb. red- or black-currant jelly 3 pints water
Juice and rinds of two lemons 4 oz. sugar

Turn the jelly into a basin, peel the lemon rinds thinly, strain the juice, add to the jelly. Boil the water, stir in the sugar, pour into the basin, stir again and leave covered until quite cold. Strain before using.

Several different sorts of fresh fruit such as raspberries, strawberries, loganberries, can be crushed in a basin with sugar. If left for a little while the liquid can then be strained and with the addition of soda-water made into a refreshing

drink for serving immediately. Or the syrups from the canned fruit can lend themselves to making pleasant beverages with the addition of soda-water or other mineral waters.

Grapefruit Drink

2 grapefruits	1½ pints boiling water
3 oranges	½ lb. loaf sugar
2 bottles ginger-ale	

Wash and peel oranges very carefully. Squeeze juice from oranges and grapefruits and put all with sugar in large jug. Add the boiling water, allow the sugar to dissolve well, strain, and put on the one side to get *quite cold*. Add the ginger-ale at the last moment, and drink while still effervescing.

If preferred, half the quantity of boiling water may be used for this and the amount made up with an equal quantity of freshly made and strained China tea. Then soda-water if liked, may be used in place of ginger-ale.

Fruit Syrups

Raspberries and red currants lend themselves to the making of delicious syrups.

Choose fruit that is freshly gathered, pick it over carefully, place in a large basin and stand the basin over a saucepan of water on the stove.

Heat it slightly until the fruit sinks under its own juice. Remove the basin and with a wooden spoon crush the fruit thoroughly. Put in a jelly-bag, leave the fruit to drain through the night. A little pressure may be exerted to squeeze the pulp so that the utmost amount of juice can be secured. To sweeten the fruit, sugar should be allowed at the rate of 12 oz. of granulated for every pint of juice. Bottle the syrup, put in corks and tightly seal. It is wise to remember that all corks or stoppers for the bottles should have been sterilized before being placed in position.

The bottles to be sterilized should be placed on their sides in the sterilizer and covered completely with cold water, but if a large sterilizer with quite good fitting lid is available, the bottles could be placed with the water close on the top. The temperature should be raised very gradually and in one hour should reach 170°. It should be kept at this for 20 or 30 minutes. When removed from the sterilizer the tops should be dipped in melted paraffin wax in order to make them absolutely air tight.

Cheap Lemonade Syrup

2½ lb. loaf sugar	1 oz. Epsom salts
1 oz. citric acid crystals	4 breakfastcups boiling water
1 oz. tartaric acid crystals	3 lemons (grated rinds and juice)

Put all ingredients into an earthenware basin, and pour over the boiling water, and stir with a wooden spoon until dissolved. When cold, strain through muslin, and bottle.

Put a little in a glass and fill up with cold water as desired.

Simple Essences

For lemon essence, choose one large clean lemon, wash it, wipe it perfectly dry, then with the aid of 3 lumps of sugar, rub off all the yellow.

For orange essence, be just as careful to select a nice clean undamaged fruit. Wash and dry it and take off the yellow with 4 lumps of sugar. Afterwards put the sugar from the lemon or orange on to the pasteboard, crush with a rolling pin and gather the crystals into small bottles which must be corked securely.

A very small amount of either essence will be required for giving the most delicate flavour of orange or lemon to puddings, drinks, custards, etc.

Sherbet

Rinds of 3 lemons
10 oz. loaf sugar

4 oz. bi-carbonate of soda
3 oz. tartaric acid

Rub the sugar in turn over the rinds of fresh lemons, well crush the sugar and mix it with the soda and tartaric acid. Put into air-tight bottles in a dry cool place. Use a little as required in a glass and fill up with cold water.

Lemon Barley Water

4 oz. pearl barley
1 quart boiling water

Juice and rind of 1 lemon
10 lumps of sugar

If you want a nice unmuddy colour for this drink you will need to blanch the barley first, so put it into a saucepan with cold water just to cover it. Bring to boil, boil 5 minutes. Strain the barley and throw away this water.

Have a nice big clean jug ready, put in the barley, add the thinly peeled rind and juice of the lemon and the sugar. Pour on the boiling water. Cover the jug with a closely folded cloth. When cold, strain, and it is ready for use.

Made this way, barley water is a wholesome cooling drink, but it needs making fresh every day and should never stand about exposed to dust. Keep covered.

Blackberry Vinegar

6 lb. ripe blackberries

1 quart white wine vinegar

Sugar

Put 2 lb. of the blackberries in a large basin, press them gently with the back of a wooden spoon, pour the vinegar over and leave for 24 hours, covered with a cloth.

Next day, drain off the vinegar over another 2 lb. of fresh blackberries and leave again for 24 hours. On the third

day repeat the process, then strain off the vinegar through muslin into a preserving pan, and to every pint allow 1 lb. of loaf sugar. Leave until sugar is dissolved, stir gently, boil for 15 minutes, strain free from scum, bottle and seal when quite cold.

Raspberry Vinegar

8 lb. ripe raspberries

Sugar

2 quarts best vinegar

Bruise 4 lb. of the raspberries, and add the vinegar, letting it remain for 3 days covered with a cloth. On the third day press the fruit in the vinegar with the back of a wooden spoon, then pour off the vinegar on to the other 4 lb. of raspberries which should have been freshly gathered and thoroughly bruised in a clean basin.

Allow the vinegar to stand for 3 days, stirring every day, then strain through a jelly-bag. Pour the juice carefully into a preserving pan, and add 12 oz. of sugar to every pint. Stir gently while sugar dissolves, then boil for 3 minutes and let it stand aside until quite cold, bottle and seal securely.

THE HELPFUL CASSEROLE

ONE of the most helpful utensils for cooking is the casserole. It need not be expensive, it might easily be bought in a cheap store, costing—for a small one, 6*d.* ; and for a larger one, 1*s.* It is essential, however, of whatever type the casserole may be, that it is entirely fireproof. It can be used in the oven, or on a kitchen range, or with a small asbestos mat under it can be used over the gas ring. A very tiny amount of heat will keep it hot enough to allow the food to cook steadily, and whether for fish, meat, poultry, cheese or other savoury dishes, the casserole with a well-fitting lid will save fuel and labour, for whatever is cooked in a casserole may be sent in it to table. That means considerable saving of labour, lessening the “washing up,” by reducing the number of utensils required for cooking.

Several of the recipes for savouries and sweets given in these pages, would lend themselves to casserole treatment.

Lambs' Hearts

Make excellent little meals when cooked in casserole.

Beef and Sausage Savoury

$\frac{1}{2}$ lb. beef
 $\frac{1}{2}$ lb. pork sausages

1 breakfastcup forcemeat
Gravy

Cut meat in slices $\frac{1}{2}$ inch thick, 3 inches long. Divide sausages in two. Roll beef round sausage. Fry until brown

in boiling fat. Make forcemeat with 1 teacupful fine bread-crumbs, 1 teaspoonful parsley and thyme, 2 oz. chopped suet, pepper, salt, nutmeg to taste, moisten with a little milk. Make into balls, dip into beaten egg, fry. Have ready $\frac{1}{2}$ pint of brown gravy. Lay meat and sausage and forcemeat in casserole, add gravy, simmer gently 1 hour.

Sea Pie

1 lb. beef pieces	6 potatoes
3 carrots	1 turnip
3 onions	Pepper and salt to taste
1 tablespoonful flour	

Pepper and salt the flour; cut up the beef; roll each small piece in the mixture. Cut the vegetables in dice. Place all in a deep casserole. Over the meat and vegetables pour $1\frac{1}{2}$ pints of cold water. Let it slowly come to boiling; simmer gently for 1 hour. Cover with suet crust made with:

$\frac{1}{2}$ lb. flour	1 level teaspoonful baking-powder
4 oz. chopped suet	Pinch of salt

Blend the ingredients together; add water sufficient to make a paste; roll out on a floured board, and see the paste is just large enough to fit neatly the casserole under the lid. Place the suet paste over the stew; simmer for $1\frac{1}{2}$ hours. Serve from the casserole.

Herefordshire Savoury

Here is a tasty way of serving onions, for those who do not take meat.

2 lb. onions	Pepper
6 oz. cheese—grated	Salt
2 oz. butter	Nutmeg
2 oz. breadcrumbs	

Boil onions until tender. Drain, saving water for soup. Cut in small pieces, place in greased casserole. Spread the grated cheese, and butter in little bits. Season generously. Bake for about 20 minutes.

PASTRY

THERE are several different kinds of pastry, and the difference is caused chiefly by the varied ways in which the shortening is applied.

In simple short pastry the shortening, whether in the form of margarine, lard, dripping, or vegetarian nut-butter is rubbed into the flour until fine as breadcrumbs.

In rough puff pastry the fat, or shortening, is cut into large pieces, and this is blended with the flour by means of the extra number of rollings which are given to it.

In flaky pastry, only a small amount of fat is worked in with the flour at first, the greater quantity is spread on afterwards, and rolled in.

In the richest puff pastry, the flour and other ingredients, are mixed into a paste, and the fat is laid on afterwards, and in many rollings combined with the pastry.

I think you will find that for everyday pies and tarts, sausage rolls, and pasties, the following easy-to-make variety of crust is quite suitable :

Short Pastry

$\frac{1}{2}$ lb. flour	Pinch of salt
4 oz. lard, dripping, margarine (or vegetarian butter)	Cold water

Sieve the flour and salt together, break or cut the fat into small pieces, rub lightly in with tips of fingers, making it

crumb-like. Make a well in the centre of the flour, pour in the cold water, mixing all the time with a knife. Mix until the pastry is stiff, and all the flour has been worked into it. Then turn on to a floured board, form into a smooth mass, and roll out lightly to the desired size and thickness.

Self-raising flour can be used if liked, or a little baking-powder added to the plain flour. In either case the pastry should be cooked as soon after it is mixed as possible.

BATTERS

BATTERS are such a great help in such a variety of dishes, and can be cooked in many different ways : here is a simple one.

4 tablespoonfuls of flour
1 cupful milk

1 egg

Allow the batter to stand 1 hour before using for coating slices of apple, tomato, orange or banana. Fry in deep fat. This is also a good batter for baking in the oven.

Another way is to make a sweet batter without an egg.

4 oz. plain flour
2 oz. castor sugar
1 saltspoonful salt

1 heaped teaspoonful baking-powder
1 cupful milk
A few drops only of lemon essence

Put all the dry ingredients into a basin, mix to a batter with the milk, add lemon essence. Use at once for coating fruit slices to fry in deep fat. Fry batter-covered fruit to a golden brown, then drain on white paper, sprinkle on sugar and serve on a very hot dish.

A good savoury pancake batter :

4 oz. flour
2 eggs

$\frac{1}{2}$ pint milk
Pinch of salt and cayenne pepper

Put flour in basin, add salt and pepper, make a well in the centre. Beat the two eggs, then stir in the milk gradually until the batter is smooth and free from lumps. Stand aside for an hour at least.

Afterwards add grated cheese, chopped onion or minced ham. Then cook well in a hot pan with as little fat as possible.

Inexpensive savoury batter :

4 oz. plain flour
2 saltspoonfuls salt

1 heaped teaspoonful baking-powder
1 cupful milk

When a batter contains baking-powder or self-raising flour, only just sufficient should be made for using at once, it spoils if left too long uncooked. A batter should be just thick enough to coat the back of the wooden mixing spoon.

SPECIAL LIVER RECIPES AND SUGARLESS FRUIT DISHES

Liver Dumplings

$\frac{1}{4}$ lb. fresh liver	2 tablespoonfuls of stock or milk
1 small onion	2 tablespoonfuls flour
$\frac{1}{2}$ cupful fine breadcrumbs	$\frac{1}{2}$ teaspoonful baking-powder

WASH and wipe the liver, chop small. Mix with it the finely chopped onion, a little butter, salt, and breadcrumbs. Have the egg well beaten and add to the mixture. Pour in the stock or milk, then the flour sifted with the baking-powder. Blend all together and drop by teaspoonful into a little boiling stock. Cook gently for 10 minutes and serve with a little green vegetable.

Liver Soup

8 oz. raw liver

Bake or grill until liver has just changed colour (about 5 minutes) *or* cut into dice and fry with onion. Mince and rub through a wire sieve. Mix with stock or milk to the consistency of soup. Flavour as desired, e.g. tomato ketchup, Bovril, Marmite, etc. ; thicken if desired.

N.B.—Be careful not to cook the liver too hard or it will be difficult to sieve.

Liver Cocktail

10 oz. raw liver.

Bake or grill until liver has just changed colour (about 5 minutes). Mince and rub through a wire sieve. Mix with the juice of 1 lemon. Then rub through hair sieve. Beat with the juice of 1 orange, a pinch of sugar and water or more fruit juice if necessary to make to consistence suitable for drinking.

This may be taken in as many doses as seems best.

It is helpful to drink water immediately after each dose, to remove any after-taste.

Rather more than $\frac{1}{2}$ lb. liver is bought, as some is wasted during the various sieving processes.

N.B.—Half the dose may be taken as above and half in some cooked form if this seems best. And it will be more appetising if served in a coloured wine glass.

Sugarless Marmalade

2 Seville oranges
2 lemons

$\frac{1}{4}$ oz. gelatine to every $\frac{1}{2}$ pint pulp
8 grains saccharine

In cutting the rinds from the oranges and lemons, pare away the yellow part only, leaving the white pith untouched. Cut the rinds in tiny strips, chop up the pulp and place both in a preserving pan with 1 pint water. Bring to the boil, simmer for 25 minutes, add the saccharine, cook until rinds are tender. Remove the pan from the fire, stir in gelatine, pot up and seal immediately.

This marmalade is better made in very small quantities as it will not keep. By sterilizing after the marmalade is in the jars its keeping properties will be improved.

Method of sterilizing.—To sterilize it is better to use screw-top bottles. See that the screw-tops are not screwed down tight when putting the jars into the sterilizer. Surround the

jar with water at about the same temperature as the hot marmalade inside. Bring to the boil and allow to just simmer for 20 minutes. Remove from the sterilizer and screw down at once.

In order to save the bottles from cracking, be sure to put a false bottom of some sort in the pan in which the sterilizing is done. A bit of slatted wood, or a few layers of paper will serve the purpose. A lid must be on the pan throughout the sterilizing process.

Sugarless Red-Currant Jelly

1 lb. red currants, after stalking 4 leaves gelatine
6 grains saccharine

Put fruit in covered jar, stand in hot water and stew gently until covered with its own juice. Strain through coarse muslin. Return to pan, bring to simmering point, stir in saccharine, melt the gelatine in two spoonfuls of water, when dissolved—stir the water into the juice. Put up in the jars and cover.

Special Cream Salad Dressing

A simple little dressing for salads may be made by putting into a basin the yolks of two hard-boiled eggs, a tablespoonful of cream, a sprinkling of pepper, a pinch of salt, half teaspoonful of mustard, and mixing them thoroughly. When a creamlike consistency—a tablespoonful of vinegar should be poured in slowly and well blended with the other ingredients.

It is better to make this dressing day by day as required, and keep in a cool place when made.

ODDMENTS OF KITCHEN WISDOM

Oven Temperatures

How can you tell what is a moderate oven? Take 1 tablespoonful ordinary white flour, place it in a pattypan or on the oven shelf, and note how long it takes to brown lightly.

	<i>Temperature in degrees</i>	<i>Time taken to brown 1 tablespoonful flour</i>
Hot oven	330°-350°	3-4 minutes
Moderate oven	290°-300°	4-5 minutes
Slow oven	270°-280°	6-7 minutes

Equivalents of Weights and Measures

As every household has cups and spoons, they can be relied on to serve as fairly accurate weights and measures.

WEIGHTS (DRY)

1 breakfastcupful flour	= 4 oz.
1 breakfastcupful sugar, castor	= 7 oz. ; Demerara = 8 oz.
1 breakfastcupful (heaped) butter or dripping or margarine	= 7 oz.
1 saltspoonful	= $\frac{1}{2}$ teaspoonful
1 teaspoonful	= $\frac{1}{2}$ dessertspoonful
1 dessertspoonful	= $\frac{1}{2}$ tablespoonful
6 lumps sugar	= 1 oz.
1 <i>heaped</i> tablespoonful salt or granulated sugar	= 2 oz.

MEASURES (LIQUID)

1 breakfastcupful	= $\frac{1}{2}$ pint
1 teacupful	= $\frac{1}{4}$ pint
$\frac{1}{2}$ teacupful	= $\frac{1}{2}$ gill

When cooking milk puddings, fruit tarts, meat pies or custards, if the dish containing either is placed inside another one partly filled with water, the custard will set properly, and, in the case of the other items, neither juice nor gravy will boil over.

Eggs will fry a better shape if just a pinch of flour is put in the fat before putting in the eggs.

In poaching eggs, a better colour of the whites will be secured if a few drops of vinegar or lemon juice are added to the water.

Hard-boiled eggs are better if after boiling them for 12 minutes they are put at once into very cold water. The sudden change from hot to cold usually prevents discoloration.

Bones which cannot be used at once for soup-making will keep in better condition if they are baked for 20 minutes in a hot oven.

To avoid the waste of using a gas oven for only one article of food, think out carefully beforehand what items will do at the same time. For instance, joint, milk pudding, stewed fruit, can occupy different shelves of the same oven and cook with no increase of gas.

Before cooking sausages, roll them lightly in flour. Fry them in a pan with a very small amount of fat in it. This way usually keeps them from breaking.

More juice will come from oranges and lemons if they are warmed before squeezing.

Tomatoes should be plunged into boiling water just one minute before being peeled for slicing or cooking. Oranges also peel better if they are put into hot water before removing the skin.

Ovens which will not brown can be made to do their duty if the cook will put a little sugar on the hottest part of the oven a few minutes before removing food.

Let me remind you that carving meat is always important, and deserves attention. Bad carving is so very extravagant, and unsatisfactory. *More* meat is *used* yet no one appears satisfied.

If you *can* carve, then it's safe to buy joints that can be served hot one day, and cold the next, and that is far more economical than cooking every day. A good carver is fair to each one at table. The meat is neatly sliced and laid on the plates, and all believe they have had enough.

Don't forget a bright, clean pair of scissors attached to string, to hang near the stove. Scissors are a great help to the busy housewife.

If dipped in cold water, they will cut jelly squares with much greater ease than will a knife. Remember that the smaller the pieces in which the jelly is cut, the more quickly will it be dissolved.

Scissors again will remove bacon rinds, crusts off toast, and they can be used for trimming off the edges of pastry.

To be really useful, scissors must be kept bright and spotlessly clean.

Put a piece of washed and scraped horse-radish in the jar at the top of the pickles. It will help to keep strength in the vinegar, and preserve the crispness of onions, cauliflower, etc.

Preserves, pickles, or jams, should never be stored on the top shelf in the kitchen cupboard. They will keep much better if placed down as near the floor as possible. The heat rising from the kitchen stove, and steam from washing, have a tendency to induce fermentation, and prevent good keeping.

To slice hard-boiled eggs for salad, etc., without cracking or crumpling the yolks, use a knife dipped in boiling water, and wiped dry. Re-heat the knife as often as it cools.

If onions are peeled while holding them under water your eyes will not smart or run, and your hands will not smell so strongly of onion juice.

A vanilla pod placed well down in the sugar jar will impart a pleasant flavour to puddings and cakes for which the sugar is used. The same pod will be sufficient for several lots of sugar. Other delicate flavours can be secured with strips of orange and lemon peel lightly dried in the oven, and then placed among crystallized or castor sugar, in jars or bottles.

A tablespoonful of treacle mixed with milk will serve the purpose of an egg in a steamed pudding.

Lentils are a fine food, and, like butter beans and haricot beans, are good meat substitutes. Lentils can, with the addition of egg and herbs, be made into delicious cutlets. They also make good curry, or can be served like boiled peas pudding.

If you are cooking dried fruit such as apricots, pears, etc., they will have greater vitamin value if lemon juice, in the proportion of two teaspoonfuls to every pound of fruit, is added before serving.

For seasoning soups, stews, and other made-up dishes, make a mixture of

1 oz. white pepper	1 oz. ground mace
1 oz. ground nutmeg	$\frac{1}{2}$ oz. fresh cayenne pepper

These ingredients will mix better if they are turned out on to a piece of white paper, and evenly blended. When ready store in small bottles with good stoppers. Keep handy to the cooking-stove and use very sparingly.

Baking-powder is quite easily made, but all the ingredients must be perfectly dry and thoroughly mixed. Blend

8 oz. bi-carbonate of soda	6 oz. tartaric acid
2 oz. ground rice	

Sift free from lumps, put in a dry bottle, cork tightly, keep in a cool cupboard.

A crust of bread tied in a piece of muslin and put in the water in which greens are being boiled will absorb a great deal of the unpleasant odour.

When lining a basin with paste for a meat pudding, cut a small piece the size of a penny, from the bottom of the paste, then fill in the meat, and cover as usual, and you will find that the pudding will cook in 40 minutes less time than if lined without removing the small piece of paste.

In cases where children or adults are suffering from an attack of diarrhoea, egg whites will be found of great service if prepared as follows :

Have ready two *absolutely clean* egg-cups. Break an egg, after washing the shell, and let the white only drop gently into one of the cups. Take a pair of scissors (previously sterilized in boiling water) and as the white of egg is poured from one cup to another, cut it through, and repeat four times.

Care should be taken that the white of egg is only *poured* down the *side* of the cup. This process allows of the thick white being divided without air being beaten into it. It can then be swallowed slowly by the patient, either with a table-spoonful of water, or taken neat. Altogether three whites may have to be taken at two-hour intervals, but no milk or other food should be given if the remedy is to effect a cure.

If you are very busy women and have lots to do and the family and household depend upon you for properly prepared food, for clean clothes, for mended garments, for comfort in the rooms, for aid in sickness, then it is certain you are too valuable to be neglected. So treat yourself as your neighbour, be kind to yourself, and thoughtful about a few little things which will help to keep you fit and ready for your service to others.

One little item that is of great use, is a footstool handy by the kitchen table, and a chair near by that is sufficiently comfortable for you to like to sit in it, and high enough in the seat for you, when at work, to have your elbows *above* the table level. You wonder what these things are for. Well, if you are wise you will learn to do lots of little jobs whilst sitting down, and *sitting down comfortably* remember, with your feet on a footstool. This simple precaution of resting your feet, will save your head and your back, therefore your nerves.

It may be easier for you to *stand* to peel potatoes, and pare apples, and string beans, and iron little things such as handkerchiefs, but it is better to *learn* to do these sitting down. *You are only allowed one pair of legs in your life, be good to them.*

Do not start the morning "fed up." If there is a lot of washing-up to do, have the things packed neatly, saucers, plates, cups, in their separate little piles, knives in an earthenware jar, forks and spoons by themselves. Make the things look as *few* as possible and you will say to yourself, "Not so many things this morning, I'll soon get through that little lot." It may seem silly, but it helps. And when using several utensils for cooking, wash them up as you go. Then

there is another little matter, about washing day, make the clothes into small piles. Have a little gamble with yourself. Toss up a penny, "tails you wash the whites first," "heads the colours." Have a clock beside you and try and break your own records of last week, and the week before, noting the time it takes to wash the same garments. Result—it will keep you *interested* and the hours will *fly*.

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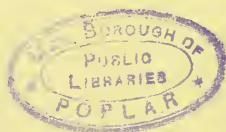
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