

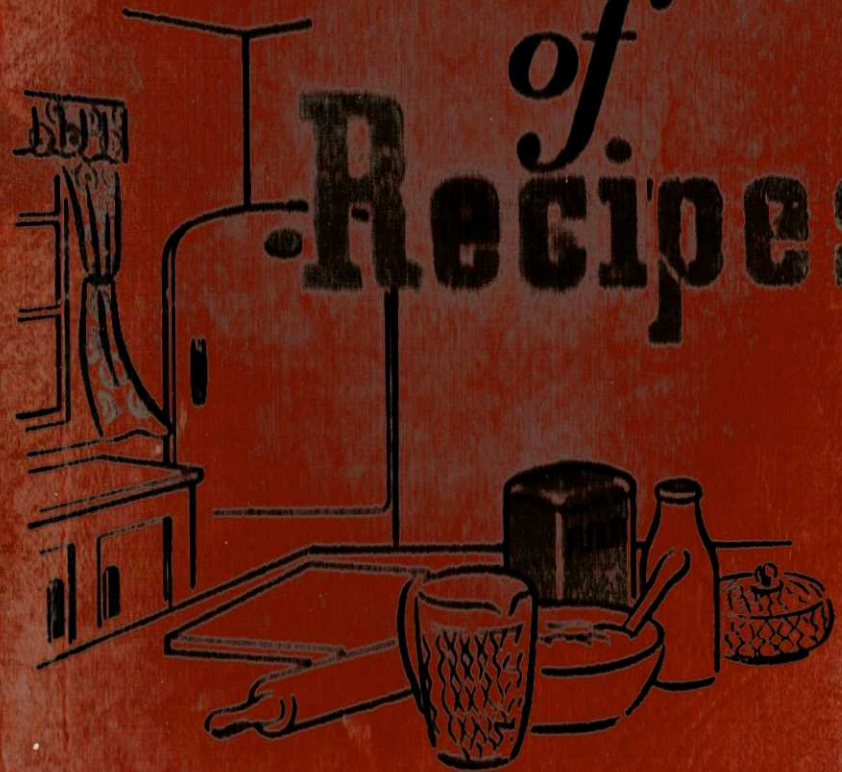
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Golden Jubilee

**Cavalcade**  
of  
**Recipes**



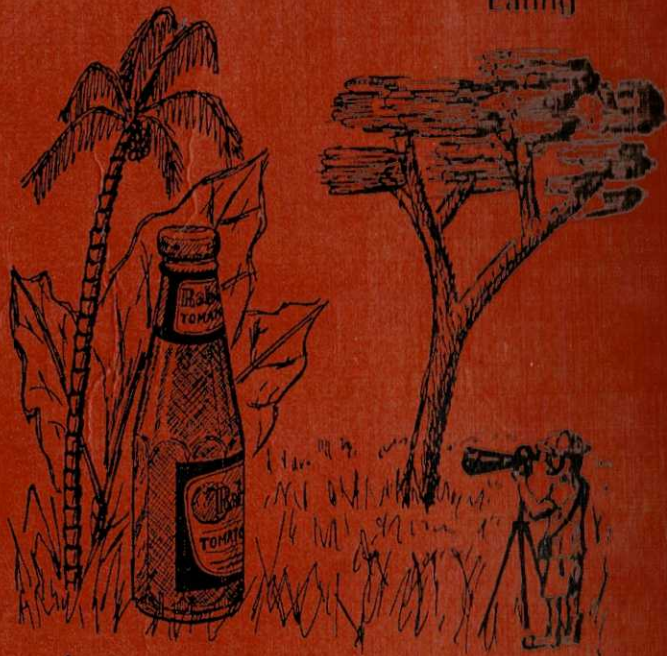
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*Foreword*

Dear Friends,

It is with great pleasure that I present this enlarged edition of our Cavalcade recipe book, published under the auspices of the Bulawayo Women's Zionist Society.

I trust that this "Golden Jubilee" Cavalcade of recipes will be most welcome, and that, not only will you enjoy browsing through the pages, but that all your culinary efforts will be crowned with success.

I gratefully acknowledge my indebtedness to everyone who made this publication possible — the people who contributed recipes, the sponsors, and our generous firms for their advertisements.

Yours Sincerely,

DAPHNE RALSTEIN

Published by the BULAWAYO WOMEN'S ZIONIST SOCIETY

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## HORS D'OEUVRES

### BISMARCK HERRING WITH POTATO SALAD

1 lb. new potatoes	$\frac{1}{4}$ lb. small carrots
6 Bismark herrings or Rollmops	3 tablespoons olive oil
2 tablespoons white wine vinegar	salt and pepper
	finely chopped onion and parsley

Cook the potatoes and carrots until just tender, then slice them. Add the herrings cut up in small pieces. Mix well together the olive oil, seasonings, wine, vinegar and onion and pour over the other ingredients. Sprinkle with finely chopped parsley.

*Mrs. Mirriam Gordon.*

★

### CHOPPED HERRING (will serve about 12 people)

3 herrings (soaked overnight)	1 thick slice white bread (crusts removed)
2 apples	Vinegar essence diluted with water
3 hard-boiled eggs	sugar
1 large onion	little pepper

Skin and fillet the herrings, and mince together with the onion, peeled apples, and hard-boiled eggs. Soak the bread in vinegar, and squeeze out some of the liquid. Add the bread to the herring mixture, and season to taste with sugar and pepper. Place on flat platter, and garnish with chopped egg and tomatoes.

*Mrs. Daphne Ralstein.*

★

### PICKLED HERRINGS

6 herrings (with milches if possible)	3 tablespoons white vinegar essence
4 large onions	2 heaped tablespoons sugar
$1\frac{1}{2}$ pints cold water	peppercorns and bayleaves

Remove insides from herrings, and keep the milks only, not the roes. Soak the herrings and milches in cold water overnight. In the morning, cut the herrings into 4 pieces each, slice the onions, and pack the herrings and onions in a glass jar, putting peppercorns and bayleaves between.

Rub the milches and sugar well, and add the vinegar essence and water. Pour this over the herrings, and leave in fridge to pickle.

*Mrs. Daphne Ralstein.*

★

### SALMON LOAF

1 lb. tin salmon	1 small grated onion
$\frac{1}{4}$ pint cream	$\frac{1}{2}$ cup vinegar
1 cup mayonnaise	few drops tobasco sauce
salt and pepper	juice of 1 lemon
2 level tablespoons gelatine	$\frac{1}{4}$ cup boiling water
few drops Worcester sauce	

Dissolve gelatine in boiling water. Mash salmon, and add all other ingredients, and mix well. Lastly add dissolved gelatine. Set in a wet mould, and when set, turn out and decorate.

*Mrs. Anita Abrahamson.*



**RUSSIAN HERRING SALAD**

4 herrings (soaked overnight)	4 cooked beetroots
4 sour apples	2 teaspoons oil
3 pickled cucumbers	1 small finely grated onion
$\frac{1}{4}$ cup vinegar	$\frac{1}{2}$ pint cream
2 tablespoons mayonnaise	

Fillet and cut herrings into small pieces. Grate on a coarse grater the cucumbers, apples and beetroots. Add oil, onion, vinegar, cream and mayonnaise.

*Mrs. Rima Lutrin.*

★

**CHEESE PUFFS**

3 ozs. butter	$\frac{1}{4}$ pint boiling water
4 ozs. flour	pinch salt
3 eggs	3 ozs. grated Parmesan cheese
deep fat for frying (oil)	parsley

Put butter and boiling water in a pot on stove, when butter is melted remove from heat and add sieved flour and salt. Return to heat and cook until a smooth ball forms. Take again from heat and beat in eggs gradually, one at a time. Add cheese. Take small spoonfulls and fry in oil until puffed up and brown. Sprinkle with more cheese and garnish with parsley.

*Mrs. Mirriam Gordon.*

★

**PIZZA PIE**

Roll out to about  $\frac{1}{4}$  inch thick, any pastry, and line Pyrex pie plate with same. Put in a layer of either fresh or tinned tomatoes, sliced, then a layer of sliced Cheddar cheese. Season each layer well with salt and pepper. Top with layer of anchovies and sliced olives, and bake at 400° till pastry is browned. Serve hot. Can be baked in morning, and warmed when needed.

*Mrs. Lilian Rabinovitz.*

★

**SAVOURY CHEESE TOAST**

Mix 1 egg with  $\frac{1}{4}$  cup of grated Cheddar cheese and 2 tablespoons cream. (This will keep in the fridge).

Butter slices of bread, cut off the crusts, and cut into fingers. Heap the egg mixture on the slices, and sprinkle with salt and paprika. Grill on the top shelf of oven, leaving door ajar. Serve immediately.

*Mrs. Ann Fischer.*

★

**BRINJAL SALAD (EGG FRUIT)**

Boil as many brinjals as required together with eggs (1 egg to 2 large brinjals). When the brinjals are soft, remove from the stove, and cool. Then remove skins and seeds and put through the mincing machine with the hard-boiled eggs and a little onion. Add lemon juice or vinegar to taste and plenty of salt. Decorate with tomatoes and some of the hard-boiled egg which you put aside for this purpose.

*Mrs. S. Benyshai.*

★

**EGG FRUIT SALAD**

2 medium-sized egg fruit	2 egg-cups oil
2 eggs, hard-boiled	juice of $\frac{1}{2}$ lemon
1 medium sized onion	salt and pepper

Boil egg fruit in skins until fairly soft. Peel them and mince with eggs and onion. Add oil, lemon juice, pepper and salt. Trim with tomatoes and serve as an hors d'oeuvre.

*Mrs. I. Miller.*

4

**STUFFED PICKLED CUCUMBERS**

Take pickled cucumbers (whole), and scoop out centres from both ends. Mince some hard-boiled eggs and bind with a little mayonnaise. Stuff into the hollow of the cucumbers. Chill, then cut into slices. Cream cheese can be used as a filling instead of the eggs.

*Mrs. E. Katz.*

★

**SAVOURY EGGS**

Boil 6 eggs hard. Soak in cold water and then slice lengthwise in half with the shells still on, using a very sharp knife. scoop out eggs from shells and chop with a little onion, salt and pepper. Add 1 tablespoon melted butter. Replace mixture into shells. Dip face down into breadcrumbs and fry in butter, still face-down till golden brown. Serve on a plate with teaspoons.

*Mrs. E. Abeles.*

★

**HERRING SALAD**

Take 3 salt herrings and soak very well overnight. Clean and fillet and cut into shreds. Take 1 large apple and dice it into small pieces. Dice 1 pickled cucumber, 1 handful walnuts, 1 large cooked beetroot,  $\frac{1}{2}$  tomato, and cut two hard-boiled eggs into small pieces. Mix all together well. Add mayonnaise to taste. Bind well and serve on lettuce.

*Mrs. E. Katz.*

★

**PICKLED HERRINGS IN EGG AND CREAM**

Soak 6 salt herrings overnight. Fillet each into 4 pieces. Roll up and fasten with cocktail sticks. Place in jar in layers with sliced onions. Pour over the following sauce:—

**Sauce.**—Beat 3 eggs well with 1 tablespoon sugar, 1 teaspoon prepared mustard and  $\frac{1}{2}$  cup vinegar. Put in pot with bayleaves and peppercorns and bring to the boil. Cool. Fold in  $\frac{1}{2}$  cup sweet cream and pour over the herrings. Leave for a few days before using.

*Mrs. Ray Rabinowitz.*

★

**HERRING SALAD**

Cut up 4 pickled herrings and onions. Cut up two large tart apples. Dice 1 cup cooked beetroot and add about  $\frac{1}{2}$  cup diced fresh cucumbers. Add two cooked and diced potatoes. Mix up with 1 pint sour cream.

*Mrs. N. Blake.*

★

**SOUSED HERRINGS**

Take fresh herrings and clean and bone them. Slice onions and place the herrings and onions in layers in a baking dish with bayleaves and peppercorns. Pour vinegar over and bake. Serve hot.

*Mrs. H. Banet.*

★

**EGG FRUIT HORS D'OEUVRE**

Roast egg fruit on the hot-plate on high till black all round. Plunge into cold water and remove the black skin. Chop with 1 onion to each egg fruit. Season with plenty of salt and pepper and add oil to taste. Serve as an hors d'oeuvre. If liked, add vinegar instead of oil and serve as a salad. Chop with a wooden chopper or silver fork.

*Mrs. E. Zacks.*

★

**APPETIZER**

Split small rolls and butter them. Spread with tomato sauce and sprinkle with grated cheese. Broil until cheese melts and rolls are hot.

*Mrs. L. Michaels.*



FOR BETTER BAKING — USE RED SEAL FLOUR

**CHEESE BISCUITS**

- |   |  |
|---|--|
| 1 cup sifted flour                            | $\frac{1}{2}$ cup butter                 |
| $\frac{1}{2}$ teaspoon salt                   | 1 tablespoon thick cream                 |
| $\frac{1}{4}$ teaspoon paprika                | $\frac{1}{2}$ cup grated parmesan cheese |
| $\frac{1}{3}$ cup grated sharp cheddar cheese | (Greek)                                  |

In bowl, sift together flour, salt and paprika. Mix in cheeses. Cut in butter, and work in the cream to make a smooth dough. Chill at least 1 hour. Roll  $\frac{1}{8}$ " and cut in shapes. Put on ungreased tins. Brush tops with 1 egg yolk mixed with 1 teaspoon water. Then sprinkle very lightly with crushed coarse salt and caraway seeds. Bake at 325° for 20 minutes or longer.

★

**PARMESAN TWISTS**

- |                              |                          |
|------------------------------|--------------------------|
| 1 cup grated parmesan cheese | 1 cup sifted flour       |
| 7 tablespoons sour cream     | $\frac{1}{2}$ cup butter |
| salt and paprika to taste.   |                          |

Work cheese and flour to a smooth dough with cream and butter. Add salt and paprika to taste. Chill 30 minutes. Roll  $\frac{1}{4}$ " thick. Cut in strips  $\frac{1}{2}$ " wide and 9" long. Twist. Put on ungreased tin, and bake at 350° for 15 minutes.

★

**ONION PIE**

- |   |                          |
|---|--------------------------|
|   | <b>Pastry</b>            |
| $\frac{1}{4}$ lb. butter                  | 1 level tablespoon sugar |
| $\frac{1}{2}$ breakfast cups sifted flour | pinch salt               |
| milk — if necessary to make firm dough    |                          |

Pat into a greased pyrex pie dish, and fill with the following filling:—  
Boil 3 cups coarsely grated onion and 1 dessertspoon butter till soft. Cool. Then add 3 beaten eggs, 1 cup thin cream, salt and pepper to taste. Sprinkle top with grated cheese, and bake at 400° near top about 30 minutes.

Mrs. D. Ralstein.

★

**MUSTARD HERRING**

- |                                     |                                |
|-------------------------------------|--------------------------------|
| $\frac{1}{2}$ cups white vinegar    | 4 eggs                         |
| $\frac{1}{2}$ cup water             | $\frac{1}{2}$ pint thick cream |
| $\frac{3}{4}$ cup sugar             | bayleaves, peppercorns         |
| 2 very heaped teaspoons dry mustard | onions, sliced                 |

6 herrings, soaked, filleted, skinned and cut up.  
Boil vinegar, bayleaves and peppercorns and water, and allow to cool. Beat sugar, mustard and eggs one at a time. When all sugar is dissolved add to vinegar slowly, and put into a double boiler, and cook until mixture looks like custard. Add cream when cool. Pour this on to the herrings and sliced onions. Chill.

Mrs. Stella Sager.

★

**HERRING SUPREME**

- |                                     |                           |
|-------------------------------------|---------------------------|
| 6 salt herrings (soak for 18 hours) | 4 potatoes                |
| 3 onions                            | 3 large tablespoons cream |

Fillet and quarter the soaked herrings. Slice potatoes and onions very finely. Butter a pyrex dish well, and sprinkle the butter with a little pepper. Put a layer of onions and potatoes into dish, then a layer of herrings, and then another layer of each, topping with herrings. Sprinkle thickly with dry breadcrumbs, and pour cream over top. Bake in medium oven till golden brown.

Mrs. Helen Schur.

6

**LEEK AND CHEESE FLAN**

- |                                |                                 |
|--------------------------------|---------------------------------|
| 3 ozs. butter or margarine     | <b>Sauce:</b>                   |
| 6 ozs. flour                   | $\frac{1}{2}$ oz. flour         |
| $\frac{1}{2}$ teaspoonful salt | $\frac{1}{2}$ pint milk         |
| 2-4 tablespoons iced water     | 2 ozs. strong cheese, grated    |
| 6 leeks                        | $\frac{1}{2}$ teaspoon salt and |
|                                | $\frac{1}{4}$ teaspoon pepper   |
|                                | $\frac{1}{4}$ teaspoon nutmeg   |

Sieve flour and salt, and cut in butter in small cubes, and rub in. Add enough water to make crumbly pastry. Form into a ball, and spread pastry out in tart tin. Prick, and bake blind, for 20 minutes at 400°. Make sauce of butter flour and milk. Wash and shred leeks and saute in butter until cooked — about 15 minutes. Add to sauce, and add all seasoning. Then add cheese, or it can be placed on top. Put all into tart flan, and bake 7-10 minutes at 400°.

Mrs. Anne Moss.

★

**CAVIAR CREPES OR BLINI**

- |                            |                               |
|----------------------------|-------------------------------|
| <b>Pancakes:</b>           | <b>Sauce:</b>                 |
| 2 eggs                     | $\frac{3}{4}$ pint sour cream |
| $\frac{1}{2}$ cup milk     | grated rind of 1 lemon        |
| 1 tablespoon melted butter | 2 teaspoons lemon juice       |
| 1 cup flour                | 1 teaspoon onion salt         |
| 1 teaspoon salt            |                               |

Mix sauce first, and let stand out of fridge. Make above pancake ingredients into batter. Fry small pancakes and fill thus:— Spread 1 teaspoon of sauce and 1 teaspoon caviar over each pancake. Roll up, and place in dish till all are prepared. Put rest of the cream sauce into top of double boiler, and heat until it steams. Pour over the crepes, serve hot.

Mrs. Anne Moss.

★

**TUNA FISH HORS D'OEUVRES**

- |                              |                           |         |
|------------------------------|---------------------------|---------|
| 1 tin mushroom soup          | 1 large onion             | } diced |
| 4 ozs. cooked noodles        | 1 green pepper            |         |
| 2 x 8 oz. tins tuna, drained | 2 small pickled cucumbers |         |
| 4 ozs. salted cashew nuts    |                           |         |

Fry onion until transparent, add green pepper and cucumbers, and fry gently for 5 minutes. Mix all ingredients together, pour mushroom soup over, and bake at 375° for 35 to 40 minutes.

Mrs. V. Zacks.

★

**ASPARAGUS PIE**

- |                                 |                                |
|---------------------------------|--------------------------------|
| <b>Pastry:</b>                  | <b>Filling:</b>                |
| 2 ozs. butter                   | 2 large onions                 |
| 1 cup flour                     | 2 tablespoons butter           |
| 1 teaspoon sugar                | 1 tin asparagus salad tips     |
| $\frac{1}{2}$ teaspoon salt     | $\frac{1}{2}$ pint sweet cream |
| 2 level teaspoons baking powder | 1 egg                          |
| 4 ozs. milk                     | 1 cup cheddar cheese           |

Rub butter with dry ingredients until like fine breadcrumbs. Add milk to form a dough. Press pastry into a shallow pyrex dish (tar dish) or Pie dish  
**Filling.**— Coarsely chop onions and fry in the butter, but do not let them get brown. Spread on pastry and cover with asparagus. Beat cream till thick, and fold in beaten egg. Pour mixture evenly over the top of the asparagus and sprinkle with grated cheese. Bake for about 20 to 30 minutes at 400°.

Mrs. L. Gruber.

7



**HOT ASPARAGUS CRISP**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1 large tin asparagus              | $\frac{1}{2}$ cup cream         |
| 3 tablespoons butter               | 1 large cup grated cheese       |
| 3 tablespoons flour                | cayenne pepper, salt and pepper |
| $\frac{1}{2}$ cup asparagus liquid | small packet crisps.            |

Drain asparagus, reserving liquid. Place asparagus in a buttered dish. Melt butter in saucepan. When bubbling, add flour. Remove from stove, and add asparagus liquid a little at a time until all has been used. Return to stove and stir continuously until thickened. Add cream and seasoning. Pour mixture over asparagus, and sprinkle on cheese. Crush crisps and sprinkle on top. Bake at 400° for 15 minutes.

Mrs. Ada Plett.

★

**ASPARAGUS TART**

**Pastry:** (Use Lobel's Puff Pastry, or dough made with Melva as follows)

- |                            |                                 |
|----------------------------|---------------------------------|
| 5 $\frac{1}{2}$ ozs. Melva | $\frac{1}{4}$ cup boiling water |
| $\frac{1}{2}$ lb. flour    | $\frac{1}{4}$ teaspoon salt     |

Cut Melva into small pieces in mixing bowl; pour boiling water over, and stir. After a few minutes stir in flour and salt, mixing thoroughly. Chill in fridge until dough hardens. Roll out once on to a floured board, and wrap in grease-proof paper, and return to fridge until required.

**Filling:**

- |                        |                             |
|------------------------|-----------------------------|
| 1 tin asparagus pieces | 1 cup grated cheddar cheese |
| mayonnaise             | salt                        |

Line a tart plate with pastry, and prick bottom. Drain juice from asparagus, and thicken with a little cornflower. Mix asparagus with a little mayonnaise, and spread over pastry, then little sauce, then layer of grated cheese. Then cover with pastry, and make a few slits for air. Brush with milk, and bake.

Mrs. Anne Moss.

★

**SALMON OR TUNA BLINTZES**

Make blintzes in usual way.

Drain oil or juice out of fish, and mash up with a little mayonnaise, seasoning, grated onion, chopped parsley, and chopped celery. Cottage cheese can also be added. Put small amount in each blintze, roll up and fry in Sunflower Seed Oil, Buttercup Margarine, or vegetable fat.

Mrs. Anne Moss.

★

**SALMON OR TUNA OR PILCHARD LASAGNE**

**Fish Layer:** Take a 7 oz. tin of Pink Salmon, Tuna or Pilchards. Tuna only has oil in tins, remove bones or juice, and flake the fish. Add the following to the flaked fish:—

1 onion—grated, chopped parsley, chopped celery, chopped green pepper, grated carrot (optional) some mayonnaise, 1 tablespoon cream, and a tablespoon cottage cheese (optional). Combine well with fish.

**Sauce.**— Make a white sauce, and add some juice from the tinned fish, if liked, or add tomato sauce or puree. Fresh skinned tomatoes can also be used.

**Macaroni or noodles.**— Boil macaroni or broad flat noodles or lockshen, and drain over colander.

**To make lasagne.**— Grease a pyrex or ovenware dish, and place in it a layer of noodles, a layer of fish mixture, and a layer of sauce, till all is used up, topping with noodles. Then grate a thick layer of cheddar cheese over top, and dot with pieces of margarine or butter, and bake till brown. Serve with a green salad.

Mrs. Anne Moss.

8

**COURGETTE APPETISER SALAD (marrow)**

- 8 courgettes (4 inches long)
- $\frac{1}{2}$  onion, finely chopped
- 1 clove garlic, finely chopped
- well flavoured french dressing
- lettuce
- 4 tomatoes, peeled and finely chopped
- $\frac{1}{2}$  small green pepper, finely chopped
- 1 tablespoon capers, finely chopped
- 1 teaspoon basil and parsley, finely chopped
- salt and freshly ground black pepper

Simmer courgettes, unpeeled, in salted water for about 8 minutes. Cut them in half lengthwise, and carefully scoop out seeds. Lay courgettes, cut side up, in a flat dish. Combine finely chopped onion and garlic, and cover courgettes with this mixture. Sprinkle half the french dressing over them; cover with foil, and allow to marinate in refrigerator for at least 4 hours. When ready to serve remove onion and garlic mixture, and drain off the marinate. Arrange courgette halves on crisp lettuce and fill the hollows with remaining french dressing, to which you have added finely chopped tomatoes, pepper, onions, capers, parsley, basil and salt and pepper, to taste. *Serve very cold.*

Mrs. S. Vassalaquie.

★

**TOMATOES GUACAMOLE**

- |   |   |
|---|---|
| 8 large firm tomatoes                                 | 2 ripe avocado pears                        |
| juice of 1 lemon                                      | 1 clove of garlic, mashed                   |
| salt, pepper  | mexican chili powder                        |
| 4 tablespoons finely chopped celery (or) green pepper | 1 tablespoon finely chopped fresh coriander |
| 1 tablespoon finely chopped parsley                   |   |

**Tomato cases.**— Plunge tomatoes into boiling water, one by one, and remove their skins. Slice cap off, and carefully scoop out all the pulp and seeds. Cover loosely with aluminium foil, and chill in refrigerator until ready for use.

**Guacamole Filling.**— Peel and mash avocados lightly with a wooden spoon. Add lemon juice and seasonings. Fold in finely chopped celery or green pepper and parsley and chill. Just before serving, fill each tomato case with Guacamole mixture; sprinkle with fresh chopped parsley. *Serve very cold.*

Mrs. S. Vassalaquie.

★

**BAKED SWEET AND SOUR HERRINGS**

Boil up:—

- |                            |                                 |
|----------------------------|---------------------------------|
| 2 large apples (sliced)    | 2 large onions (sliced)         |
| 1 cup brown vinegar        | 1 cup syrup                     |
| $\frac{1}{2}$ cup sultanas | a few bayleaves and peppercorns |

Place cut pieces of herring (which have been soaked and filleted) in a pyrex dish. Sprinkle with cinnamon and ginger. Pour boiling mixture over herrings and bake in 350° oven for approximately 20 minutes. (Bake for longer if you wish it to be drier.)

Mrs. Helen Graham.

9



NOTES

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--	---

**SOUPS**

**TOMATO SOUP**

Slice 2 lb. of tomatoes into quarters and boil with 2 cups of water, pepper, salt and a little sugar, till soft. Strain and add ½ cup of sweet cream when cold. Serve iced.

*Mrs. M. Smith.*

★

**RUSSIAN BORSHT**

2 lb. flank or brisket	½ teaspoon tartaric acid
1 small cabbage, shredded	2 tablespoons sugar
2 large beetroots, grated coarsely	salt and pepper
2 lb. tomatoes (skinned)	

Boil the meat, beetroots and tomatoes in enough water with salt and pepper to taste. An hour before serving, add the cabbage, acid and sugar.

*Mrs. S. Eliasov.*

★

**CREAM OF CAULIFLOWER SOUP**

1 medium-sized cauliflower	pepper and salt
2 or 3 floury potatoes	a small piece of butter
water to cover	milk and a little cream

Chop the white and a little of the green cauliflower and the peeled potatoes. Put them into a pot with water and seasoning, cover and boil until soft. To the puree add enough milk to make 4 or 5 plates of soup. Heat through. At the last minute add butter and cream.

*Mrs. M. Berzack.*

★

**POTATO SOUP**

Boil 4 potatoes and 1 small onion in enough water to cover. Season with salt and pepper. When soft, sieve the potatoes and onion back into the same water in which they were boiled. Add milk, a little butter and boil up. If desired, thicken with a little Maizena or flour.

*Mrs. A. Taub.*

★

**MILK VEGETABLE SOUP**

Cube raw potatoes. Dice onions and boil together in enough water for the amount of soup required. When nearly ready, add tomatoes, carrots, peas and beans. Add butter and milk (or else add a little fat and polony). Simmer well.

*Mrs. E. Katz.*

★

**MILK TOMATO SOUP**

Boil 2 lb. ripe tomatoes with enough water to cover. Add a little sugar. When soft, sieve through strainer and add about 1 dessertspoon Maizena dissolved in a little cold water to thicken and boil for a few minutes, stirring all the time. Take about 2½ cups milk, add salt and add this to the tomato mixture. Warm all this but do not boil as it will curdle.

*Mrs. Becky Marks.*



**QUICK PARAVA PEA SOUP AND DOUGH DROPS**

Grate one medium onion into 2 tablespoons hot oil or margarine. When golden brown add 3 dessertspoons flour. Stir until mixture is light brown. Add  $\frac{1}{2}$  pkt. frozen peas, 2 dessertspoons Telma vegetable soup powder, dash pepper, paprika and 1 teaspoon sugar, and salt to taste. Mix over slow heat, then add 2 pints cold water, and bring to boil.

**To make Dough Drops:**

Beat 1 egg well, and add 3 dessertspoons flour and 3 dessertspoons water, pinch of garlic salt (optional), pinch of pepper and salt. Beat well to a smooth paste. Drop with fork into boiling soup, and simmer for 15 minutes. Serve hot.

*Mrs. R. Zwebner.*

★

**VEGETABLE SOUP BASIC**

1 lb. ( $\frac{1}{2}$ kg) beef ribs or brisket	6 carrots — grate on medium grater
3 potatoes — grate on medium grater	1 onion
salt	parsley, celery, parsnip, turnips, leeks

Put all ingredients into a saucepan. Cover with water, and boil slowly for 3 hours.

★

**THICK LENTIL SOUP**

If large brown lentils are used, soak overnight. If small red lentils are used, it is not necessary to soak them overnight.

1 lb. ( $\frac{1}{2}$ kilo) lentils	little celery
1 lb. ( $\frac{1}{2}$ kilo) beef ribs or brisket	salt
1 onion, finely diced	2 carrots

Put all into saucepan with water to cover, and boil slowly for 3-3 $\frac{1}{2}$  hours. Do not strain. Before serving, if desired, add dumplings:—

Flour, water, 1 egg, pinch salt.

Mix in a plate, the above ingredients. Take a teaspoon at a time, and put into boiling soup. Stir soup gently after addition of each teaspoon of mixture.

★

**COLD BEETROOT SOUP**

2 lb. (1 kilo) young small beetroots

Do not peel, but clean thoroughly. Cover with water, and boil until soft. Remove from water, and when the beetroots are cold, remove the skin. Grate beetroots on fine grater, or put through mincer. Have ready 4 pints of already boiled cold water in a dish. Add minced beetroot, salt, lemon juice and sugar to taste, to water. Add  $\frac{1}{4}$  pint cream. Chill in fridge. Serve with hot boiled potatoes, or hard boiled eggs, cut in half. Garnish with a little parsley if desired.

*Mrs. S. Shatz.*

★

**COLD CUCUMBER SOUP**

3 cucumbers, peeled and sliced	1 onion scalded in 1 cup of milk
3 tablespoons flour	2 tablespoons butter
$\frac{1}{2}$ cup cream	3 cups water

Saute cucumbers in butter. When they are transparent add flour and cook for 5 minutes. Slowly add 3 cups water, stirring all the time. Add the milk and onion and season to taste. Simmer for 10 minutes. Put the vegetables through a sieve or liquidizer. Chill well. Serve with chopped parsley or spring onions sprinkled on each serving.

*Mrs. Rhebe Tatz.*

**OATMEAL SOUP**

Put flank and vegetables (carrots, parsnips, tomatoes and leeks) in pot with water, salt and pepper and boil in usual way. When vegetables are soft, sieve them through back into the soup and an hour before serving, add 2 tablespoons oatmeal and 3 diced potatoes. (Soup must be boiling rapidly when oatmeal is added).

*Mrs. A. H. Ralstein.*

★

**BETROOT SOUP**

3 large beetroots	2 teaspoons butter
1 onion	1 large cup milk
1 carrot	3 cups water
celery	salt and pepper
1 potato	

Grate onion and fry slightly in butter. Add salt and pepper. Add water and remainder of ingredients all grated. Boil for  $\frac{3}{4}$  hour and rub through colander. Add hot milk, then a little lemon juice and sugar, etc., to taste. Add chopped parsley and/or mint. Serve hot or iced.

*Mrs. Courian.*

★

**TOMATO SOUP**

Boil 10 large tomatoes with 1 onion and 4 large cups water slowly for 1 hour. Add 1 tablespoon sago and boil another  $\frac{1}{4}$  hour. Strain and just before serving, add lemon juice, sugar and salt to taste. Add about 1 $\frac{1}{2}$  cups cream.

*Mrs. L. A. Rubinstein.*

★

**BETROOT SOUP**

2 to 3 lb. brisket	$\frac{1}{2}$ cup lemon juice
6 beetroots	sugar and salt to taste
2 carrots	

Place meat in pot together with 3 beetroots and carrots (grated). Add about 3 pints water and allow to simmer for about 3 $\frac{1}{2}$  to 4 hours. Remove meat and strain soup. Cut meat into small cubes and add to strained soup together with remaining beetroots, finely grated. (This gives soup a better colour than it has if all beetroot is added at beginning). Add lemon juice, salt and sugar to taste. This soup should have a tang and if necessary, more lemon juice can be added. Serves 8.

*Mrs. A. Keet.*

★

**PLUM SOUP**

Boil plums and sliced peaches together in enough water to cover. Add sugar, beaten egg yolk or cream. Serve with mashed potatoes.

*Mrs. O. Lowenstein.*

★

**SOUR SOUP**

neck of mutton and giblets, or chicken	vegetables, such as carrots, leeks or spring onions
salt to taste	

Boil meat for  $\frac{1}{2}$  hour. Remove meat, and wash. Replace in stock. Add vegetables and salt to taste. Boil till meat is tender. Add juice of 3 lemons to soup. In the tureen, put 2 eggs and 2 tablespoons water. Add soup to egg and water, beating all the time. Serve.

*Mrs. Dulberger.*



**HARICOT BEAN OR SPLIT PEA OR BARLEY SOUP**

Soak 1 lb. haricot beans, or 1 lb. split peas, or 1 lb. barley, overnight. Use same ingredients as for Vegetable Soup, and cook together slowly with soaked beans or peas or barley for 3 hours. Can be used unstrained, or as a thick strained soup with vegetable, also mashed through strainer. (Do not strain if barley is added). If thick strained soup, croutons may be served with it.

**Croutons.**— Slice bread and cut into cubes. Fry in margarine to a light brown.

★

**CHICKEN NOODLE SOUP**

1 small boiling chicken	1 parsnip
3 carrots	little celery
1 onion	salt
1 leek	

Cover chicken with cold water, bring to boil and skim thoroughly. Add vegetables and simmer slowly until chicken is soft. If clear soup is desired, strain. Add  $\frac{1}{2}$  cup fine noodles into boiling soup. Boil for about 10 minutes until noodles are soft.

★

**LEEK SOUP**

Cut up about 4 to 5 leeks, white part only, and wash well, and also 1 sliced onion and fry a little in butter to soften and glaze. Transfer to pot. Add sliced raw potatoes — about 6 large ones. Then pour over 1 or 2 pints stock or cubes and let cook till all vegetables are soft. Strain through sieve and puree and season. Can also be served cold. (Margarine can be used instead of butter.)

*Mrs. Anne Moss.*

★

**MINISTRONE**

$\frac{1}{2}$  lb. dry white beans (soaked overnight, and boil till soft). 2 quarts beef stock, or cook soup meat with onion and carrot and save some small pieces of meat to add to ready soup. Chop 1 clove garlic, 2 onions, 2 leeks, 1 teaspoon parsley, 3 tomatoes, peeled and cut up. Fry these vegetables in 1 spoon oil, then add 1 tablespoon tomato paste, salt and pepper. Fry lightly. Take 3 stalks celery, 2 carrots, 2 potatoes,  $\frac{1}{2}$  cabbage shredded, 1 turnip and add to beef stock, and boil up, then add fried vegetables and when beans are soft add them, and cook all for at least 1 hour. Add 1 cup elbow macaroni.

*Mrs. Anne Moss.*

★

**SOUP GARNISHES**

**RICE**

Boil 1 cup rice in a little salt water. When half-cooked, wash a handful of seedless raisins and add to the rice (only a little water should be left). Add 1 tablespoon chicken fat. Serve a spoon of the rice with clear soup.

*Mrs. Feldman.*

★

**KNEIDLACH**

2 eggs	1 teaspoon salt (level)
2 tablespoons fat	$\frac{1}{4}$ teaspoon pepper
5 tablespoons cold water	$\frac{1}{2}$ teaspoon cinnamon
$1\frac{1}{4}$ cups Matzoh Meal	

Beat eggs very well. Add water and beat again. Melt fat and add with rest of ingredients, mix well. Allow to stand at least  $1\frac{1}{2}$  hours. Form into balls and put into boiling soup, or can be put into boiling salt water, and boil for  $\frac{1}{2}$  hour.

*Mrs. A. H. Ralstein.*

★

**KNEIDLACH (FILLED)**

5 eggs	1 teaspoon sugar
5 tablespoons fat	salt, pepper and cinnamon
8 tablespoons water	2 teaspoons grated onion
$2\frac{1}{2}$ cups Matzoh Meal	

Beat 4 eggs with 4 tablespoons fat and the water. Stir in salt, pepper and grated onion. Add Matzoh Meal. Leave to stand.

**Filling.**—Beat 1 egg yolk with 1 tablespoon fat. Add little cinnamon, sugar and salt. Add enough Matzoh Meal to make a crumbly mixture. Take pieces of the first mixture and put a little of the filling in and make into balls. Put into boiling soup and boil for  $\frac{1}{2}$  hour.

*Mrs. B. Lange.*

★

**FARFEL TZIMMES**

1 sheep's lung	1 cup farfel
1 onion	2 tablespoons chicken fat

Clean and boil the lung in salt water for about 1 hour, with 1 onion. Strain and add 1 cup farfel to the water. Mince the lung with the onion and when the farfel is soft and the water absorbed, add the lung and mix well. Add the chicken fat. Serve with chicken soup.

*Mrs. B. Lang.*

★

**EGG BALLS**

2 hard-boiled eggs	1 tablespoon breadcrumbs
$\frac{1}{2}$ a raw egg	salt and pepper

Boil 2 eggs very hard and remove the yolks and rub through a sieve. Mix with the breadcrumbs, add salt and pepper and bind with half an egg. Roll into very thin balls and cook in boiling soup for about 10 minutes.

*Mrs. Magidson.*



**MEAT BALLS**

Mince about ½ lb. raw steak with 1 onion, pepper and salt and a pinch of sugar. Add 1 egg and a little Matzoh Meal or breadcrumbs to bind. Form into very small balls and add to boiling soup. Boil for about ½ hour.

*Anonymous.*

★

**FRITTER BEANS**

Beat 1 egg until light, then add ¼ teaspoon salt, ½ cup of flour and 2 tablespoons water. Pour through a colander into deep hot fat and fry until brown. Drain and serve in soup.

*Anonymous.*

★

**FARFEL**

Beat 1 egg yolk slightly with pinch of salt. Add enough flour to make a stiff dough. Grate on a coarse grater and spread on a board to dry. Add to boiling soup and boil 10 minutes.

*Anonymous.*

★

**CHREMSLACH**

1 cup matzo meal	1 cup water
1 egg	1 tablespoon fat
Sugar, salt, cinnamon and ginger to taste	

Beat up egg, water and seasoning. Then add fat, and beat. Then add matzo meal and mix. Let it stand for a short while before frying spoonfuls in oil.

*Mrs. Heleen Graham.*

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FISH

**SALMON MOUSSE**

1 tablespoon gelatine	¼ cup cold water
2 tablespoons sugar	1 teaspoon salt
1 teaspoon prepared mustard	½ cup vinegar
2 egg yolks, beaten	1 tablespoon prepared horse raddish
1 large tin salmon, flaked	
1 cup chopped celery	½ cup heavy cream, whipped

Softern gelatine in cold water, mix sugar, salt and mustard thoroughly. Combine with vinegar and egg yolks in double boiler. Cook until thick, stirring constantly. Remove from heat, add gelatine and stir until dissolved. Add horse raddish. Chill until mixture begins to thicken. Add salmon and celery and fold in cream. Turn mixture into oiled fish mould. Chill until firm (several hours). Unmould on to platter and garnish.

*Mrs. Gwen Baron.*

★

**GEFILTE FISH AND MUSHROOMS**

After gefilte fish has been made strain stock and place fish in a Pyrex dish and prepare the following mushroom sauce.

Slice 1 large onion and simmer in ¼ lb. butter until soft. Add 1 tin of cut-up mushrooms, add salt and pepper to taste. Add 1 tin of cream of mushroom soup, 3 tablespoons sherry or white wine. Then add ¼ pint cream. Add the stock of the fish. Mix well and pour over the fish which has been placed in a Pyrex dish. Bake for about 20 minutes at about 300°.

*Mrs. Esther Lange.*

★

**MOCK CRAYFISH**

Boil 2 lb. kingclip (not too soft). Chill after removing bones and skin. Flake and cover with the following sauce (the sauce can be prepared beforehand):

½ cup cream	1 small chopped onion
1 cup mayonnaise	salt and pepper to taste
¼ cup tomato sauce to colour	½ teaspoon dry mystard
½ teaspoon Worcester sauce	2 or 3 drops Tobasco sauce

Mix all these ingredients well together, pour over fish and serve on shredded lettuce in individual glasses.

*Mrs. Ann Fischer.*



**FISH CASSEROLE WITH MUSTARD SAUCE**

1 lb. boiled fish	<b>Sauce:</b> 1 pint fish stock and water mixed
1 oz. butter	or milk and water
2 large sliced onions	1½ ozs. flour
mashed potatoes	1 oz. butter
lemon juice	made mustard

First make sauce. Bring liquid to boil; blend flour with a little water and add to liquid. Stir till it thickens. Add butter and mustard to taste.

Divide fish into pieces. Fry onions brown. Grease a Pyrex dish and put in a layer of fish, add layers of potatoes, onion and sauce with a squeeze of lemon juice. Continue until all is used up, finishing with a layer of mashed potatoes. Put into oven to heat through and brown top.

*Mrs. Miriam Gordon.*

★

**PLAKI (Baked Fish—Greece)**

6 finely chopped onions	3-4 tomatoes, or a little
Olive oil for frying	tomato sauce
chopped parsley	tomato and lemon to garnish
2 lb. fish, sliced	salt and pepper

Fry onions in a frying pan and add chopped parsley. When onion is cooked, but not brown, add fried tomatoes or a little tomato sauce. Season the mixture. Lay the fish in a greased fireproof dish, pour the fried mixture over, and bake in a hot oven (450°) for 15 minutes. If fish is not in small pieces, it should bake longer.

*Mrs. Miriam Gordon.*

★

**BAKED FISH LOAF**

Make any gefilte fish mixture, but add little extra water. Grease with butter any Pyrex dish or loaf tin, put in fish mixture and bake slowly for about 1 hour. Cool and turn mould out.

Dilute mayonnaise with cream and add some grated pickled cucumbers. Pour this over the loaf and decorate with tomatoes, etc.

*Mrs. Rima Lutrin.*

★

**FISH PIE**

1½ lb. stock fish (piece)	3 eggs
1 onion	salt, pepper
1 slice bread soaked in 1 cup	parsley or dried herbs
cold milk	2 ozs. butter

Boil fish for a few minutes with onion. Mash fish with chopped onion. Add seasoning. Add beaten eggs and butter. Mix bread, and if not soft enough, add more milk. Add to fish.

Pour into a greased Pyrex dish and bake in a slow oven for 45 minutes. From the fish gravy, make a white sauce or anchovy sauce to serve with the fish. Grated cheese can be put on top of the pudding when nearly baked, but this is not necessary.

*Mrs. Abe Bernstein.*

**SWEET AND SOUR FISH**

2 lb. fish (sliced)	2 tablespoons syrup
about 3 cups water	2 tablespoons sugar burnt on
3 onions, sliced	a pan
½ cup lemon juice	2 ginger biscuits
1 teaspoon salt	about 12 peppercorns and
sugar to taste	3 bayleaves

Boil all ingredients together for 10 minutes, then add fish and boil again for about 1 hour. When cool, remove from pot. More sugar and lemon juice can be added to taste.

*Mrs. J. Blumenthal.*

★

**BAKED SOLE WITH SHERRY**

Fry fillets of sole in butter and put them into a Pyrex dish. Pour over the following sauce:—

2 ozs. butter	1 cup tomato puree
2 small onions	salt and pepper
½ cup fresh cream	½ cup grated cheese
1 small glass brown sherry	

Chop onions finely, gloss them in butter. Add cream and stir briskly over moderate fire. Add tomato puree and sherry and allow to simmer for 15 minutes. Add salt and pepper. Pour over fish. Sprinkle with grated cheese and bake under grill for 5 minutes.

*Mrs. Arthur Kaplan.*

★

**FRIED FRESH HERRINGS**

Wash and clean 3 fresh herrings and allow to soak for 15 minutes. Open flat and remove centre bone. Dip in flour and then egg and fry in hot butter. Serve with mashed potatoes.

*Mrs. P. Taub.*

★

**FISH IN LEMON JELLY**

about 8 slices fish	2 medium sized onions
lemon juice to taste	2 peppercorns
1 dessertspoon vinegar essence	½ pkt. lemon jelly
1 bayleaf	2 dessertspoons sugar

Wash fish and salt it, and allow to stand for a while. Boil one onion in enough water to cover fish. Place fish in this, then add the essence and sugar and boil for about ½ hour. Add peppercorns, bayleaf and jelly and as much lemon juice as desired, according to taste and boil for another few minutes. Remove from stove and put into a glass dish with the strained gravy. Cool, and place in refrigerator to set.

*Mrs. A. Sarif.*

★

**SWEET AND SOUR HERRINGS WITH RAISINS**

Soak herrings overnight. Do not peel. Clean and cut and arrange in a flat dish. Boil 1 onion, finely cut, with raisins, syrup, lemon juice, bayleaves, peppercorns and a little water. Mixture should taste sweet and sour according to individual taste. When boiling, pour mixture over herrings and allow to cool.

*Mrs. D. Charnley.*



**BAKED SOLE WITH ASPARAGUS AND CHEESE**

3 soles	cream and milk
sliced onions	grated cheese
2 potatoes	pepper and salt
asparagus tips	

Take about 6 strips of filleted sole and roll each round asparagus tips. Season. Steam with thinly-sliced onion for 10 minutes. Then carefully place in a buttered Pyrex dish. Boil potatoes till soft and mash with a little cream and sufficient milk to make a thick sauce. Pour over the fish. Grate cheese and sprinkle over the fish. Bake in a moderate oven till golden brown. (Mushrooms can be used instead of asparagus). Serve with potatoes *au gratin*.

*Mrs. H. Sussman.*

**GEFILTE FISH** ★

1 lb. stock fish	2 eggs
1 lb. Kobeljau	salt and pepper
2 medium onions	piece rye bread

Mince fish, onions and add eggs, pepper, salt, bread and 1 cup of cold water. In the meantime, boil up in a pot, onions sliced, carrots and the skin and bones from the fish. Make the minced fish into balls and put into the boiling water. Boil at least 2 hours. (After mincing, chop the fish very well).

*Mrs. Bloch (Snr.).*

**LEMON FISH** ★

3 lbs. sliced Line Fish	lemon juice
3 sliced onions	sugar
few peppercorns and bayleaves	¼ cup vinegar
1 doz. raisins	2 egg yolks
pepper and salt	½ teaspoon gelatine

Boil onions, spices, pepper and salt with any bones or head from the fish with enough water to cover fish. Boil about ¼ hour. Then put fish in and bring to the boil. Add lemon juice, vinegar and sugar to taste. Boil slowly for about 30-40 minutes. Remove from stove. Put slices of fish in a Pyrex dish. Strain juice and put the onions and raisins on the fish. Take egg yolks, beat up with the gravy and add ½ teaspoon gelatine. Pour over fish and put in refrigerator to set.

*Mrs. Becky Marks.*

**BAKED STUFFED FISH** ★

1 whole Line Fish (with head)	1 teaspoon sugar
onion	2 eggs
pepper and salt	little Matzoh meal
ginger	1 cup water

Remove fins from fish but do not cut too near the fish or else the skin will be cut. Cut a small slit on the inside edge of the fish to take out all the flesh. Loosen skin through this hole and remove all the flesh and bone without breaking skin or removing head.

Chop flesh with onion; add pepper, salt, ginger and sugar. Add 2 eggs and a little Matzoh meal. Add water to form a loose mixture. Stuff this back into the fish, loosely, and clip together, leaving spaces of about 1 inch between clipping to allow for expansion. Put fish into a large pan with a little butter and cream. Add sliced tomatoes and onion and a little water. Bake till ready.

*Mrs. Becky Marks.*

**FISH MOULD**

2 cups cooked fish	¼ cup vinegar and 2 tablespoons
1 hard-boiled egg	lemon juice OR
1 tablespoon chopped capers	½ cup lemon juice
parsley	2 level tablespoons gelatine
pickled onions or pickles	dissolved in fish stock

Dissolve gelatine in 1 cup hot fish stock or water, add lemon juice and vinegar and ½ cup cold water. Season well and add a little sugar. Cool, and when mixture begins to set, put a little into a rinsed mould and decorate with slices of egg and parsley. Mix rest of jelly with fish and pour gently in and do not disturb pattern. Allow to set. Serve on a bed of lettuce and garnish with tomatoes, etc.

*Mrs. P. Taub.*

**BOILED FISH** ★

2 sliced onions (fried in very little oil)	2 sliced parsnips
2 cups water	2 sliced tomatoes
2 sliced carrots	pepper and salt

Boil all the above ingredients together. Then place 1½ lb. sliced fish into the boiling mixture. Add 5 teaspoons sugar and boil again for 20-25 minutes. The amount of water should just cover the fish. Cool, and place in refrigerator to jell. Serve cold.

*Mrs. H. Haimowitz.*

**BOILED FISH IN WHITE SAUCE** ★

2 lb. fish	butter, 1 tablespoon
onions	sugar
2 tablespoons flour	

Boil fish in 2 pints of water with the sliced onions. When well-cooked make a sauce as follows:—

Melt butter, add flour and a little sugar. Then add the gravy from the fish and let it come to the boil for a few minutes. Then pour this over the fish and serve either hot or cold.

*Mrs. S. Benyshai.*

**BAKED FISH BALLS** ★

Mince any kind of fresh fish, about 1 lb. Add while mincing, 1 onion, parsley and a small piece of bread. Add seasoning and a little sugar and 1 egg to each pound of fish. If desired, Matzoh meal can be used to replace bread. Make into balls and place in Pyrex dish containing a little water to which add a piece of butter. Bake until tops are beginning to brown, then add milk. Cream can be added when ready to serve.

*Mrs. P. Taub.*

**FISH CAKES** ★

Flake boiled or fried fish and add an equal quantity of boiled potato, a little parsley, salt and pepper and onion (optional). Mash or mince and add 1 egg and form into balls. Dip in breadcrumbs and fry in butter or oil.

*Mrs. P. Taub.*

**SALMON AND SWEETCORN PIE** ★

Mix 1 tin of salmon with 1 tin sweetcorn; add salt and pepper and put in a greased pie-dish. Sprinkle a few breadcrumbs on top and a piece of butter. Bake, and serve with mashed potatoes and white sauce.

*Mrs. P. Taud*



**FRENCH FISH**

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 6 serving pieces filleted Kingklip | 2 sliced onions                    |
| 1 tablespoon lemon juice           | $\frac{1}{2}$ green pepper, sliced |
| $\frac{1}{2}$ cup milk             | 2 tablespoons Tomato Sauce         |
| paprika                            | 2 tablespoons cream                |

Squeeze lemon juice over fish, then put in a dish and cover with milk; sprinkle with paprika, and leave for about  $\frac{1}{2}$  hour. Saute onions in butter or margarine in a covered pot till golden brown. Add green pepper, and then add the fish with all the milk. Simmer about  $\frac{1}{2}$  hour until fish is soft. Then add 2 tablespoons tomato sauce and cream, and simmer further 5 minutes. If not enough gravy, add extra milk.

*Mrs. P. Lis.*



**ITALIAN FISH**

- |                               |                     |
|-------------------------------|---------------------|
| 1 lb. filleted Hake           | 2 tablespoons cream |
| 2 large onions, sliced thinly | milk                |
| 2 potatoes, sliced thinly     | parmesan cheese     |

Boil fish in water to which you have added salt, until soft. Boil onions and potatoes separately in water till potatoes are cooked but not too soft. Pour off water from both pots. Grease a pyrex dish and put in a layer of onions, then fish. Cover with potato slices. Add milk to cover, and pieces of margarine. Cover with lid, and bake at 350° for  $\frac{1}{2}$  hour. Take off cover, and add 2 tablespoons cream, and sprinkle with parmesan cheese and put under the grill till brown. Serve immediately.

*Mrs. P. Lis.*



**SALMON AND MACARONI**

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1 lb. tin salmon              | $\frac{3}{4}$ cup thin cream          |
| 2 eggs, separated             | $\frac{1}{2}$ teaspoon mustard powder |
| 2 tablespoons minced onion    | salt and pepper                       |
| minced parsley                | celery salt                           |
| 2 teacups cooked cut macaroni |                                       |

Flake Salmon — do not drain off liquid. Beat egg yolks, and add to salmon. Turn salmon mixture into a saucepan. Stir in the onion and cream and seasoning. Stir till boiling, then simmer 5 minutes. Remove from heat. Fold in stiffly beaten egg whites. Place macaroni into greased casserole dish. Pour the salmon mixture over. Bake at 375° for 30 minutes.

*Mrs. D. Ralstein.*



**FISH SWISS ROLL**

**Dough:**

- |                          |                          |
|--------------------------|--------------------------|
| $\frac{1}{2}$ pint cream | $\frac{1}{4}$ lb. butter |
| 1 cup flour              |                          |

Grate butter into flour. Mix in cream with 2 knives. Roll 3 times and put in fridge overnight.

**Fish:**

Fry large onion, sliced in rings, in butter, not too brown. Add 2 tablespoons mushroom juice and about 2lb. filleted kingklip. Cook until ready. Pour over  $\frac{1}{2}$  pint cream. Allow to simmer. Add chopped mushrooms. Dissolve 1 tablespoon maizena with one beaten egg. Stir into fish. Finally add  $\frac{1}{2}$  cup grated cheddar cheese.

Take dough out of fridge. Roll thinly. Put cold fish mixture on top. Roll up like a swiss roll, closing the ends. slitting top, Bake in a hot oven. Serve hot with salads.

*Mrs. Stella Sager.*

**SALMON PASTRY LOAF**

- |  |  |
|--|--|
| 1 tin (large) middlecut salmon or 2 tins tuna or pink salmon (small) |  |
| 1 chopped onion and chopped celery                                   | butter                                 |
| 1 small tin button mushrooms (cut up)                                | salt and pepper and tobasco mayonnaise |
| cream (optional)   |  |

Drain most liquid off fish, and mash. Gently fry onion and chopped celery in butter till transparent only. Mix in fish. Also gently brown mushrooms in butter. Combine and add mayonnaise, tobasco, salt and pepper and mix till smooth consistency. If dry, add cream or drop of milk or fish liquid.

Use any short crust pastry or ready dough; Roll out dough, and place on an oiled baking sheet, and add mixture, and seal. (Otherwise it is difficult to lift on to tin). Bake at 400-425°. Brush top with oil.

*Mrs. Anne Moss.*



**PASTRY FISH ROLL (makes 1 roll)**

**Pastry:**

- $\frac{1}{4}$  cup thick cream
- 2 ozs. butter
- $\frac{1}{2}$  cup flour

**Filling:**

- 1  $\frac{1}{4}$  lb. filleted fish (tinned salmon can be substituted for fish)
- $\frac{1}{8}$  pint sweet cream
- 1 small grated onion
- $\frac{1}{2}$  oz. butter
- cornstarch
- seasoning
- 1 small tin button mushrooms

(Rub butter with flour and add cream. Knead with dough, chill. Can be kept in fridge for weeks.)

**Filling.**— Cut fish into pieces, and fry with onions in butter. Add 1 tablespoon mushroom liquid, and simmer slowly. When soft, add cream and sliced mushrooms. Thicken with 1 dessertspoon cornstarch. Cool and thicken. Roll out pastry into strip about 16" x 9". Place cold fish in centre of strip. Then fold over and seal ends. Brush over with egg. Bake at 425° till brown. Serve with hot cheese sauce.

**Cheese Sauce.**— Melt 1 oz. butter. Mix in 1 tablespoon flour, salt and pepper to taste. Add 1 cup milk, and after it thickens, add  $\frac{1}{4}$  teaspoon mustard powder and  $\frac{1}{2}$  cup grated cheese.

*Mrs. L. Gruber.*



**HADDOCK TIMBALE**

- |   |                                |
|---|--------------------------------|
| $\frac{1}{4}$ pint white wine and water mixed | $\frac{1}{2}$ pint white sauce |
| bayleaf, peppercorns, salt                    | juice of 1 lemon               |
| 1 large pkt. frozen haddock fillets           | 3 egg yolks and 3 egg whites   |

Put wine and water mixed into frying pan with bayleaf, peppercorns and salt. Add the separated contents of haddock fillets — skin side up — cover and cook gently for 15 minutes. Lift out fish and remove skin. Break up well with a wooden spoon. Make a savoury white sauce with  $\frac{1}{2}$  pint milk, and add it to the fish with a good pinch of mace, pepper and lemon juice. Beat in yolks and finally stiffly beaten whites. Turn mixture into a well greased 2-pint pudding basin. Cover with foil, and steam gently for 50-60 minutes. Turn on to a serving dish, and cover with anchovy flavoured white sauce if desired.

*Mrs. Pauline Bloomhill.*



**FISH CAKES**

- |                                |                   |
|--------------------------------|-------------------|
| 1 lb. Stock Fish (or any kind) | 2 medium potatoes |
| 2 medium onions                | 1 carrot          |
| 1 egg                          | salt and pepper   |

Boil together in a little water, potatoes, onions, carrot, till soft. Then steam fish on top of vegetables for 10 minutes, or till fish can flake nicely. When cold, mince all together — vegs and fish — add egg and salt and pepper to taste. Make into cakes, and fry in hot oil till light brown.

*Mrs. L. Gruber.*

★

**TUNA FISH COCKTAIL**

1½ cups flaked tuna fish

**Sauce:**

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup mayonnaise           | ¼ cup prepared horseradish |
| ½ cup chilli sauce         | 1 teaspoon worcester sauce |
| 2 tablespoons tomato sauce | few drops tobasco sauce    |

Mix all sauce ingredients, and pour over tuna fish.

*Mrs. V. Zacks.*

★

**ROLLED FILLETS OF SOLE WITH FRESH DILL STUFFING**

- |  |  |
|--|--|
| 4 fillets of sole                      | ¼ teaspoon turmeric                    |
| or other firm fish                     | ¼ teaspoon cayenne pepper              |
| 1½ tablespoons lemon juice             | 1 oz. finely chopped onion             |
| 1½ teaspoons salt                      | 2½ teaspoons finely grated root ginger |
| ½ teaspoon freshly ground black pepper | 9 tablespoons finely cut dill          |
| 1 crushed clove garlic                 | 5½ tablespoons clarified butter        |

Sprinkle both sides of fish with lemon juice, 1 teaspoon salt and all the black pepper. Marinate at room temperature for 10 minutes. Preheat oven to 450° F. Heat 3 tablespoons butter over moderate heat and add garlic, ginger, onions, cayenne pepper, turmeric, and remainder of salt, stirring after each addition. Reduce heat to low, and fry till onions are soft and golden brown. Stir all the while. Remove pan from heat, and adjust seasoning if necessary. Place equal portions of the filling on each fillet, and roll into small thick roll. Skewer if necessary. Heat rest of butter in pan big enough to hold fillets side by side, and cook uncovered for 5 minutes. Transfer pan to oven and bake until rolls are firm when pressed with finger-tips — (approximately 12 minutes). Place under hot grill to brown slightly. Boil up any remaining liquid until well blended. Pour over fish, and serve immediately.

*Mrs. Pauline Bloomhill.*

★

**SCALLOPED SALMON AND EGGS (Serves 4)**

- |  |                                   |
|--|-----------------------------------|
| ¾ cup white sauce, flavoured with nutmeg | 3 or 4 quartered hard boiled eggs |
| chopped parsley                          | paprika                           |
| ¾ oz. margarine                          | breadcrumbs                       |
|  | 1 large can salmon                |

Make a nutmeg flavoured white sauce. Put a little into a greased oven proof dish. Top with quartered egg. Sprinkle with paprika and barely cover with white sauce. Flake the salmon (remove bits) add to dish. Sprinkle with parsley. Cover with rest of sauce, sprinkle with breadcrumbs. Dot with margarine and brown in hot oven 425° or under grill.

*Mrs. Pauline Bloomhill.*

**GEFILTE FISH**

- (1) Wash and dry 3 lb. Stock Fish; squeeze on juice of 1 lemon, and sprinkle with salt — allow to stand.
- (2) Boil water with:—
 

2 large sliced carrots	1 teaspoon pepper
1 large diced onion	½ teaspoon paprika
2 tablespoons sugar	½ teaspoon turmeric (optional)
2 teaspoons salt	

 pieces of sliced celery or parsnip (improves gravy)
- (3) Mince fish with 2 onions (sliced and slated before mincing)
 

1 large carrot	
2 slices soaked bread, squeezed (without crusts)	

 Add
 

4 eggs	
2 tablespoons ground almonds	
1 tablespoon sugar	
1 teaspoon salt	
dash of paprika and pepper to taste	
4 tablespoons Matzo Meal	

Make into balls or a loaf, and put in boiling liquid. Simmer for 1½–2 hours, on low, with lid slightly open. N.B. Sugar can be substituted with artificial sweetening.

*Mrs. R. Zwebner.*

★

**FISH A LA CREME**

- |                 |                          |
|-----------------|--------------------------|
| Fillets of sole | salt and pepper to taste |
| chopped parsley | ½ pint cream             |

Take a large pyrex dish, and butter it well. Lay the soles in the dish; sprinkle with chopped parsley. Pour over the cream, and bake in a very slow oven for 15–20 minutes.

*Mrs. Ruth Jacobson.*

★

**HOT TUNA FISH DISH**

Chop up 1½ onions and fry gently in oil or margarine. Add 1 tin button mushrooms, sliced thinly, and fry for a few minutes. Dilute ½ cup tomato puree (small tin) into ½ cup water or mushroom juice. Add 2 ozs. margarine, ¼ cup milk, and a few drops tobasco. Take 2 tins tuna fish and cut up, or can use ½ pink salmon. Add ½ tin cut up anchovies. Mix all together. Boil for a few minutes and serve with noodles.

*Mrs. Anne Moss.*

★

**SMETANA FISH**

- |                             |                  |
|-----------------------------|------------------|
| 2 lb. fish                  | 8 ozs. mushrooms |
| 2 hardboiled eggs           | 1½ lb. potatoes  |
| 2 tablespoons flour         | 6 ozs. butter    |
| 4 tablespoons grated cheese | salt and pepper  |
| ½ pint smetana sauce        |                  |

Cut fish and cover with flour. Brown both sides, in butter. Place in a buttered dish, and lay slices of egg on each portion. Slice mushrooms and fry in butter. Pile over eggs. Peel and slice potatoes, fry in butter until brown, and place around the fish. Sprinkle with salt and pepper and pour smetana sauce over all. Cover top with grated cheese, and bake in moderate oven for 20 minutes.

**Smetana Sauce:**

- |                      |                 |
|----------------------|-----------------|
| ½ pint sour cream    | ¼ pint stock    |
| 2 tablespoons butter | salt and pepper |
| 1 tablespoon flour   |                 |

Melt butter, blend with flour, and gradually dissolve with warmed fish or vegetable stock. Add cream and salt and pepper to taste. Mix well and simmer gently for 5–10 minutes.

*Mrs. Ruth King.*



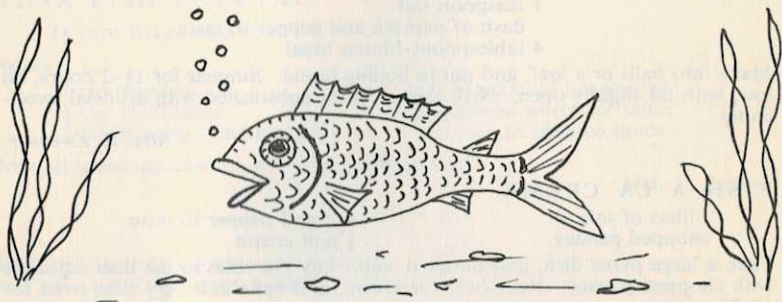
**BAKED FISH  
WITH MUSHROOMS AND CREAM**

- |  |                              |
|--|------------------------------|
| 1 pkt. frozen Hake                     | 1 pkt. Telma Parava Mushroom |
| $\frac{1}{2}$ pint sweet or sour cream | Soup                         |
| 1 medium onion                         |                              |

Place fish in a pyrex dish. Chop onion finely, and mix together with the cream and mushroom soup. Pour this mixture over the fish, and cover with lid. Bake at 375° for 1 hour. Garnish with chopped parsley. Serve hot.

Mrs. R. Zwebner.

★



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**MEATS and POULTRY**

**AMERICAN CHICKEN SALAD**

Cook a large chicken by steaming with a bayleaf, peppercorns, a little garlic, etc. When cold remove from bone and skin. Dice very fine, and mix with a cup of mayonnaise, a cup of diced celery, a cup of diced fresh cucumber and half a cup of fried sliced almonds or fresh chopped walnuts. Serve on lettuce leaves.

Mrs. L. Emanuel.

★

**PASTELICOS (PIES)**

**Hot Water Pastry**

Ingredients as follows:

- |                              |                           |
|------------------------------|---------------------------|
| 1 glass water                | 1 teaspoon salt           |
| $\frac{1}{2}$ coffee cup oil | $2\frac{1}{2}$ cups flour |

**Method for pastry.**—Boil up water, salt and oil, then mix in flour.

**Other Ingredients**

- |                              |                 |
|------------------------------|-----------------|
| $\frac{3}{4}$ lb. mince meat | 1 set brains    |
| 1 dessertspoon rice          | tomato puree    |
| parsley                      | salt and pepper |
| onion                        |                 |

**Method.**—Chop onion and fry. When light brown add mince meat, and stir. Take a dessertspoon of rice, add to mixture, also a little tomato puree, a little water and leave to cook. When rice has cooked and water evaporated, take off stove. Add plenty of parsley. **N.B.**—Salt and pepper to be put in before cooking. Cut cooked brains in small pieces and add to mixture. From dough make pie shapes and fill with mixture and seal with pastry top. Grease roasting pan with oil and cook at 450° till brown.

Mrs. Lilian Rabinovitz.

★

**ORIENTAL MEAT BALLS**—(Genuine Chinese Recipe)

- |                                |                                 |
|--------------------------------|---------------------------------|
| $1\frac{1}{2}$ lb. ground beef | 1 large tin pineapple chunks    |
| 1 cup diced celery             | 1 cup diced cucumber            |
| 1 large tomato in wedges       | 1 onion sliced                  |
| 1 green pepper sliced          | $\frac{1}{2}$ cup vinegar       |
| juice from tin of pineapple    | 1 cup sugar                     |
| $\frac{1}{2}$ teaspoon salt    | 2 tablespoons Soya sauce        |
| pepper                         | $\frac{1}{2}$ tablespoon ginger |
| 1 tablespoon cornflour         | 1 tablespoon cold water         |

Season meat very well and roll into balls. Lightly brown pineapple and all the vegetables in 2 tablespoons oil and remove from pan. Brown meat balls. Combine sugar, vinegar and  $\frac{1}{2}$  cup pineapple juice and seasonings. Add to meat balls and then add vegetables and pineapple and cook in oven in covered casserole until done (about  $\frac{1}{2}$  hour). **DO NOT OVERCOOK.** Dissolve cornflour in water and cook until sauce thickens and clears. Serve with rice. (The secret of this recipe is that the vegetables must not get overcooked).

Mrs. L. Emanuel.



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### CHINESE SWEET AND SOUR MINCE BALLS

(serves 6)

Mix 1 lb. minced beef with 1 egg, 1 tablespoon corn starch, 1 teaspoon salt, 2 tablespoons chopped onions, little pepper, and 1 teaspoon ground ginger. Roll into small balls (about 1 inch in diameter) and fry in oil. Drain well.

**Sauce.**—Mix 1 tablespoon oil with 1 cup pineapple juice, and cook over low heat for a couple of minutes. Add:—

3 tablespoons corn starch (flat)	1 tablespoon Soya sauce
3 tablespoons brown vinegar	6 tablespoons water
$\frac{1}{2}$ cup sugar	

Cook again slowly until mixture thickens, stirring all the time.

Pour the sauce over the meat balls, add cubed pineapple and 1 jar Amoy Chinese Pickles (diced). Heat all together and before serving, add 3 diced green peppers.

**N.B.**—Use the tinned pineapple chunks.

If you wish to increase the quantities, do not use more corn starch. More can always be added if the sauce is not thick enough.

*Mrs. J. Mandelstam.*

★

### SAUERBRAUTEN

Take beef and brown on both sides. Chop onions and brown in fat. Use about  $\frac{3}{4}$  cup vinegar, tomato sauce and a few drops Worcester sauce and Tobasco sauce and approximately 2 cups water. Add seedless raisins and sultanas and a few peppercorns and bayleaves. Pour over beef and simmer. An hour before serving add 10 ginger snaps.

*Mrs. Ray Vnuk*

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### CHOP SUEY

Cut into strips of 1 inch long by  $\frac{1}{4}$  inch the following:—

- (1) Chicken and/or lamb—about 2 lb. Marinate this with 2 tablespoons Soya sauce, 2 tablespoons sherry, and 1 teaspoon ginger. (Grated fresh ginger is best). Work in with hands.
- (2) 1 lb. young beans  
1 bunch spring onions  
(green as well)  
 $\frac{1}{2}$  lb. mushrooms (dried are best)
- 1 head celery  
1 small tin bamboo shoots  
1 small tin water chestnuts

Fry in a little very hot oil (1 tablespoon) the above vegetables, separately, for 3 minutes only. Then put together in a pot. Lastly, fry the meat marinating also only for 3 minutes. Put this together with the vegetables. Add 1 more tablespoon Soya sauce, and 1 tablespoon sherry, 1 cup chicken soup, 1 tablespoon maizena, and boil for 5 minutes. Serve on a platter and cover with Chinese rice straws. (Rice straws are fried in hot oil for 1 minute). Only rice is served with this dish.

*Mrs. F. Zwarenstein.*

★

### OX TONGUE IN POLISH SAUCE

1 ox tongue

**Sauce**

4 sugar cubes	thin strip lemon peel
2 ozs. chicken fat	2 ozs. sultanas
1 level tablespoon flour	2 ozs. almonds
1 gill sherry ( $\frac{1}{4}$ glass)	vegetables as for stock
juice of $\frac{1}{2}$ lemon	1 tablespoon salt
Bouquet garni (spices)	

Rinse the tongue well in hot water. Simmer it gently with vegetables, salt and Bouquet garni. Take out when tender (3-4 hours). Skin the tongue and leave to cool. Slice

Make a roux out of the flour and chicken fat. Add the stock in which the tongue was boiled, add lemon juice, sherry, slightly browned sugar, rind, well rinsed sultanas, and blanched and shredded almonds. Stir well. Add the sliced tongue. Bring to the boil. Serve with mashed potatoes.

*Mrs. Rachel Baron.*

★

### LAMB A LA PORTUGAISE (Leg or shoulder lamb—about 3 $\frac{1}{2}$ lb.)

**Sauce**

2 onions, chopped	2 cloves garlick, chopped
2 sliced tomatoes	1 dessertspoon H.P. sauce
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{4}$ teaspoon Paprika
$\frac{1}{2}$ teaspoon ginger	salt and pepper
3 bayleaves	6 peppercorns

Mix above well, then add 1 tablespoon flour and mix again. Remove outer skin from meat, and rub all over with a cut lemon. Put in dish, and rub sauce well in and leave to stand overnight. In morning turn and rub sauce well in again. If meat is lean, make slits in it and fill with pieces of Pastrine. Roast as usual with sliced onions and a little water. When ready, drain off any fat, and add to gravy about  $\frac{1}{2}$  cup red wine. Strain gravy, and serve with meat together with rice and other vegetables.

*Mrs. Anne Taub.*



### LIVER DUMPLINGS

½ lb. calf liver  
1 chopped onion  
1 tablespoon flour  
salt and pepper  
1 egg

1 slice soaked bread  
1 heaped tablespoon  
chopped parsley  
½ grated lemon rind  
stock or salted water

Chop liver finely, squeeze bread dry, mix to paste with liver, onion parsley and flour and seasoning, add lemon rind moistened with beaten egg. Make into small balls. Boil in stock for 15-20 minutes. Test a small piece by dropping a ball in boiling water before cooking them all. The egg must be added to the mixture very cautiously. This dish is nice served with rice.

Mrs. Mirriam Gordon.

★

### SPAGHETTI BOLOGNAISE (8 servings)

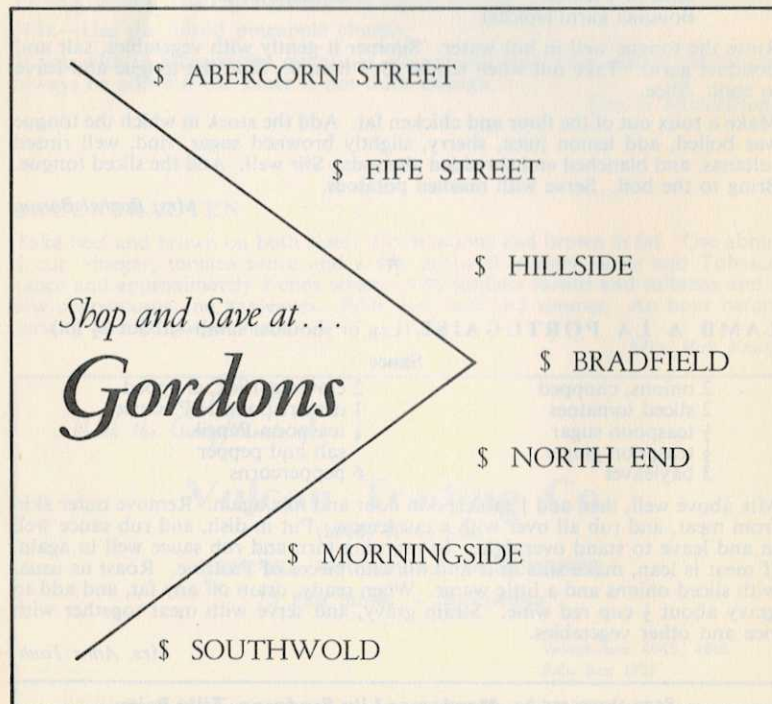
½ pkt. Spaghetti  
1½ cups minced meat  
2 tablespoons oil  
½ cup diced or grated onion  
1 clove garlic (optional)  
small piece bayleaf  
few drops Tobasco sauce

1 can tomato soup  
1 lb. tin tomato puree  
2 cups water  
1 teaspoon chopped parsley  
½ teaspoon thyme  
1 teaspoon salt  
½ lb. grated cheese (optional)

Heat oil in a saucepan. Add meat, onion and garlic. Cook until meat is browned. Add more oil if necessary. Add soup, puree, water, parsley and seasoning. Simmer over low heat uncovered for about 1½ hours, or until thick. Add salt to taste.

**Spaghetti.**—Cook, rinse and drain spaghetti. Keep hot until ready to serve. Pour sauce on top. If required, serve with grated cheese.

Mrs. Dobby Chai.



### SAUSAGES (VIENNA) AND SAUERKRAUT

Put on to boil either a tin of Sauerkraut or same quantity home-made pickled cabbage. Add 3 bayleaves, 6 peppercorns, 1 tablespoon golden syrup, juice of 1 lemon, and 2 sour apples, peeled and diced, salt and pepper to taste. This mixture must cook for 3 to 4 hours, but keep adding a little water, and DON'T allow to get dry or burn. 30 minutes before serving put in 1 lb. Vienna sausages to cook with the sauerkraut, and serve hot.

Mrs. Paula Fischer.

★

### CABBAGE—HUNGARIAN STYLE

1½ lb. cabbage, or pickled  
cabbage, drained  
1 medium onion  
1 tablespoon syrup  
1 tablespoon Apricot jam  
2 lb. lean brisket or soft beef  
cut in inch squares.

3 tablespoons tomato sauce  
2 tablespoons flour  
1 pinch salt and pepper  
1 apple  
juice of 1 lemon

Shred cabbage finely, salt and let stand. Fry diced onion in hot fat. When golden brown squeeze cabbage well and put in a pot. Cover with lid, and let simmer on low heat for 10 minutes, then add syrup, jam, tomato sauce and flour. Blend well together, adding a dash of pepper and salt. Bring to boil with cold water. Then add sliced apples, sliced beef and lemon juice. Cook in oven—slow heat—until meat is soft—approximately 1½ hours. Meat can be substituted by any cooked left-overs or polony.

Mrs. R. Zwebner.

★

### BRAISED AITCH BONE OR SCOTCH FILLET

3-3½ lb. (1½ kilos) Aitch Bone

Wash dry, and rub meat with salt, pepper and garlic salt. (Or omit the last three, and rub with Royco dry onion soup mixture.) Dust with a dessertspoon flour. Heat 3 tablespoons oil in a saucepan, and when very hot put meat in and brown all over. Leave meat in, and add 1 large sliced onion, and fry till golden brown. Then add 2 tablespoons tomato sauce mixed in 1 cup water. Add 1 bayleaf, a few black peppercorns and cook covered for about 3 hours until soft. Every now and then add a little boiling water. Scotch Fillet does not take as long as Aitch Bone.

★

### MINCE MEAT IN CABBAGE LEAVES

1½ lb. minced meat  
1 slice bread soaked in water  
2 tablespoons fat  
juice of lemon  
little sugar to taste

15 large white cabbage leaves  
sliced raw apple  
sliced tomato  
2 eggs  
1 tablespoon syrup

Boil large leaves in water until fairly soft. Mix meat with bread and eggs. Fold into leaves, and secure if necessary with cotton. Heat fat in shallow pan, and add stuffed leaves, sliced apple, tomato, lemon juice and sugar. Cover pan, and cook in oven for 1½ hours. Then add syrup mixed with one dessertspoon flour (mixed to a smooth paste with water). Cook for ½ hour uncovered to brown.

Mrs. Thea Weinberg

★

### SCOTCH FILLET

Rub meat well with only Royco Dry Onion Soup. Wrap in Tin Foil. Put into a roasting tin with a little cold water in the tin. Roast in 350° oven for about 2½ hours, depending on size.



### STUFFED GREEN PEPPERS

Cut off top of peppers and clean inside.

Mix together minced beef,  $\frac{1}{2}$  cup rice, chopped onion, salt, pepper and a taste of garlic. Scald peppers in boiling water until soft. Dry, drain and stuff with meat mixture. Stand upright in a baking pan and add 1 tin tomato, a little water, about 2 tablespoons brown sugar and lemon juice. Keep basting with liquid until done. Add a little oil at end to glaze.

*Mrs. L. Emanuel.*

★

### ORANGE DUCK OR CHICKEN

Rub duck with salt, pepper and garlic. Roast in ordinary way, preferably in aluminium foil until done.

Cook  $\frac{1}{2}$  cup red currant jelly, juice of two oranges and a little grated rind, 1 cup of water, 2 tablespoons of cornflour.

Put duck in pan and coat with sauce.

*Mrs. L. Emanuel.*

★

### CHICKEN FISH

1 Chicken (uncooked)

Cut off the white meat and mince it with 2 onions. Add 2 eggs, pepper and salt to taste, 1 slice of rye bread and  $\frac{1}{2}$  cup water. Chop well. Take the legs of the chicken and the neck and wings and cut them into small pieces. Place them in a pot with about 2 pints water, 2 onions and 1 carrot. When boiling, take the minced mixture in dessertspoons and put into the boiling water. Boil for 2 hours.

*Mrs. Bloch (Str.).*

### HUNGARIAN BRAISED CHICKEN

Slice 2 onions and fry in fat in a saucepan till half done. Cut a raw chicken in portions and add to the onions and fat. Let it steam till nearly all liquid is absorbed. Then when there is just a little fat left, sprinkle a little flour and 1 teaspoon paprika in. Cover with water and leave to simmer. Serve with potatoes.

*Mrs. J. Zlattner.*

★

### STUFFED BIG GREEN CHILLIES

Remove tops of chillies and scoop out all white pips. Mince  $\frac{1}{2}$  lb. raw steak with an onion. Add 1 egg, pepper and salt and breadcrumbs. Wash  $\frac{1}{2}$  cup rice well and add to the meat. Mix well. Stuff the chillies with the meat and place them in a pot with a little water and fat. Add sliced tomatoes and stew. Then take 1 tablespoon flour and 1 tablespoon fat and brown together in a pan slightly. Add a little cold water and then put all into the meat and stew till done.

*Mrs. J. Zlattner.*

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### APRICOT SAUCE FOR FRESH OR PICKLED TONGUE

Cook tongue until tender. Remove skin, and when cool, slice thinly. Cook 1 can Apricot halves and juice until tender. Strain through sieve. Add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup white vinegar. Mix 1 2 teaspoons flour to a paste, add 1 teaspoon salt, and bring all to the boil. Now place layer by layer on tongue in casserole dish alternately with sauce. Top off with sauce. Cook gently. Serve hot with fluffy rice and green peas.

*Mrs. Stella Sager.*

★

### LASAGNE (Vleisig)

$\frac{1}{2}$ pkt. green noodles	$\frac{1}{2}$ teaspoon pepper
about $\frac{1}{4}$ " to $\frac{1}{2}$ " wide	2 bay leaves
1 lb. minced beef	$\frac{1}{2}$ cup water
2 large onions, diced	6 tablespoons oil
2 cloves garlic	2 tablespoons flour
4 tablespoons chopped parsley	2 egg yolks
1 large tin tomatoes	1 chicken bouillon cube
1 small tin tomato puree	1 teaspoon salt

Heat 2 tablespoons oil in pan. Sauté 1 diced onion and 2 cloves garlic (crushed) for a few minutes. Add minced beef and brown. Add parsley, tomatoes, puree, salt, pepper and bay leaves. Stir and simmer for 20 minutes at low heat. Cook noodles in boiling water for 20 minutes. Add 1 tablespoon oil to water. Drain. Make sauce by browning 1 diced onion in 4 tablespoons hot oil until golden. Quickly stir in flour. Dissolve chicken cube in 2 cups boiling water and add. Stir to form smooth sauce. When thick remove from heat and slowly add 2 beaten yolks. Set aside. In large ovenproof dish, place layer of noodles, tomato and meat mixture. Spoon a layer of sauce over. Continue, ending with generous layer of sauce topping. Bake at 350° for 15-20 minutes.

*Mrs. Stella Sager.*

★

### COLD CHICKEN SALAD

Steam or roast chicken, and take off bone.

- (1) Cook one large chopped onion in oil until soft.
- (2) Add 1 tablespoon Curry, and cook a few minutes.
- (3) Add  $\frac{1}{2}$  pint chicken stock, 2 tablespoons sweet chutney or apricot jam, 1 round tablespoon tomato puree and juice of  $\frac{1}{2}$  lemon. Bring to boil, and allow to cool. Strain.
- (4) Mix cooled mixture with  $\frac{1}{2}$  pint mayonnaise, and pour over shredded chicken. Blend together well.

*Mrs. L. Emanuel.*

★

### HAMBURGER CASSEROLE

1 tablespoon chicken fat	1 tin sweetcorn
2 sliced onions	$1\frac{1}{2}$ cups mashed potatoes
1 lb. mince	1 beaten egg yolk
1 cup tinned tomato soup	$\frac{1}{2}$ cup breadcrumbs which have been moistened with fat.

Melt fat and sauté meat and onions over low heat until onions are golden brown. Add soup and sweetcorn, mixing thoroughly. Spoon into greased baking dish. Cover with mashed potatoes well seasoned with salt and pepper. Brush top with beaten egg yolk and sprinkle generously with the crumbs. Bake at 400° until well browned (about 45 minutes).

*Mrs. Ada Plett*

★

### VIENNA SCHNITZELS

Season schnitzels with salt and pepper. Dip in beaten egg, and then in breadcrumbs. Place in fridge for at least one hour. Heat some oil, and brown schnitzels quickly on both sides. Serve with lemon, peas and mashed potatoes or chips.



### CHITUNDI (An Indian Dish)

1 chicken  
1 lb. onions per head  
tomato puree  
tumeric

oil  
salt and sugar  
lemon juice

Grate onions and cook slowly in hot oil. Do not brown. Add 2 or 3 tablespoons tumeric, salt, 1 dessertspoon sugar and juice of 3 lemons. Also add small tin tomato puree and the chicken which has previously been cut into small pieces. Add water to cover. Simmer gently until chicken is tender, renewing water or stock as required and keeping mixture to consistency of porridge. Serve hot with rice. Makes 4 to 6 portions, according to size of chicken

*Mrs. N. Blake.*

★

### PERROGEN (MEAT PIES)

**Pastry**

2½ cups flour  
2 tablespoons chicken fat  
2 eggs

½ teaspoon salt  
1½ teaspoons baking powder  
½ cup cold water

#### Meat

Calf pluck, or any meat you prefer  
Onions and chicken fat

Boil the meat with the onions. When meat is soft, mince it with the onions. Put in a little seasoning and 1 tablespoon chicken fat. Prepare pastry by mixing all ingredients together to make a soft dough. Roll out on board. Cut rounds with a tumbler and fill with a spoonful of minced meat. Pinch ends together, and if desired, brush with egg yolk. Fry in chicken fat or bake in oven of 450 for 15 minutes.

*Mrs. M. Watkins.*

★

### HUNGARIAN GOULASH

1½ lb. beef  
5 or 6 onions  
1 or 2 cloves garlic

1 tablespoon paprika  
salt and pepper  
few caraway seeds

Add sliced onions to hot fat in saucepan and cook until beginning to brown. Add cubed beef, crushed garlic, paprika, caraway seeds. Season to taste. Cover pan and cook until slightly brown. Add sufficient hot stock or water and simmer 1½ to 2 hours. Serve with dumplings.

*Mrs. N. Blake.*

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### CABBAGE BLINTZES

1 cabbage, beetroot, apple, carrots, lemon juice,  
sugar, tomatoes, minced meat, egg and onions.

Boil several outer leaves of cabbage (uncut) for a few minutes till soft in salt water. Take out and pour cold water over. Prepare mincemeat with egg, onion, pepper and salt and put about 1 tablespoon of the meat in centre of each leaf. (Cut off part of hard centre stem of leaves to enable leaf to be folded without breaking).

Fold leaves as for blintzes. Place in a roasting-pan with fat. Then cover with grated beetroot, apple, carrots, shredded cabbage and sliced tomatoes. Season with pepper and salt and flavour with sugar and lemon juice to taste.

Put dabs of fat on top and bake in hot oven till brown. (If tomatoes are too brown when done, remove them before serving).

*Mrs. A. Leifer.*

★

### BRAWN

Boil 1 cow's trotter until tender. Mince into a pot all the soft parts with 1 onion and 3 leaves of garlic. Put in the strained soup 1 dessertspoon salt, pinch pepper and ¼ teaspoon ginger. Boil all together once. Mix well and pour in flat dishes to set. Decorate with sliced hard-boiled eggs.

*Mrs. D. Charney.*

★

### CURRY

Brown sliced onions in fat. Then add about 1 tablespoon curry powder. Add water and simmer. (If liked, 4 skinned tomatoes, currants, sultanas, apple and banana can be added). Then add a little lemon juice. Towards end of cooking, add 2 tablespoons sugar. Add diced meat and serve with rice.

*Mrs. H. Eliasov.*

★

### INDIAN CURRY

1 lb. onions per head  
1 tablespoon curry to every 3 persons  
oil, salt, ground ginger, chili powder (optional—  
very hot)  
vinegar, corriander powder, 2 lb. fillet beef

Coat bottom of pan with oil and heat. Add finely-chopped onions and salt. Don't allow to brown, just cook gently. Add curry powder, 1 teaspoon chili powder, 2 teaspoons ginger, 1 teaspoon corriander powder and ¼ pint vinegar. Stir and cook 5 minutes. Add cubed meat (beef is best) a small quantity of water, and simmer gently at least 8 hours, adding small quantities of water as necessary to keep curry to a consistency of porridge. Serves 6 to 8.

Cooked fish, hard-boiled eggs or chicken can be used instead of beef.

**Side Dishes.**—Grated coconut, ground roasted peanuts, cucumber, chutney, bananas, fresh pineapple, chopped raw onion and tomatoes, fried onions and raisins; chili sauce (1 teaspoon cayenne mixed with drop of vinegar and water to a paste).

If a slightly sweet curry is preferred, 1 tablespoon of brown sugar to above quantities will suffice, or more according to taste. Cartwright's Curry Powder is recommended for local use.

*Mrs. N. Blake.*

★

### BRAIN SALAD

1 set ox brains (cleaned)  
2 tablespoons olive oil

1-1½ tablespoons lemon juice  
1½ teaspoons salt

Boil the cleaned brains for 10 minutes. Mash with a fork and add oil gradually and salt. Then add lemon juice. Beat with a beater for 20 minutes. Then add 1 grated raw onion. Put in a dish and trim with tomatoes, etc.

*Mrs. Courian.*

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### SWEET AND SOUR CHICKEN

Skin a chicken and mince the raw flesh.

Boil about 3d. leeks in a little water and when soft, mash and add to the chicken. Add 2 eggs, 1 tablespoon flour (or Matzoh Meal), pepper, salt and ginger. Form into balls and partly fry. In the meantime, boil about 1lb. skinned tomatoes in water. Put chicken balls in and stew. Add also about  $\frac{1}{2}$  cup tomato sauce. When nearly done, add sugar and lemon juice to taste.

*Mrs. T. Zaeks.*

### MEAT BLINTZES

★

#### Batter

3 eggs  
 $\frac{1}{2}$  cup cold water

salt  
1 cup flour

Beat all well together. Grease a small frying pan with fat and pour in about 1 large spoon of batter and fry till set (1 side only). Turn out on a board and fill each with the following meat filling. Then fry just before serving.

**Meat Filling.**—Boil some flank or brisket. Mince with raw onions. Put deep fat in a pan, add the meat and onions, pepper and salt and mix well while frying.

*Mrs. O. Freed.*

### PERROGEN

★

#### Pastry

4 eggs  
2 tablespoons chicken fat or  
Pastrine  
salt

2 teaspoons baking powder  
enough flour to make a soft  
dough  
little cold water

Make pastry, roll out, cut into squares and fill with meat prepared as follows:— Fry steak with onions. Mince and season with pepper and salt. Fill the pastry with this, paint the tops with egg and bake at 400° till brown.

*Mrs. J. Blumenthal.*

### FILLING FOR KISHKA OR NECK

★

2 cups unsifted Boermeal  
salt and pepper

1 large grated onion

Clean kishka very well. Remove fat and cut it into the flour, add salt, pepper and onion. Stuff this into the cleaned kishka.

*Mrs. D. Middledorf.*

### CHICKEN PILAU

★

Boil a chicken and let it cool in the soup. Remove all the meat from the frame. Fry sliced onions in fat. Boil some rice. Mix onions, fat, rice and a few sultanas. Line a Pyrex dish with some of the rice mixture and then a layer of chicken and cover with the remainder of the rice. Bake in the oven.

*Mrs. H. Banet.*



### CORNED BEEF WITH RAISINS, APRICOTS AND PINEAPPLE

1 ready pickled beef  
1 small tin canned pineapple  
1 small tin canned apricots  
 $\frac{1}{2}$  cup brown vinegar

2 tablespoons mustard  
pepper to taste  
 $\frac{1}{2}$  cup brown sugar  
raisins

Cook ready pickled beef slowly until tender, adding juice of fruits toward last hour of cooking when all the meat juice has been absorbed. Place in casserole. Mix half pineapple pieces and half apricots, raisins, brown sugar, vinegar, mustard, pepper and pour over meat. Bake for 30 minutes at 350° baste occasionally. Heat remaining pieces of fruit in casserole syrup, and decorate.

*Mrs. Ada Plett.*

★

### SPICY VEAL CASSEROLE (serves 4)

1 lb. stewing veal cubed  
1 oz. Debras schmalz or oil  
 $\frac{1}{2}$  pint veal or chicken stock  
4 ozs. button mushrooms  
 $\frac{1}{4}$  lb. seedless raisins  
1 level dessertspoon cornflour

6 small onions (pickling type) peeled  
2 tablespoons white wine  
salt, pepper  
4 tart eating apples, cored and  
thickly sliced

Saute veal and onions in fat in a heavy casserole until golden brown. Add stock and wine and bring to the boil. Add all other ingredients except the cornflour, and season to taste. Cover and cook over a low heat, or in the oven at 350° for about 1 hour, or until meat is tender. Blend cornflour with a little cold water, then stir gently into the casserole and continue cooking until it thickens.

*Mrs. Ada Plett.*

★

### QUICK MUTTON PILAFF (Using Left-over Meat)

1 tin tomato soup  
1 small onion, minced  
2 or 3 cups left over cooked  
mutton, diced  
2 cups cooked rice

$\frac{1}{2}$  cup almonds (chopped)  
 $\frac{1}{2}$  cup seedless raisins  
salt and pepper  
breadcrumbs for topping

Combine the rice, onions, raisins and almonds. Heat soup and add it, stirring until blended, then season to taste. Grease an ovenproof dish and into it put alternative layers of the rice mixture, and the cubed meat, finishing with a layer of rice. Top this layer with breadcrumbs. Bake in a moderate oven for no more than 30 minutes — serve with chutney.

*Mrs. Ada Plett.*

★

### OSSO BUCCO (serves 4)

4 thick slices of shin of veal  
2 cloves garlic  
 $\frac{1}{4}$  pint stock  
2 tablespoons tomato  
concentrate  
flour, salt and freshly  
ground pepper

1 anchovy fillet  
1 finely chopped onion  
 $\frac{1}{4}$  pint dry white wine  
4 sprigs parsley  
rind of 1 lemon

Dredge veal in flour and saute in oil until brown. Season with salt and ground pepper. Add onion, garlic, stock, wine and tomato concentrate. Cover and simmer gently until meat is tender — approximately 1 $\frac{1}{2}$  hours. Add 1 anchovy fillet, finely chopped, and parsley and finely grated lemon rind. Serve on saffron rice.

*Mrs. Rhebe Tatz.*



### STUFFING FOR POULTRY

Soak about  $\frac{1}{2}$  loaf bread in water and squeeze out water  
Grate 2 onions and 3 or 4 potatoes.  
Cinnamon, salt and pepper. Pinch sugar and chicken fat.

Mix all well, put into a heavy pot, and cover. Put into the oven and cook. When cool, add 1 egg and mix well. Stuff into the poultry.

*Mrs. H. Eliasov.*

★

### POT ROAST

3 lb. topside

Put washed meat in dish with about 1 inch deep vinegar and leave three days and turn every day.

Then early in morning, rub meat with 1 teaspoon salt crushed with 1 corner garlic. Sprinkle little mustard over meat, roll in flour and put in pot on stove to brown with fat. When brown, put in 1 whole onion, 1 carrot, 1 parsnip and add a little water. Stew till done.

*Mrs. Kuttner.*

★

### MONKEY GLAND STEAK

#### Sauce

2 tablespoons tomato sauce	$\frac{1}{2}$ teaspoon mustard powder
2 tablespoons Worcester sauce	1 grated onion
2 tablespoons vinegar	salt and pepper

Mix all above ingredients together. Slice steak thinly and beat it well. Soak the steak in the sauce for about 2 hours or more. Drain through a collander and fry the steak in a little fat. When done, pour the sauce over in the pan, and simmer. A few chopped green olives can be added if liked.

*Mrs. Marcia Rubinstein.*

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### PINEAPPLE BRISKET

Boil pickled brisket ( $\frac{3}{4}$  cooked). Then baste in the following sauce:—

2 lb. tin pineapple juice	1 cup brown sugar
1 heaped tablespoon dry mustard	

Turn on to a dish about  $\frac{1}{2}$  hour before serving, placing pineapple rings around and on top of the meat, with a cherry in the hole of the pineapple ring. Pour sauce over it and allow to brown in oven.

*Mrs. Heleen Graham.*

★

### LAMB AND APPLE CASSEROLE

$1\frac{1}{2}$ lb. neck of lamb	2 cooking apples, peeled cored and sliced
1 large onion, sliced	2 tomatoes, skinned stock or water
salt and pepper, freshly ground	pinch rosemary
rind of $\frac{1}{2}$ lemon, grated and sliced	1 clove garlic

Cut and trim meat into cutlets and place in a casserole with potatoes, onions and apples. Season well between each layer, and add garlic, rosemary and lemon rind. Pour stock over and cover tightly. Cook in oven at 350° for 1 hour, and add tomatoes 15 minutes before serving.

*Mrs. Ada Plett.*

★

### STEWED MUTTON

2lb. (1 kilo) Stewing Mutton

Cut mutton into cubes, and season with salt and pepper. First fry meat in a little hot oil until light brown. Slice 2 medium or 1 large onion and fry until golden brown, with meat in pot. Add 1 cup boiling water, a little barley can be added if desired. Add 4 sliced carrots, 4 cut up potatoes, and a little celery. Simmer covered until meat is soft. (Takes about 2 hours.)

★

### BEEF ROLL

Flank Steak	$\frac{1}{2}$ cup minced onion
1 beaten egg	$\frac{1}{2}$ cup chopped celery
1 cup minced carrots	$\frac{1}{2}$ cup cooked tomatoes
breadcrumbs	3 tablespoons fat
1 teaspoon salt	$1\frac{1}{2}$ cups hot water (or mixture wine and water)
$\frac{1}{2}$ teaspoon pepper	
1 cup mushrooms (optional)	

Mix egg, vegetables, salt and crumbs. Spread stuffing over meat, and roll and tie. Roll in flour and pepper and brown in hot fat in a roasting pan. Add hot water and mushrooms. Cover tightly, and cook at 325° for 1 $\frac{1}{2}$ –2 hours.

*Mrs. Pauline Bloomhill.*

★

### MOCK CHICKEN FAT

1 lb. pkt. Holsum	1 bottle Sunflower Seed Oil
1 lb. cut up onions	1 lb. grated carrots
salt and pepper	

Put everything into a large pot and allow to cook slowly for an hour. When cold strain, and put into jars and use instead of chicken fat. Lots of carrots make it lovely and yellow.

*Mrs. L. Gruber.*



**VIENNA SCHNITZELS**

4 Schnitzels peppered and salted. Dip in beaten eggs and breadcrumbs. Then put in freezer to chill for 20 minutes to ½ hour. Take 1 lb. knuckle of veal, and make stock with vegetables. Chill and skim off fat. Then warm stock.

Heat some oil, in which a clove of garlic has been put. When garlic is brown, take out and quickly brown schnitzels on both sides. Then pour warmed stock over the schnitzels, and simmer for 40 minutes. Serve with a slice of lemon and anchovy.

Mrs. Lily Pincus.

★

**SWEET AND SOUR TONGUE**

Boil a tongue and cool. (Left-over cold tongue may be used). Slice. Simmer cold tongue in the following sauce for 10 minutes:

**Sauce.**—Melt 1 oz. fat and add 1 chopped onion. Fry until golden brown. Add 2 tablespoons flour and 1 pint gravy from tongue. Bring to boil and stir all the time. Add 1 tablespoon syrup, 4 tablespoons brown sugar, 2 tablespoons vinegar and 2 doz. sultanas or seedless raisins, 2 teaspoons cinnamon and lemon juice. Simmer sauce for 10 minutes and strain before tongue is added.

Mrs. Ray Vuuk.

★

**MEAT BLINTZERS**

2 eggs  
1 cup iced water

**Batter**

1 cup flour  
pinch salt

Beat eggs well and add water, salt and flour. Leave to stand at least 1-2 hours. **Filling.**—Pluck, rubbed with lemon juice, garlic. Add salt, pepper and paprika. Put in a pot with 1 bayleaf, 4 peppercorns and 2 cloves stuck into an onion. Add 1 carrot and a little water and boil for about 2 hours until soft. Then mince the pluck with a raw onion. Add two eggs, 1 tablespoon chicken fat and season again to taste. Put a small frying pan on the stove and put a small amount of batter into hot oil to fry, one side only. Turn on to a board and put 1 tablespoon of meat mixture in the centre and roll up. Fry the blintzers in oil—not too deep.

Mrs. Zena Lurie.

★

**AMO CHINESE STEAK**

Cut 1½ lb. round steak very thin. Marinate for ½ hour turning after 15 minutes in following sauce: ½ cup soy sauce, 1 teaspoon sugar. Cut 3 large peeled tomatoes. Cut 2 green peppers into strips. In large frying pan heat ¼ cup oil, add one clove garlic and ¼ teaspoon ginger. Cook for a few minutes, remove garlic. Add green pepper and saute, stirring constantly for 3 minutes. Add beef and its liquid and cook for another 3 minutes. Add tomatoes and cover. Simmer for another few minutes. Blend 2 teaspoons cornstarch with 2 tablespoons soy sauce. Stir into meat and cook 1 minute more. Serves 6.

Mrs. Pat Baldachin.

★

**PICKLED LEG LAMB**

1 large leg of lamb  
8 pieces garlic  
3 large handful coarse salt  
1 teaspoon saltpetre

1 teaspoon brown sugar  
bayleaves and peppercorns  
cold water to cover  
pinch mustard powder

Score the lamb and put pieces of garlic into meat. Mix together salt, saltpetre, mustard and sugar and rub into meat. Add bayleaves and peppercorns and a little extra garlic. Cover with cold water. Press with a plate with a stone on top. Leave in refrigerator for 4 days, turning once each day.

When ready, boil with a little lemon juice in the water. Serve hot with any piquant sauce or cold with salads.

Mrs. I. Kretzmer.

**JELLIED CHICKEN** (Nice for late supper)

1 chicken, not too fat or too lean  
2 onions  
2 sections of garlick

Simmer chicken in just enough water to cover it for ½ hour. Remove chicken from stock and wash it. Replace in saucepan, add onions, garlic and salt. To make sure that the chicken sets in jelly when cool, water should be added at this stage and not when nearly cooked. When chicken is tender, remove from stove and leave to cool. Place it in a bowl. Stir the stock, then strain and cover the chicken. When quite cool, chill in refrigerator.

Mrs. Dullberger.

★

**STUFFED GREEN PEPPERS**

6 peppers  
1 lb. minced meat  
a slice dried bread, soaked in water  
1 onion, minced  
fat  
1 egg  
salt and pepper  
spoonful tomato sauce

Mix bread, onion, egg and tomato sauce with meat. Remove tops from peppers and remove seeds. Stuff with the meat mixture. Put in pot with very little water and ½ tablespoon fat and simmer gently for ½ hour on medium heat. Mix some tomato sauce with water. Add to the peppers and simmer again for ½ hour. Add salt and 1 teaspoon sugar when tomato sauce gravy is added.

Mrs. Dulberger.

★

**MEAT BLINTZES**

5 ozs. Pastrine  
8 ozs. flour

**Pastry**

5 ozs. water (iced)  
little lemon juice and salt

Make pastry, roll out and cut into squares. Mince any cold chicken, brisket or steak with fried onions; add pepper, salt and a little fat and ½ teaspoon sugar. Fill into the squares, seal and bake in a moderate oven.

Mrs. O. Lowenstein.

★

**STUFFING FOR POULTRY**

1 tablespoon chicken fat  
2 cups breadcrumbs  
salt and pepper  
few drops onion juice  
1 tablespoon chopped parsley  
1 well-beaten egg

Mix breadcrumbs into fat and salt, pepper and onion juice. Add parsley and lastly, well-beaten egg. Mix all together on the stove for a few minutes. You can either use this to stuff poultry or serve separately with the meat course.

Mrs. S. Benyshai.

★

**CARROT TZSIMES**

3 lb. brisket (boned)  
3 bunches carrots  
4 large potatoes  
salt and pepper  
3 tablespoons Golden Syrup  
2 teaspoons sugar  
little ginger

Boil brisket with water to cover until meat is nearly soft. Cube carrots and potatoes and put into the pot with the meat. Add salt, pepper, syrup, sugar and a little ginger. When cooked, the vegetables can be browned in the oven.

Mrs. B. Lange.



**BOILED CHICKEN AND RICE** (A Tasty Dish)

Boil a chicken, adding to the water 1 chopped onion, a bay leaf, about 6 peppercorns,  $\frac{1}{2}$  teaspoon cinnamon and about 1 tablespoon salt. When the meat is tender, remove the chicken. The stock should now be strained and a cup of rice added. Cover and boil this for about 10 to 12 minutes. The chicken may now be returned either cut up or whole. Cook gently until the rice has taken up all the stock.

*Mrs. A. Sarif.*

★

**INDIAN CURRY**

Slice thinly 2 large onions. Fry for a few minutes in a pot and season well. Add 1 large tablespoon curry powder and continue cooking two minutes more. Then add 1 shredded carrot, 2 peeled and sliced tomatoes and a small handful of sultanas. Sprinkle flour and pour on about 1 pint water (or soup) and let it come to the boil. Then add any cold cooked meat (diced). Simmer till a little of the liquid has absorbed. Serve hot with rice.

*Mrs. A. H. Ralstein.*

★

**BRAWN**

1 doz. sheeps' trotters  
 $\frac{1}{2}$  doz. pickled sheeps' tongues

Clean and boil trotters with salt until soft (takes about a day). Boil tongues separately till soft. Remove bones from trotters, chop up tongues and mix together. Place in a bowl with gravy from trotters and place in refrigerator to set. If required, line bowl first with hard-boiled eggs, sliced.

*Mrs. Becky Rabinowitz.*

★

**BRAIN PIE**

1 set ox brains  
4 eggs  
1 small grated onion  
pepper and salt  
fat

Clean and skin brains. Mash to a cream. Beat eggs very well and add onion, pepper, salt and eggs to brains. Pour into a greased baking dish and bake for 30 minutes. Can be served hot or cold.

*Anonymous.*

★

**MEAT ROLLS**

Take rumpsteak cut in thin slices and fill each slice with a piece of pickled cucumber and a few slices of onion. Sprinkle with salt and mustard powder. Roll up and tie with string. Brown first in fat in a pot, then add 1 carrot, 1 parsnip and a little water, and stew.

*Mrs. Kuttner.*

★

**OX TAIL**

Wash ox tail well. Place in saucepan with water and bring to the boil. Throw off water. Brown some onions in a pan with fat. Add ox tail sprinkled with flour, salt and pepper and brown in the pan. Then put onions and meat back into the saucepan with water to cover. Simmer slowly all day. Soak butter-beans in cold water overnight. Add beans and carrots (sliced) to ox tail whilst simmering.

*Mrs. H. Eliasov.*

**CHICKEN**

Joint a chicken, dip in flour and brown. Place pieces in a casserole dish with lightly fried onions. Pour over the following sauce, and bake slowly for about 1 hour.

**Sauce:**

$\frac{1}{2}$  pkt. tomato soup (or tinned soup)  
1 teaspoon mustard powder  
1 tablespoon golden syrup  
piri piri — pinch

Heat all up together, and pour over chicken. Serve with salad, and rice.

*Mrs. Arlene Barnett.*

★

**SWISS STEAK**

2 lb. steak  
 $\frac{1}{2}$  cup flour  
3 tablespoons oil  
 $\frac{1}{2}$  cup water  
3 bay leaves  
8 oz. tomato puree  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  teaspoon pepper  
2 onions  
1 green pepper  
2 teaspoons worcester sauce

Pound flour, salt and pepper into meat, then brown in oil. Add rest of ingredients, and place in a casserole dish in oven, and cook until tender. Serve with spaghetti.

*Mrs. Ruth King.*

★

**FRUIT STUFFING FOR POULTRY**

1 pineapple  
1 small onion  
6 mint leaves  
2 eggs  
bread to bind  
salt and pepper

Mince all together. Add egg and place in bird, before cooking.

*Mrs. Ruth King.*

**NOTES**





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## VEGETABLES

### SPANISH RICE

1 cup rice	2 cups water
3 full tablespoons oil	1 teaspoon salt
1 tablespoon tomato puree or more	according to taste

On a high stove boil all ingredients excluding rice. When boiling add rice. When rice settles and a rich scum, a quarter of an inch high, appears on top of the rice, switch off the stove and let rice cook in its own heat for  $\frac{3}{4}$  hour or an hour.

*Mrs. Lilian Rabinowitz.*

★

### POTATO PUFFS

Into a breakfast cup of hot mashed potatoes beat 1 egg, a dab of butter and a tablespoon of milk. When this is fluffy but stiff, fold in 2 ozs. of grated cheese. Arrange in rough lumps on a greased baking sheet and cook in a quick oven until the outside is crisp.

This is delicious as a light luncheon dish accompanied by a green salad.

*Mrs. Sophie Benyshai.*

★

### SWEET AND SOUR CABBAGE

1 cabbage	1 marrow bone
1 dessertspoon tomato sauce	lemon and sugar to taste

Shred cabbage finely and sprinkle well with salt. Knead as though kneading dough. Wash in hot water. Put in marrow bone and tomato sauce. Cover with water and stew slowly until nearly done. Add lemon and sugar to taste.

*Mrs. S. Kagan.*

★

### BROSELKNODEL (Parsley Dumpling)

2 ozs. butter or margarine	2 eggs
1 roll or large slice bread	salt
4 ozs. breadcrumbs	chopped parsley

Cream butter, add eggs, plenty chopped parsley. Soak bread in water, squeeze out and add to butter. Add salt and as many bread crumbs as required. Mixture should be stiff enough to form little balls (if mixture is too dry add a little milk). Simmer in water for 5 minutes. Serve in place of potato or in soup.

*Mrs. Miriam Gordon.*

★

### PILAFF (Rice)

1 cup rice	few sliced tomatoes or sliced egg-fruit
little oil	little garlic
strong beef stock	few currants
pepper and salt	

Wash rice and fry in oil in a pot, very slowly for 5-8 minutes. Add gradually beef stock and simmer for 20-25 minutes. Add sliced tomatoes or egg-fruit, currants, seasoning and garlic. When cooked, rice should be only just moist, with each grain separate.

*Mrs. Miriam Gordon.*



FOR BETTER BAKING — USE RED SEAL FLOUR

POTATO DUMPLINGS

3 lb. potatoes	3 ozs. wheatmeal flour
salt	2 eggs
$\frac{1}{2}$ teaspoon grated nutmeg	2 slices bread
2 ozs. semolina	butter or oil

Cook and sieve potatoes and leave to become cold. Add salt, nutmeg, semolina, flour and eggs. Knead into a smooth dough. Cut the bread into small dice, fry light brown in hot butter, or oil. Flour hands and make round dumplings with the potato dough. Press a few fried croutons into each. Cook in boiling water thoroughly for about 12-15 minutes. Put on a flat dish, pour melted butter or margarine over them. Or serve with meat and pour gravy over. Also nice with stewed fruit.

Mrs. Miriam Gordon.

★

RED CABBAGE AS VEGETABLE

2 lb. red cabbage	$\frac{1}{4}$ pint vinegar
$1\frac{1}{2}$ ozs. cooking fat	2 ozs. sugar
$\frac{1}{2}$ lb. apples	$\frac{1}{4}$ pint water
salt	

Shred red cabbage, peel and cut up apples. Bring water, vinegar, sugar, salt and cooking fat to the boil. Add red cabbage and apples. Cook slowly for  $2\frac{1}{2}$  hours.

Mrs. C. Cassell.

★

SWEET POTATO "MOUSSE"

Boil sweet potatoes in jackets until tender. Remove from jackets and place in casserole. Beat in sherry and butter to taste. Cover top with white marshmallows and put into the oven. Leave until marshmallows are melted and have turned golden brown.

Mrs. Valerie Back.

★

CAULIFLOWERS

Brown minced onion, add cauliflower cut into small pieces with a small quantity of water. Stew. Add salt and pepper and tomato. When half done add  $\frac{1}{4}$  cup of rice. Cook until rice is done. Cabbage or egg plant may be substituted for cauliflower.

Mrs. Sophie Benyshai.

★

RICE WITH SOY SAUCE

1 cup (8 ozs.) rice, cooked	1 beaten egg
3 teaspoons chopped spring onion	1 teaspoon soy sauce

Fry cooked rice in a little oil for 10 minutes. Add egg and fry another 5-10 minutes. Add onion and soy sauce.

Mrs. P. Eliasov.

★

ONION RINGS

Slice onions, not too finely, and open out into individual rings. Dip in flour, then in beaten egg and milk. Then dip in breadcrumbs and fry in oil for 3 minutes.

Mrs. Audrey Berman.

RATATOUILLE NICOISE (Vegetable Dish)

2 onions cut into rings	2 red or green peppers peeled and sliced
2 tablespoons olive oil	1 egg plant, peeled and diced
$\frac{1}{2}$ vegetable marrow peeled and diced	2 shallots, crushed and chopped
chopped parsley	2 tomatoes, skinned and roughly chopped
salt and pepper	
toast triangles	

Fry the onions and peppers lightly in the olive oil. Add marrow and egg plant mix well, then add shallots, tomatoes and seasoning. Put a lid on the pan and cook over a low heat for 30 minutes till lightly reduced. Garnish with parsley and toast triangles.

This delicious vegetable dish can be served on its own or with a meat dish.

Mrs. Miriam Gordon.

★

CARROTS VICHY

1 lb. carrots	3 ozs. butter (or fat)
1 tablespoon water	1 tablespoon sugar

Scrub the carrots, scrape them and cut into thin strips. Melt butter or fat in a pan or metal casserole, add water, sugar and the carrots. Cover closely and cook gently for about  $\frac{1}{2}$ -1 hour, turning them occasionally very gently. Sprinkle a little salt and chopped parsley before serving.

Mrs. Miriam Gordon.

★

STUFFED POTATOES

5-6 potatoes	3-4 tablespoons cream
butter or margarine	salt and pepper
2 egg yolks	nutmeg
grated cheese	

Prick each potato after scrubbing well and bake slowly until soft. Cut a hole in each and remove the inside, using a very small spoon. Sieve the potato with a generous amount of butter, egg yolks and cream. Season and add grated nutmeg. Return mixture into potato cases. Sprinkle with cheese and dot with shavings of butter. Bake in moderate oven, 350°, until golden on top.

Mrs. Miriam Gordon.

★

NEW POTATOES

Brush and scrape off all skin of the required number of potatoes and boil in salted water, drain and salt again if necessary. Pour melted butter over them and then sprinkle with chopped parsley.

Mrs. Sophie Benyshai.

★

STUFFED AUBERGINES

4 large aubergines	2 tablespoons olive oil
6 ripe tomatoes	1 cup stock
chopped parsley	chopped onion
salt and pepper	

Put aubergines in water and boil about 5 minutes. Drain and dry them, cut in half, lengthwise. Take out some pulp to which add 4 skinned and chopped tomatoes, parsley, onion seasoning. Stuff the cases with the mixture. Pour oil and stock over and around. Put slices of 2 tomatoes in between. Bake at 350° for about  $\frac{1}{2}$  hour, until tender. Garnish with parsley.

Mrs. Miriam Gordon.



**PASTRY FOR CHEESE CAKE OR APPLE TART**

2 ozs butter	2 tablespoons caster sugar
5 tablespoons flour	1 egg
vanilla essence	pinch salt

Cream butter and sugar. Add egg and balance of ingredients. Very soft dough, which you put out on to a tart dish. Can be stored in fridge.

*Mrs. Anne Moss*

★

**PARVA TZIMES AND KUGEL**

1½ lb carrots	2 tablespoons oil or margarine
1 tablespoon syrup	1 tablespoon sugar
1 heaped tablespoon flour	1 teaspoon salt
3 cloves	

Grate carrots and put in pot. Add all other ingredients without stirring. Cover with lid, and simmer on low heat until carrots are settled. Then add sufficient water to bring to the boil. Stir, and put into the oven to cook slowly for 1 hour. If desired, a few stewed prunes may be added before serving.

★

**KUGEL FORTZIMES**

4 slices white bread, or 2 rolls which have been soaked in water. Squeeze out water.

1 small onion	2 tablespoons oil or margarine
2 eggs	2 tablespoons flour
½ teaspoon salt	½ teaspoon sugar
dash pepper and cinnamon	¼ teaspoon baking powder

Add grated onion to bread. Mix egg and fat with a fork. Add bread and all other ingredients. Roll into small balls, or drop tablespoonfuls into tzimes when it was brought to the boil, then place in oven for 1 hour. Garnish with a few stewed prunes. Serve hot (serves 6).

*Mrs. R. Zwebner.*

★

**SWEET AND SOUR BRUSSEL SPROUTS**

1 lb. brussel sprouts	1 teaspoon cornstarch
¼ cup raisins	1 teaspoon chopped onion
1 tablespoon fat or butter	pinch of dry mustard
¼ cup brown sugar	¼ cup white vinegar

Cook the sprouts and pour over the following sauce:—

Scald raisins in hot water and then chop finely. Melt butter and fat, blend in sugar, vinegar, cornstarch, onion and mustard. Simmer for 6 to 8 minutes until thickened. Blend raisins and pour over boiled sprouts.

*Mrs. V. Zacks.*

★

**BAKED AUBERGINES WITH CHEESE**

Peel aubergines and cut into 8 sections and fry very lightly in oil and drain, first salting them. Fry sliced onions and chopped parsley and chopped celery. Then fry sliced peppers. Put each lot of vegetables on separate plates. Then do about 1 lb. tomatoes in the same way. Grate 1 cup of cheddar cheese. Put a layer of egg fruit into a greased dish, then layer of peppers, onions, and tomatoes and cheese. Top with grated cheese and very little butter, and bake. Bread crumbs can be sprinkled on top. Can be served with fish dishes.

*Mrs. Anne Moss.*

**POTATOES WITH CARAWAY SEED**

Boil medium sized potatoes in their jackets until tender. Peel while hot. Put 2 tablespoons of butter or fat in pan, when hot add potatoes and brown well all over. Drain and sprinkle with salt and add 1 teaspoon of caraway seeds and serve hot.

*Mrs. Sophie Benyshai.*

★

**POTATO PUFF**

2 cups warm mashed potatoes	1 cup milk
2 egg yolks	salt and pepper to taste
1 tablespoon butter	1 level teaspoon baking powder

Mix all above ingredients and when well mixed add 2 stiffly-beaten egg whites. Put into a greased Pyrex dish and bake for 20-30 minutes in a pan of water at 350°.

*Sister A. Tomlinson.*

★

**SAUTE RICE**

Boil about 1 cup rice in salt water. Rinse in cold water and drain. Brown 2 large onions and 2 large tomatoes (sliced) in chicken fat and then add rice. Season with salt and a pinch of cayenne pepper and mix well. Serve with meat or poultry.

*Mrs. T. Zacks.*

★

**BAKED BEANS**

1 cup haricot beans	1 teaspoon mustard powder
½ teaspoon salt	1 tablespoon vinegar
pinch pepper	1 tablespoon sugar

Boil beans, but not too soft, as the skin breaks. Mix other ingredients together with a little Maizena to thicken. Pour the liquid from the beans over the dry ingredients. Add 2 tablespoons tomato sauce and pour all over the beans and leave to simmer.

*Mrs. A. H. Ralstein.*

★

**BAKED TOMATO AND RICE**

Put layers of thickly sliced tomatoes alternately with layers of cooked rice (or cauliflower) in a buttered dish. Top with tomatoes, butter and breadcrumbs and bake till golden brown.

*Mrs. E. Katz.*

★

**PRINCESS POTATOES**

½ lb. potatoes	1 oz. butter
2 ozs. grated cheese	1 teaspoon chopped parsley
1 egg	

Steam the potatoes and mash them through a sieve. Work in the cheese, egg and half the butter. Make into rolls 3 inches long and 1 inch wide. Lay the rolls on a greased tin, brush with egg, and bake till brown. Serve on a hot dish. Pour a little butter round and over each one and sprinkle with parsley.

*Mrs. H. Banet.*

★

**SPINACH SALAD**

3 cups chopped cooked spinach	¼ lb. grated cheese
1 diced onion	2 cups milk
2 tablespoons butter	2 eggs
1 cup breadcrumbs	salt and pepper to taste

Melt butter and brown onion in it. Remove from stove, add spinach, bread-crums, cheese, milk, eggs, salt and pepper. Place in a pyrex dish and bake in a moderate oven for about 30 minutes. Cover with a plate, otherwise top gets too dry.

*Mrs. S. Benyshai.*



### BAKED SWEET AND SOUR CABBAGE

Shred 1 cabbage coarsely and wash well. Put in a Pyrex dish with blobs of fat. Slice 2 onions and 2 tomatoes and mix with the cabbage and bake in a slow oven. When half done, add  $\frac{1}{2}$  cup lemon juice and sugar to taste. Must bake about 2 to 2 $\frac{1}{2}$  hours altogether.

*Mrs. M. Lewis.*

★

### POTATOES AU GRATIN

Take large potatoes. Wash well, but do not peel. Place in moderate oven and bake about 1 hour. Remove from oven, cut in halves. Scoop out potato from skins carefully. Mash with salt, pepper and butter. Replace into skins, sprinkle with grated cheese and return to oven to brown.

*Mrs. Pauline Sussman.*

★

### BAKED CAULIFLOWER

Parboil 1 cauliflower. Place in a Pyrex dish with some of the water in which it was boiled. Add pepper, salt and grated cheese to cover top, and bread-crumbs. Add dabs of butter and bake in a moderate oven till browned. If desired, this can be served with white sauce.

*Mrs. P. Taub.*

★

### SAUTE CARROTS

Take about 2 lb. carrots. Peel and dice and parboil with salt. Then drain and put into a pan with chicken fat, pepper and salt to fry. Turn continually, and when nearly done, add 1 tablespoon Golden Syrup and 1 teaspoon sugar. Serve with meat or poultry.

*Mrs. T. Zaeks.*

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### CARROT LATKES

Grate some carrots. Add a little flour, 1 egg, 1 teaspoon baking powder and a pinch of salt. Fry spoonful in butter and serve with cream.

*Mrs. O. Lowenstein.*

★

### EGG FRUIT

Peel egg fruit and slice them. Put in cold water with salt and leave them for a few minutes. Beat up egg. Dip slices into egg and then into flour and fry in hot butter. Put some Heinz Tomato Sauce in a pot and add the fried slices of egg fruit. Cook for 30 minutes.

*Mrs. O. Lowenstein.*

★

### LEEK FRICADELLES

Boil about 4 to 6 leeks and cool. Mince together with cooked breast of chicken and a little half-fried or steamed onions. Add salt and pepper to taste and 2 or 3 eggs. Lastly, add a little breadcrumbs and flour. The mixture should not be too stiff. Heat fat in a pan, but not too hot, make the mixture into fritters, and fry, not too brown. When fried, place the fricadelles in a saucepan and add sauce.

**Sauce.**—Boil tomato juice to which has been added pepper, salt, sugar, a little lemon juice and hot water, and simmer.

*Mrs. A. Courian.*

★

### VEGETABLE CUTLETS

Cook vegetables, peas, carrots, potatoes, parsnips, turnips, beans, etc. Mix in pepper, salt and 1 egg. Make into shape of cutlets and fry in Pastrine. Serve on mashed potatoes.

*Mrs. J. Graham.*

★

### CARROT LOAF

2 cups minced carrots	3 eggs
2 cups breadcrumbs	2 cups strained tomatoes
$\frac{3}{4}$ cup chopped nuts	1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper	2 teaspoons minced onion

Mix ingredients in order given. Shape into loaf and put into greased baking dish. Steam the loaf for 1 hour and then bake in the oven, 400°, until brown. Serve as a vegetable.

*Mrs. H. Sergay.*

★

### POTATO AND SPINNACH PIE

Boil about 6 large potatoes in jackets. Cool, peel and mash. Add salt, pepper, a pinch of sugar and 1 or 2 eggs. Mix well. Add a little flour to bind. Boil spinnach, mince and add a little grated onion together with a little butter and seasoning.

Grease a Pyrex dish well and add thin layers of potato mixture alternately with spinnach mixture, a potato layer on top. Brush with milk. Bake for 45 minutes in a moderate oven. Serve hot or cold.

*Mrs. Courian.*



**RATATOUILLE (Mediterranean mixed vegetable casserole)**

- |  |   |
|--|---|
| ½-1 lb. thinly sliced onions               | 1 lb. courgettes (small green (marrows)                 |
| 1½ lb. very ripe tomatoes                  | <i>if out of season use white or green long marrows</i> |
| 1-2 small aubergines (egg plant)           | 1 clove garlic, chopped                                 |
| chopped parsley                            | ½ lb. green and red peppers seeded and cut in squares   |
| few stalks white and green celery, chopped |   |
| fresh or tinned mushrooms (optional)       |   |

Fry onions in little oil. Add garlic. Add celery and parsley. Then add the skinned and cut tomatoes. When done, remove. Cut and peel aubergines and add salt and cover for a short while. Then dry with kitchen paper. Same method for courgettes, leave skin on, except if using large marrows, which must be peeled. Then fry cut peppers, marrows and aubergines slowly, and then add the first lot of prepared vegetables. Season with salt and pepper and origanum. Bay leaves and few pimentoes can also be added and removed when done. Simmer slowly in large pan, and cover with lid for 1 hour. Drain off surplus oil. This can be served hot, or cold as a salad and flavoured with fresh lemon juice.

*Mrs. Anne Moss.*

★

**BAKED CABBAGE**

Shred cabbage very finely. Add a small tin sauerkraut, 1 tablespoon syrup. Put in a greased casserole dish, and put dabs of butter or fat on top. Cover, and bake till golden brown.

*Mrs. Helen Schur.*

★

**MEALIES—TO SERVE IN A NOVEL WAY**

Cut fresh mealies (about 3) off the cobs. Boil in milk and a little salt added. Before serving, add 1 tablespoon butter, and black pepper and salt.

*Mrs. Helen Schur.*

★

**CHICK-RICE**

Boil rice until almost cooked, then drain. Fry 8 medium sized onions, adding chicken stock all the while so that the onions do not get dry. When onions are brownish, add to rice mixture. Place in a greased pyrex dish — (add 2 teaspoons dried chicken soup — optional) and bake at 300° until rice is brownish. If it is too dry, add stock to keep it moist. Serve with meat. Should you wish to serve this as a dish on its own, add small pieces of cut up chicken (left-over)

*Mrs. Heleen Graham.*

★

**MUSHROOM NOODLES**

Boil mushrooms till soft. Fry 6 onions and then add mushrooms which have been sliced. Add ½ cup chicken stock, salt and pepper to taste, and allow to simmer for ½ hour. Cook broad noodles (quantity as required). Drain noodles and then mix with mushroom and onion mixture. Allow to simmer and serve with any meat dish.

*Mrs. Heleen Graham.*

★

**TASTY SPINACH**

Cut up 1 onion and 1 potato, and boil in a pot until almost cooked. Wash and drain spinach, and add to pot with a little salt and a few drops of lemon juice. When spinach is cooked, remove from stove, and drain. Chop all vegetable together well and serve hot.

*Mrs. Anne Moss.*

**SALADS, SALAD DRESSINGS, SAUCES and PICKLES**

**PICKLED CUCUMBERS**

- |                    |                                     |
|--------------------|-------------------------------------|
| 12 cucumbers       | 2 tablespoons white vinegar essence |
| 4 pints cold water | 4 tablespoons fine table salt       |
|                    | bay leaves and peppercorns          |

Place in enamel dish with plate on top. Hold firmly down with a stone.

*Mrs. Faye Fredman.*

★

**MAYONNAISE**

- |                            |                    |
|----------------------------|--------------------|
| 1 teaspoon flour           | 1½ teaspoons sugar |
| ½ teaspoon salt            | ¾ cup milk         |
| 2 teaspoons mustard powder | 2 eggs             |
| ½ cup vinegar              | 1 teaspoon butter  |

Mix dry ingredients in saucepan. Stir vinegar and well-beaten eggs in slowly, checking on lumps. Add milk and butter. Put over a double boiler and stir until set. Cool and bottle and keep in refrigerator.

*Sister A. Tomlinson.*

★

**MAYONNAISE**

- |                                |                    |
|--------------------------------|--------------------|
| 1 tin sweetened condensed milk | 1 teaspoon mustard |
| 1 cup vinegar                  | 1 egg              |
| ½ cup melted butter            | ½ teaspoon salt    |

Mix with a beater, the mustard, egg and salt. Mix milk, vinegar and melted butter well and then add the well-beaten egg mixture. Shake well and bottle. Keeps well in refrigerator.

*Sister A. Tomlinson.*

★

**COLE-SLAW DRESSING**

Suitable for cabbage, celery and apple and potato salads

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 tablespoons sugar       | ½ pint vinegar                   |
| 1 tablespoon flour        | 2 eggs (or 1 will suffice)       |
| 2 teaspoons salt          | ½-1 oz. butter                   |
| 1 tablespoon made mustard | cream or milk for final dilution |

Mix dry ingredients together. Moisten with little water, add mustard. Add to vinegar and cook thoroughly for about 15 minutes. Beat eggs, add butter, pour hot vinegar over these and beat thoroughly. When cool add a cup of cream or milk. Beat again. This keeps well in refrigerator and it is a good plan to put it away before cream is added and take out a small quantity as required.

*Mrs. Phyllis Sussman.*



**BARBECUE SAUCE (serves 10)**

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1 medium onion, chopped               | 1 cup tomato sauce            |
| 2 tablespoons cooking fat             | 2 tablespoons worcester sauce |
| 2 tablespoons lemon juice             | $\frac{1}{2}$ teaspoon pepper |
| 1 or more cups water                  | 1 teaspoon salt               |
| $\frac{1}{2}$ teaspoon mustard powder | 2 tablespoons vinegar         |
| 2 tablespoons brown sugar             |                               |

Brown onion in hot fat. Then add rest of the ingredients, and boil for 20 to 30 minutes.

★

**AVOCADO SALAD**

Scoop out a medium sized avocado, and mash up well. Add salt and pepper to taste. Chop up a small onion very finely and add to mixture. Meanwhile prepare 1 lime jelly in the usual way. When it is beginning to jell, mix in the avocado mixture; mix well and mould to freeze. Turn out of the mould when well set, and garnish with tomatoes, etc.

*Mrs. Anne Moss.*

★

**EGG SALAD (IN TOMATOES)**

- |  |                |
|--|----------------|
| 6 hard boiled eggs, chopped                    | large tomatoes |
| $\frac{1}{2}$ cup finely chopped celery        |                |
| $\frac{1}{2}$ cup diced green pepper           |                |
| $\frac{1}{2}$ cup thinly sliced green onions   |                |
| 2-3 tablespoons prepared mustard               |                |
| $\frac{1}{2}$ teaspoon salt                    |                |
| dash pepper                                    |                |
| $\frac{1}{4}$ cup salad dressing or mayonnaise |                |

Combine the first 7 ingredients well. Then add mayonnaise and mix well. Make tomatoes into flowers, by cutting not right through bottom, in half then in quarters, and fill them with the salad, between the slices.

*Mrs. D. Ralstein.*

★

**PICKLED CUCUMBERS**

- |                                   |  |
|-----------------------------------|--|
| 5 lb. small firm cucumbers        | fresh dill                               |
| (Place whole in a basin)          | 1 head of garlic (cut into small pieces) |
| few peppercorns and bay leaves    | 3 or 4 lemon or orange leaves (fresh)    |
| $\frac{1}{2}$ cup salt — to taste |  |

Boil 3 pints of water, and pour it over the cucumbers. Add rest of ingredients. Put a plank on top with a heavy stone, and leave out of the fridge for 3 days. Taste for more salt if necessary, and then pack in jars and put in fridge.

*Mrs. I. Pogir.*

★

**PICKLED CUCUMBERS (QUICK)**

- |                               |   |
|-------------------------------|---|
| 5 lb. firm cucumbers (washed) | 8 cloves garlic (cut into small pieces) |
| 5 pints water                 | 6 bay leaves                            |
| 4 dessertspoons salt          | 25 peppercorns                          |
| 4 dessertspoons white vinegar | 1 tablespoon sugar                      |
| 1 tablespoon mustard seed     | 1 tablespoon caraway seed (crushed)     |
| 1 small red chilly (optional) |   |

Cut the cucumbers in half, lengthwise and sprinkle cut sides liberally with salt (takes about 8 teaspoons in all). Boil remaining ingredients, and when boiling, pour over the cucumbers which have been packed in a large basin, cut sides up. Put a plate on top with a weight, to keep the cucumbers under the liquid until cold. Leave out of fridge until the following day. Then pack into jars and keep in fridge.

*Mrs. D. Ralstein.*

**ORANGE SALAD**

Remove peel and all the pith from some oranges. Cut into very thin slices and put into a glass bowl. Sprinkle with very little castor sugar. Make a dressing of oil, lemon juice, salt and pepper and pour over. Serve with roast duck.

*Mrs. Magidson.*

★

**STUFFED AVOCADO PEARS**

Cut pears in halves. Scoop out a little of centre and fill with grated apple and chopped almonds. Put back piece that was scooped out and pour orange juice over.

*Mrs. L. A. Rubinstein.*

★

**CABBAGE SALAD**

Wash 1 cabbage well and shred finely. Grate about 8 carrots and mix with cabbage. Add lemon juice, sugar and mayonnaise to taste. If liked, add a little grated pineapple.

*Mrs. Celia Baron.*

★

**BEETROOT IN ASPIC**

Boil 6 peeled beetroots. Cool and slice. Add 1 raw onion thinly sliced, sugar, salt and vinegar. Take 2 dessertspoons gelatine and dissolve in a little of the hot beetroot gravy in which they were boiled. Add enough of the gravy to cover the beetroots. Pour into a rinsed mould and set. Unmould and trim.

*Mrs. Rebecca Rabinowitz.*

★

**CUCUMBER, TOMATO AND ONION SALAD**

- |                                     |                        |
|-------------------------------------|------------------------|
| $\frac{1}{2}$ medium-sized cucumber | 1 large teaspoon sugar |
| $\frac{1}{2}$ lb. firm tomatoes     | 3 tablespoons vinegar  |
| $\frac{1}{2}$ lb. onions            | a shake of pepper      |
| 1 teaspoon salt                     |                        |

Peel cucumbers and slice thinly and skin and slice tomatoes. Peel onions and slice to wafer thinness. Mix salt, sugar, pepper and vinegar. Arrange vegetables in layers in a salad bowl, pouring on the dressing as you go. Leave for 20 minutes, sprinkle with chopped parsley and serve.

*Mrs. O. Rosenberg.*

★

**AVOCADO SALAD**

Cut avocado pears in halves and remove pips and dry brown skin. Sprinkle in lemon juice immediately. Fill centres with chopped-up orange sections, and if liked, slices of banana. Pour in a little mayonnaise and sprinkle with chopped hard-boiled egg. Place avocado salads on beds of lettuce and garnish with parsley and watercress.

*Mrs. M. Sussman.*

★

**MAYONNAISE**

- |                            |                              |
|----------------------------|------------------------------|
| 1 level dessertspoon salt  | 1 level dessertspoon mustard |
| 1 level dessertspoon sugar | 1 level dessertspoon butter  |

Mix these ingredients very well. Then add two well-beaten eggs and 1 cup milk. Put in a double boiler and add gradually 1 cup vinegar (2 teaspoons essence to 1 cup water). Boil for 10 minutes. Cool and bottle.

*Mrs. Ray Rabinowitz.*



### PICKLED ONIONS

Clean small pickling onions and soak in salt water overnight. In the morning, pack them in bottles with bayleaves, peppercorns and a few cloves. Pour over a vinegar made up of 1 tablespoon sugar to 1 pint of vinegar. Close jars.

*Mrs. L. A. Rubinstein.*

★

### PICKLED CABBAGE

Shred cabbage very finely. Wash well. Pour boiling water over to cover and leave to cool. When cool, add white vinegar essence, salt and sugar to taste. Add 1 teaspoon carraway seeds. Improve with a few small onions added. Can be kept when bottled.

*Mrs. M. Sussman.*

★

### PICKLED GREEN CHILLIES (LARGE)

Wash and dry chillies. Fry in oil like fish and when skin bubbles up remove from fire and throw chillies into a dish of cold water. Take off flimsy skin and put chillies into a dish. Sprinkle with salt, sugar and add vinegar to taste. Can be bottled and kept in refrigerator.

*Mrs. Rebecca Rabinowitz.*

★

### FRESH CUCUMBER PICKLE

Wash 6 cucumbers. Slice thinly. Sprinkle with salt. Boil up vinegar, salt, sugar, a few bayleaves, peppercorns and about 1 dessertspoon mustard seed. While hot, pour over the sliced cucumbers. Bottle (Should have a sweet and sour taste.

*Mrs. C. I. Jacobs.*

★

### MAYONNAISE

1 egg yolk	1 teaspoon French mustard
1 teaspoon salt	$\frac{1}{2}$ pint oil

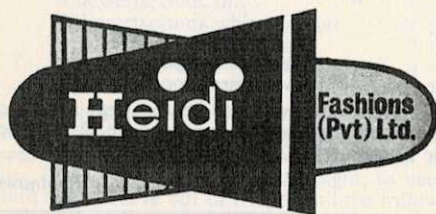
Mix egg yolk, salt and mustard well together. Add the oil drop by drop in the beginning, till mixture is well-formed. Now mix in two separate cups, lemon juice with sugar to taste, and in the other, vinegar and sugar to taste, and add these two mixtures alternately with the oil. If mixture is too thick, thin down with water or cream. Bottle.

### SAUCE TARTARE

Add to the above mixture finely-chopped spring onions (the green part), pickled cucumbers and green olives.

*Mrs. M. Taitz.*

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### BARBEQUE SAUCE

Brown onions in fat. Skin and stew 2 lb. tomatoes and add to the onions. Add tomato sauce, Worcester sauce, salt and a little sugar and vinegar to taste.

*Mrs. M. Taitz.*

★

### SALAD DRESSING

yolks of 2 hard-boiled eggs	$\frac{1}{2}$ teaspoon mustard powder
1 heaped teaspoon sugar	$\frac{1}{2}$ cup lemon juice
$\frac{1}{2}$ teaspoon salt	water or cream to mix

Mix all the ingredients well together and pour over salad. Add more sugar or lemon to taste.

*Mrs. A. H. Ralstein.*

★

### APRICOT CHUTNEY

1 lb. dried apricots	1 level dessertspoon cinnamon
1 pint vinegar	1 level dessertspoon ground ginger
1 lb. sultanas	1 heaped teaspoon pepper
$1\frac{1}{2}$ lb. onions	1 heaped teaspoon salt
1 lb. sugar	1 heaped teaspoon mustard

Wash apricots and sultanas and soak overnight in vinegar. Put fruit and onions through mincer (fine) next morning. Add spices, sugar, etc., mix well and bottle. Equally good with hot or cold meats, fish and sandwiches.

*Mrs. A. J. Lassman.*

★

### MAYONNAISE

3 egg yolks	1 teaspoon sugar
2 tablespoons lemon juice	1 teaspoon salt
2 tablespoons vinegar	$\frac{1}{2}$ teaspoon cayenne pepper
1 teaspoon mustard	$1\frac{1}{2}$ cups oil

Mix dry ingredients with the egg yolks. Add 1 tablespoon lemon juice. Next, add oil very gradually by teaspoon till the mixture thickens, beating constantly with an egg-beater. Then continue adding oil and acid alternately till they are used up. Ingredients must be cold.

*Mrs. L. Schragger.*

★

### MAYONNAISE

1 teaspoon made mustard	4 tablespoons cream
2 teaspoons sugar	2 tablespoons vinegar
$\frac{1}{2}$ teaspoon salt	

Mix all ingredients well together and serve with salad.

*Mrs. L. A. Rubinstein.*

★

### PICKLED GREEN TOMATOES

Take green tomatoes and slit the tops but do not cut through. Put in a pickle-jar with 7 small portions of garlic which have been split. Pour over salt water to cover. Place a thick piece of white bread on top and cover. Remove bread after 4 days. Keep in a sunny place for 4 days. They are ready for use in 8 days.

*Mrs. J. Graham.*



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**FRENCH DRESSING**

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 teaspoon mustard powder          | 1 teaspoon chopped chives  |
| $\frac{1}{2}$ teaspoon salt        | 1 teaspoon chopped onion   |
| $\frac{3}{4}$ tablespoons oil      | 1 teaspoon chopped parsley |
| $1\frac{1}{2}$ tablespoons vinegar |                            |

Mix all the above ingredients very well. *Mrs. Mavis Kingsley.*

**MAYONNAISE** ★

- |                              |   |
|------------------------------|---|
| 1 egg yolk                   | $\frac{1}{4}$ bottle oil (or little more) |
| 1 teaspoon made mustard      | lemon juice to taste                      |
| $\frac{1}{2}$ teaspoon salt. |   |

Mix mustard with egg yolk and add salt. Mix very well. Add oil drop by drop until mayonnaise forms. Add a little lemon juice. Continue until about  $\frac{1}{4}$  bottle oil or little more is used and add lemon to taste.

If the mayonnaise curdles, do not throw it away. Take a tiny quantity of made mustard and mix the mayonnaise into this little by little. Mayonnaise will re-form.

*Mrs. Mavis Kingsley.*

**ISRAELI SALAD** ★

- |                  |                     |
|------------------|---------------------|
| tomato           | cucumber            |
| pickled cucumber | shredded carrot     |
| shredded lettuce | fresh green peas    |
| olives           | drop of lemon juice |
| olive oil        | salt                |

Cut and mix all ingredients. Dress with lemon juice, olive oil and salt.

*Mrs. S. Kagan.*

**BANANA SALAD** ★

Slice bananas and mix with a cup of fresh cream and tomato sauce mixed together.

*Mrs. L. Emanuel.*

**AMERICAN STYLE COLE SLAW (Cabbage Salad)** ★

Shred very finely and let stand for about 2 hours in ice cubes. Dry and add very finely chopped onion (about 2 tablespoons) and one small shredded turnip (raw). Pour over small amount of white vinegar ( $\frac{1}{4}$  cup), sugar, salt and pepper to taste.

*Mrs. L. Emanuel.*

**APPLE AND BEETROOT SALAD** ★

- |                          |                    |
|--------------------------|--------------------|
| 1 large beetroot, cooked | 2 teaspoons capers |
| 2 large potatoes, cooked | oil and vinegar    |
| 2 large apples           |                    |

Cut the beetroot, potatoes and apples into dice. Add the capers and mix together. Add salt and pepper to taste and dress with oil and vinegar.

*Mrs. Magidson.*

**CELERY AND BEETROOT SALAD** ★

- |                   |           |
|-------------------|-----------|
| 1 head of celery  | salad oil |
| 1 cooked beetroot | vinegar   |

Prepare the celery and cut into rings. Peel the beetroot and dice it. Mix together, season with salt and pepper and pour over vinegar and salad oil.

*Mrs. Magidson.*

**SUGARLESS PICKLED CUCUMBERS (24 hour pickle)**

- |                               |   |
|-------------------------------|---|
| 20 small cucumbers            | 8 pints water                           |
| $\frac{1}{2}$ cup coarse salt | 1 dessertspoon pimento corns            |
| 1 dessertspoon saltpetre      | 2 tablespoons yeastmans vinegar essence |
| 20 cloves crushed garlic      |   |

Boil water, salt, pimento and half the crushed garlic. In pickling dish, place the cucumbers that have been washed and dried. Sprinkle saltpetre and balance crushed garlic. Pour the boiling mixture over the cucumbers, etc., and then add vinegar essence.

*Mrs. Heleen Graham.*

**ONION SALAD** ★

Five medium onions, boiled in salt water for 4 minutes. Run onions under cold tap to cool quickly and remain crisp.

**Dressing:**

- |                       |                             |
|-----------------------|-----------------------------|
| 1 egg                 | 2 tablespoons oil or butter |
| 2 tablespoons vinegar | 1 dessertspoon sugar or     |
| salt and pepper       | 4 saccharin                 |

Bring butter, vinegar and sugar to the boil. Beat egg, salt and pepper. Pour hot mixture over egg mixture, and return to stove. Stir over warm plate until thickened.

*Mrs. Ruth King.*

**NOTES**



## SUPPER DISHES

### CHEESE OMLETTE

1 cup milk  
2 eggs  
1 cup grated cheese  
salt and pepper to taste

Melt cheese in the milk over slow fire, add salt and pepper. Beat the eggs well and add to mixture. Bake in moderate oven in well-buttered pie dish till well browned.

*Mrs. Sophie Benyshai.*

★

### WELSH RAREBIT

First take  $1\frac{1}{2}$  cups of milk and bring to boil with 1 cup grated cheese. Stir into milk 1 dessertspoon butter and pinch red pepper. Boil until cheese melts. Thicken with little flour if too thin. Serve on hot toast.

*Phyllis Sussman.*

★

### STUFFED TOMATOES

Use large, firm tomatoes. Scoop out all the pulp and mash with Matzoh Meal or breadcrumbs, salt and pepper to taste. A dash of mustard if desired. Then stuff tomato and put a lump of butter and strong grated cheese on top. Put in Pyrex dish and bake till brown. Add just a little water in dish. Serve on toast.

*Phyllis Sussman.*

★

### SPAGHETTI AND CHEESE

$\frac{1}{4}$  lb. spaghetti  
 $\frac{1}{4}$  lb. grated cheese  
2 level tablespoons flour  
small piece of butter (about 1 oz.)  
1 pint milk  
salt, pepper mustard  
2 tomatoes

Boil spaghetti in salt water till soft. Drain well. Skin tomatoes and cook till a thick pulp. Melt butter, add flour and slowly stir in milk and boil well. Add grated cheese slowly. Add tomato pulp and spaghetti and season well. Pour into a greased pie-dish. Sprinkle with a little grated cheese and brown in a hot oven for 10 to 15 minutes.

*Mrs. Reichman.*

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### SPAGHETTI AND TOMATO SAUCE

Boil spaghetti in salt water till tender. Drain and pour cold water over it. Put into a saucepan with fried onions (fried in butter), tomato sauce and butter. Stir and cook slowly. Serve with plenty of grated cheese.

*Mrs. J. Graham.*

★

### STUFFED TOMATOES

6 large tomatoes  
3 tablespoons rice  
1 tablespoon butter  
1 slice bread, soaked in 2  
tablespoons milk  
2 hard-boiled egg yolks  
 $\frac{1}{2}$  teaspoon curry powder  
 $\frac{1}{2}$  teaspoon salt  
little pepper  
1 teaspoon chopped parsley

Cut tops from tomatoes and remove pulp. Wash rice carefully and put into saucepan with  $\frac{1}{2}$  cup boiling salt water and the tomato pulp and cook until the rice is tender.

Mash the bread and egg yolks with fork and add to rice. Add butter and seasoning. Stuff tomato shells with this mixture, replace tops and place on a baking sheet. Bake in moderate oven,  $375^{\circ}$ , until the tomatoes are soft—about 2 minutes. The curry powder may be omitted if not desired.

*Mrs. S. Benyshai.*

★

### TOMATO EGGS

Scald and slice tomatoes. Put in buttered dish. Sprinkle with sugar, salt, pepper, pinch bi-carbonate soda and little breadcrumbs and bake. If too watery when taken out, pour off juice. Then break 4 eggs carefully without breaking yolks. Pour  $\frac{1}{2}$  cup cream over and put quickly back in oven. Bake till eggs are set.

*Mrs. L. A. Rubinstein.*

★

### CURRIED EGGS

Fry onions (sliced) in butter. Season with salt and pepper. Add 1 tablespoon curry powder, lemon juice and sugar to taste. Add enough water to make gravy and simmer slowly for a few minutes. Cut hard-boiled eggs in halves, place into the gravy and simmer till eggs are hot. Serve on boiled rice, with chutney.

*Mrs. A. H. Ralstein.*

★

### BAKED HERRING

Parboil large potatoes in their jackets, then cut off tops and scoop out inside. Put a piece of pickled herring inside, add a piece of butter and put into the oven to bake. Serve on toast with scrambled egg.

*Mrs. E. Katz.*

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## SAVOURY EGGS

Take individual Pyrex dishes and melt butter in each. Then sprinkle with grated cheese. Break an egg into each and season with pepper and salt. Sprinkle cheese on top and fill dishes with cream. Bake in a moderate oven for about 15 minutes.

*Mrs. W. Treger.*

★

## SAVOURY FRIED EGGS

Slice some tomatoes and onions and simmer in a pot for about  $\frac{1}{2}$  hour till soft. Then turn into a buttered pan. Break in a few eggs and fry. Serve on toast.

*Mrs. E. Katz.*

★

## EGG, CHEESE AND POTATO DISH

Butter a Pyrex dish. Put in a layer of mashed potatoes, then a layer of grated cheese, slices of hard-boiled eggs and sliced tomatoes. Add dabs of butter and top with mashed potato to cover. Sprinkle with breadcrumbs or Matzoh Meal, dabs of butter and bake in a slow oven till golden brown.

*Mrs. J. Graham.*



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## COLD PUDDINGS

### SHEIL'S HONEYCOMB SPONGE

Make a jelly. Add  $\frac{1}{2}$  tin condensed milk and mix well. When cool whip in the white of an egg which has been beaten stiff, fold in lightly. Put into mould to set.

*Mrs. S. Benyshai.*

★

### ORANGE PUDDING

4 teacups orange juice	1 cup sugar (to taste)
2 teacups water	1 level tablespoon gelatine
grated rind of 2 oranges	3 egg yolks, beaten
	3 egg whites, beaten

Mix orange juice, water, rind and sugar, and bring to boil. Dissolve gelatine in a little cold water and add. When boiling add beaten egg yolks. Remove from stove, and pour mixture on to the well-beaten whites. Fold in well. Set in a glass dish. Serve with cream or custard.

#### Custard

1 level tablespoon Custard powder	1 pint milk, plus extra to mix the powder
1 well-beaten whole egg vanilla	sugar to taste

Boil pint milk, and sugar. Add Custard powder, dissolved in extra cold milk. Pour half the boiling milk on to the beaten egg, which must be beaten foamy, and return to pot. Mix well for a few minutes. Add vanilla.

*Sister A. Tomlinson.*

★

### STUFFED BAKED APPLES

4-5 even sized apples	3 ozs. sugar
2 tablespoons red jam	1-2 tablespoons boiling water
3 eggs (separated)	3 ozs. grated almonds
$1\frac{1}{2}$ ozs. flour	

Peel and core apples, leaving them whole. Fill with jam. Whisk egg yolks, sugar and water for 10 minutes. Add grated almonds and flour to mixture. Fold in stiffly-beaten egg whites. Pile this mixture round the apples in a Pyrex dish. Bake in a moderate oven (350°) for 30-45 minutes.

*Mrs. Mirriam Gordon.*

★

### CHOCOLATE RUM PUDDING

4 ozs. chocolate (or 1 large slab)	$1\frac{1}{2}$ cups boiling water
4 eggs (separated)	1 level tablespoon gelatine
1 tablespoon sugar	1 tablespoon rum

Beat egg yolks with sugar. Add this to chocolate melted with water and gelatine. Mix with stiffly-beaten whites. Add rum. Set in refrigerator.

*Sister A. Tomlinson.*

★

### AMERICAN LEMON ICE CREAM PIE

Crush about 2 cups cornflakes and mix with  $\frac{1}{4}$  lb. melted butter and a little sugar. Press into a large pie dish as crust and put into frig. until hard.

Mix together 2 cartons vanilla ice cream with one tin of "Frozen lemonade" (frozen lemon juice obtainable at frozen food counters). Before mixing let the ice cream get mushy but not melted. Pile into pie crust and keep in frozen section of frig. until about 10 minutes before needed.

*Mrs. L. Emanuel.*







**GRENADILLA PUDDING**

1 pint water	12-14 grenadillas
1 cup sugar	3 heaped dessertspoons maizena
2 egg whites	

Boil sugar and water. Prepare grenadillas and mix to thin cream with maizena. Add to syrup and boil for 5 minutes. Put through sieve, when cool fold in stiffly beaten egg whites. Chill.

*Mrs. R. Salmon.*

★

**BARBARA DESSERT**

Cook whatever fruit you are using with enough sugar to make it sweet. Rub through a sieve and add a small tin of condensed milk, mix well and serve a little whipped cream on to which add a finishing touch to this dessert.

*Mrs. Sophie Benyshai.*

★

**EASY ICE CREAM**

3 level dessertspoons custard powder	1 dessertspoon cocoa
½ pint cream	1 teaspoon vanilla
	1 pint milk

Make 1 pint custard adding cocoa and vanilla essence. Put in freezer for about 1 hour. Turn out into mixing bowl. Add cream. Beat until light. Freeze.

*Mrs. S. Kagan.*

★

**LIGHT CHOCOLATE PUDDING**

5 eggs	1 dessertspoon cocoa or any other flavour
1 cup sugar	1 dessertspoon gelatine
½ cup wine or rum	

Dissolve gelatine in ½ cup boiling water. Add cocoa and put aside to cool. Beat egg whites with sugar until very stiff. Cream yolks, wine and gelatine mixture and add to stiffly beaten whites and continue beating for 2 minutes. Pour into mould to set.

*Mrs. S. Kagan.*

★

**MOUSSE AU CITRON (For 5-6)**

3 eggs	6 ozs. castor sugar
grated rind and juice (strained) of 2 small lemons	1 level dessertspoon gelatine (¼-½ oz.)
3-4 tablespoons water	1½ gills cream, partially whipped
a little extra whipped cream and chopped browned nuts for decorating	

Separate yolks and whites of eggs. Work the sugar into the yolks by degrees. Then add lemon rind and juice.

Whisk over gentle heat until thick and mousse-like. Remove and whisk for a few minutes longer.

Then dissolve gelatine in the water, add to mixture. Whip whites to a firm snow. Fold the cream into the mousse and lastly the egg whites. Turn at once into a prepared souffle case, and put aside to set. Peel off paper carefully, pipe top with cream, etc.

*Mrs. Phyllis Sussman.*

**ORANGE AND LEMON FRIDGE CAKE**

2 packets finger biscuits	4 eggs
¾ cup sugar	1 tablespoon orange peel
¼ teaspoon lemon peel	¼ cup orange juice
¼ cup lemon juice	¼ cup orange juice
1 tablespoon gelatine	pinch salt

Mix 4 egg yolks with sugar, the juices and the peels put in double cooker and boil until mixture coats the spoon, then add gelatine which has been dissolved in ¼ cup orange juice. When slightly cool fold in whites beaten stiffly to which a pinch of salt has been added. Butter dish and arrange a layer of biscuits, add layer of mixture. Repeat until both mixture and biscuits are finished. Leave in refrigerator for 24 hours before serving.

*Mrs. Pearl Leiserowitz.*

★

**EGYPTIAN SOUFFLE**

2 eggs	3 teaspoons lemon juice
1 small cup water	½ small cup of any fruit juice
2½ teaspoons gelatine	1 small cup castor sugar

Separate eggs. Beat yolks with sugar and fruit juices very well. Heat gelatine in water and when cool, strain into mixture. When almost set, mix in stiffly-beaten egg whites.

*Mrs. Ben Baron.*

★

**ORANGE CREAM**

1 large coffeecup hot water	sugar to taste
1 large coffeecup orange juice	2 dessertspoons gelatine
grated rind of 1 or 2 oranges	3 eggs

Mix water, orange juice and rind. Add sugar to taste. Dissolve gelatine in a little boiling water, add to mixture and bring all to boil. Add egg yolks and when boiling, leave a few minutes. Pour mixture over well-beaten egg whites. Set in mould.

*Mrs. Ben Baron.*

★

**ICE CREAM**

3 eggs	¾ cup sugar
1 cup milk	vanilla essence
1 pint cream	

Beat egg yolks and sugar well. Add milk, cream, vanilla and lastly, stiffly-beaten egg whites. Freeze.

*Mrs. L. Schragger.*

★

**COFFEE PUDDING**

6 sponge fingers	yolks of 2 eggs
2 ozs. butter	2 ozs. castor sugar
4 tablespoons strong clear coffee	

Beat butter to a cream and add eggs and sugar. Add coffee little by little until the whole mixture is well-mixed and smooth. Take a plain mould and in the bottom arrange a layer of sponge fingers, then a layer of the mixture and so on until all is used up. Let it set for some hours and then turn out and cover with whipped cream and decorate with almonds.

*Mrs. Ben Baron.*



**STRAWBERRY CHIFFON PIE**

1 tray fresh strawberries	1 teaspoon lemon juice
4 eggs	$\frac{1}{2}$ lb. pkt. Finger biscuits
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ cups boiling water
1 pkt. Strawberry or other red jelly	

Line a deep pie-dish with finger biscuits and strawberries. Dissolve jelly in boiling water. Cool. Beat yolks and  $\frac{1}{2}$  the sugar very well, till spongy. Add juice. Steam in double cooker for 5 minutes. Add jelly. Beat whites and remaining sugar to fluffy meringue. Fold in cooled jelly mixture; pour over biscuits and strawberries. Chill 1 hour. Decorate with strawberries.

Mrs. V. Zacks.

★

**ORANGE CUSTARD**

2 large cups orange juice	1 pkt. yellow jelly
1 large cup water	1 tablespoon custard powder
2 eggs	sugar to taste

Take  $\frac{1}{2}$  cup water or juice and mix in jelly powder and custard to smooth paste. Bring remaining juice and water to boil. Add mixture and sugar to taste and boil another 5 minutes. Remove from stove and add well beaten yolks. Cool. Add stiffly beaten whites. Mould and set.

Mrs. V. Zacks.

★

**DELICIOUS ALMOND PUDDING**

Beat 6ozs. butter with 4ozs. caster sugar.

Add in this order:— (1) 4 egg yolks  
(2) 6 ozs. ground almonds  
(3) brandy to taste  
(4)  $\frac{3}{4}$  cup made custard  
(5) 4 stiffly beaten egg whites

Dip boudoir biscuits or sponge cake in a mixture of milk and brandy, and arrange in layers on a platter with the above mixture in between the layers. Then cover the whole arrangement with the mixture, and chill. Serve with whipped cream and chopped nuts.

Mrs. Paula Fischer.

★

**CHOCOLATE MOUSSE**

3 ozs. dark chocolate	rum or brandy
3 eggs	

Cut the chocolate into small squares, and melt in top of double boiler. Separate eggs. Add slightly beaten yolks to melted chocolate and stir in, away from stove. Add a little rum or brandy. Whisk egg whites well till stiff and dry, and gently fold into mixture. Set in bowl.

Mrs. V. Zacks.

★

**CHOCOLATE PUDDING**

5 eggs, separated	1 cup sugar
$2\frac{1}{2}$ -3 tablespoons cocoa	1 dessertspoon gelatine dissolved
1 teaspoon vanilla	in $\frac{1}{4}$ cup hot water

Dissolve cocoa in small amount of cold water, till it is a smooth paste, lump free. Cream egg yolks and sugar well. Add chocolate mixture and gelatine. Cool. Whip up egg whites stiffly. When choc mixture is cooled, add vanilla and fold in egg whites.

Mrs. V. Zacks.

**STRAWBERRY CREAM**

2 cups strawberries	juice of 1 orange
$\frac{1}{4}$ cup water	$1\frac{1}{2}$ level dessertspoons gelatine
1 cup cream	sugar to taste

Wash strawberries and rub through sieve. Add sugar and orange juice. Mix gelatine in water and dissolve over hot water. Mix with strawberry mixture. Stand in ice cubes and stir till nearly set. Then fold in whipped cream. Set in a mould. Turn out and decorate with strawberries.

Mrs. A. H. Ralstein.

★

**COFFEE CREAM**

$\frac{1}{2}$ pint custard	$\frac{1}{4}$ cup water
$\frac{1}{2}$ pint cream	2 tablespoons sugar to taste
3 or 4 tablespoons very strong coffee	1 teaspoon lemon juice
1 level tablespoon gelatine	greengage jelly

Make jelly in usual way with 2 cups hot water. Pour a little into the bottom of a rinsed mould and decorate with fruit or cherries. Set rest of jelly in a shallow mould. Dissolve gelatine in the cold water over hot water. Mix it with the cooled custard, coffee, lemon juice and sugar to taste. Then whip the cream and fold it in. Pour into the decorated mould when the jelly has set, and chill. Unmould and serve with the chopped greengage jelly as a garnish.

Mrs. A. H. Ralstein.

★

**CUSTARD DELIGHT**

$\frac{1}{2}$ pint milk	lemon essence to taste
2 egg yolks	2 or 3 bananas, mashed
3 ozs. sugar	1 tablespoon apricot jam
$\frac{1}{2}$ oz. gelatine	2 tablespoons whipped cream
	or ideal milk

Bring milk to the boil and pour over the egg yolks well mixed with the sugar. Stir over the fire till thick without boiling. Add the dissolved gelatine. Mix in the banana, jam, essence and cream. Turn into a mould and set.

Mrs. A. H. Ralstein.

★

**CREME DE MENTHE PEARS**

Make a syrup of 3 cups sugar and 2 cups water. Boil well. Add colouring to make it emerald green. Flavour with peppermint essence. Drop whole peeled pears into the syrup. Cook until tender and transparent and tinted green. Pack fruit boiling hot into hot ball jars. Fill to overflowing with the boiling syrup and seal immediately. Serve with cream. (Will keep indefinitely).

Mrs. A. H. Ralstein.

★

**PINEAPPLE MOUSSE**

1 tin Ideal milk (unsweetened)	1 dessertspoon gelatine
1 small tin pineapples	$\frac{1}{4}$ cup boiling water

Before starting this pudding, put the unopened tin of milk in a pot of boiling water and boil up for 20 minutes. Then cool tin and put in refrigerator, still unopened. Leave overnight. Next morning, whip milk till frothy. Chop pineapple and add to milk with 1 cup of the fruit juice. Dissolve gelatine in boiling water and add to mixture. Beat all again very well. Pour into glass dish and when set, decorate with nuts, cherries and pineapples. Does not turn out.

Mrs. R. G. Fredman.



**COLD LOGANBERRY PUDDING**

Empty a can of loganberries into a dish, and add sugar to taste. Dissolve a heaped dessertspoon of gelatine in  $\frac{1}{4}$  cup of cold water, and dissolve over hot water, then add to the loganberries. Add 2 well beaten egg whites. Then fold in 1 large cup of whipped cream or Orley Whip with sugar and vanilla essence. Set in refrigerator. Does not turn out.

Mrs. V. Zacks.

★

**ORLEY WHIP ICE CREAM**

3 eggs  $\frac{1}{2}$  cup sugar  
1 pkt. Orley Whip (half of pack)

Beat the Orley Whip. Separate eggs and beat yolks well with sugar. Add desired flavouring. Lastly fold in beaten egg whites and freeze.

Mrs. V Zacks.

★

**CREME CARAMEL**

2 whole eggs and vanilla — few drops  
2 yolks  $\frac{3}{4}$  pint milk  
2 tablespoons caster sugar

Caramel:

3 tablespoons sugar 2 tablespoons water

Beat eggs and sugar. Warm milk and add. Add vanilla. Make a caramel of the sugar and water, and coat a cake tin with it. Then pour in the custard, and stand in a pan of water (about  $1\frac{1}{2}$ " of water). Bake at 350° about 1 hour. Cool, and turn out.

Mrs. E. R. Thal.

★

**GRAND MARNIER SOUFFLE**

Soak a round of sponge cake in Grand Marnier. Gently pour over it, the following mixture:—

Beat 6 egg yolks with 6 ozs. caster sugar till creamy. Add 1 oz. gelatine soaked in boiling water, till cool. Add  $\frac{1}{2}$  pint whipped cream flavoured either with Grand Marnier or Van der Hum. Lastly, fold in stiffly beaten egg whites, and chill.

Mrs. Paula Fischer.

★

**CARAMELISED PEACHES**

Peaches Cream Brown sugar

Peel and slice peaches and place in colander for about 1 hour to let excess juice drop away. Whip cream until stiff. Place fruit in fire-proof souffle dish. Spread whipped cream on top, and cover with  $\frac{1}{2}$ " soft brown sugar. Chill in fridge overnight. A moment before serving, place dish under grill and caramelize. Serve at once. Good with coffee ice cream.

★

**ORANGE BAVANA CREAM**

$1\frac{1}{2}$  tablespoons gelatine dissolved in  $\frac{1}{4}$  cup cold water, then add  $\frac{1}{2}$  cup boiling water.

Add  $1\frac{1}{2}$  cup sugar  $\frac{1}{4}$  cup lemon juice  
1 teaspoon grated orange rind 1 cup orange juice and pulp

Chill the above, then add 3 egg whites, stiffly beaten, and lastly add 1 cup whipped cream. Chill before serving.

Mrs. Paula Fischer.

**FRUIT AND MILK COCKTAIL**

1 2-lb. tin canned fruit 1 tin Ideal milk (unsweetened)  
1 pkt. jelly powder (cherry or raspberry) Keep tin in refrigerator  $\frac{1}{2}$  hour before using

Take the juice of the fruit and heat it. Dissolve jelly in the juice. Beat the milk and add to the jelly and juice after it has been cooled. Mix slowly. Lastly, fold in the fruit. Put in mould to set. Turn out and trim with whipped cream, cherries and almonds.

Mrs. Feldman.

★

**MARSHMALLOW PUDDING**

$\frac{1}{2}$  lb. marshmallows (melted with 2 tablespoons milk)

Add  $\frac{1}{2}$  cup strong black coffee. When cold, stir in 1 cup whipped cream and  $\frac{1}{2}$  cup chopped nuts if liked. Set in mould. Turn out and decorate with whipped cream.

Mrs. S. Barnet.

★

**RUSSIAN CREAM**

Beat 3 egg yolks till creamy with 4 ozs. Castor sugar. Add 1 dessertspoon coffee essence. Whip 1 pint of cream and mix in. Add 1 tablespoon rum. Chill.

Mrs. N. Blake.

★

**GRENADILLA PUDDING**

$1\frac{1}{2}$  cups grenadilla pulp 2 level dessertspoons gelatine  
sugar to taste 1 egg white  
 $\frac{1}{2}$  cup cream

Dissolve gelatine. Sweeten grenadilla pulp to taste and add gelatine. Stir over ice until on point of setting, then fold in cream and stiffly-beaten egg white.

Mrs. L. Gruber.

★

**GRENADILLA PUDDING**

juice of 6 (or more) grenadillas pinch salt  
if liked 1 tablespoon self-raising flour  
juice of 2 large oranges 1 cup cold water  
juice of 1 lemon 1 tablespoon gelatine  
1 cup sugar 1 cup boiling water

Strain grenadilla juice and add orange and lemon juices, sugar and salt. Blend flour with cold water. Melt gelatine with boiling water. Bring all to the boil. Leave to cool, then beat till white and frothy. This takes about  $\frac{1}{2}$  hour as it has to be beaten till thick. Put into refrigerator and set. If any jelly when set, it has not been beaten sufficiently.

Mrs. Ben Baron.

★

**FRIGIDAIRE PUDDING**

$\frac{1}{2}$  lb. sponge fingers 1 teaspoon vanilla  
2 tablespoon cocoa  $\frac{1}{2}$  pint cream  
2 tablespoons sugar  $\frac{1}{2}$  cup boiling water

Place the biscuits flat in a dish. Mix together cocoa, sugar and water and add vanilla and cool. Whip cream slightly and add 2 tablespoons to the cocoa mixture. Crumb  $\frac{1}{2}$  cup biscuits and fill spaces between the layer of biscuits in dish. Pour in mixture. Then whip remaining cream and spread on top. Sprinkle remainder of crumbs mixed with chopped walnuts on top. Put in refrigerator for 12 hours.

Mrs. B. Lange.



**GELATINE LEMON CHIFFON PIE**

- |                               |                                 |
|-------------------------------|---------------------------------|
| A baked pie shell             | 4 beaten egg yolks              |
| 1 tablespoon gelatine         | 1 teaspoon grated lemon rind    |
| $\frac{3}{4}$ cup water       | 4 egg whites                    |
| $\frac{1}{2}$ cup sugar       | $\frac{1}{2}$ cup sugar         |
| $\frac{1}{2}$ cup lemon juice | 1 cup heavy cream or Orley Whip |
| $\frac{1}{2}$ teaspoon salt   |                                 |

Prepare a baked pie shell. Soak gelatine in  $\frac{1}{2}$  cup water. Combine, stir, and cook in double boiler till consistency of custard, the following:—

$\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup lemon juice, salt and beaten yolks.

Stir in the dissolved gelatine and 1 teaspoon lemon rind. Cool. Whip egg whites till stiff and beat in very slowly  $\frac{1}{2}$  cup sugar. In separate bowl beat till stiff the cream or Orley Whip. When custard begins to thicken, beat it with a wire whisk until it is fluffy. Fold in the egg whites. Fold in the cream. Fill the pie shell. Chill pie thoroughly before serving.

*Mrs. V. Zarks.*

★

**ONE THOUSAND TREASURES DESSERT**

In a double boiler, cook:—

- |                       |                               |
|-----------------------|-------------------------------|
| 3 beaten egg yolks    | 2 tablespoons sugar           |
| 2 tablespoons vinegar | 2 tablespoons pineapple syrup |
| 1 tablespoon butter   | pinch of salt                 |

Stirring constantly until thickened. Cool, and stir in the following selection of fruits:—

- |                         |                                 |
|-------------------------|---------------------------------|
| 2 cups drained cherries | 2 cups drained pineapple chunks |
| 2 cups mandarin oranges |                                 |

Fold in 2 cups miniature marshmallows, and 2 cups whipped cream. Refrigerate for 24 hours before serving. Serve in a glamorous crystal bowl.

*Mrs. Edith Levin.*

★

**BANANA AND GUAVA MOUSSE**

1 tin Ideal Milk (unsweetened)

Bring to boil and boil for 10 minutes, unopened. Cool and put in fridge for 3-4 hours.

- |                              |                      |
|------------------------------|----------------------|
| 4 bananas                    | 1 small tin guavas   |
| juice of $\frac{1}{2}$ lemon | 2 teaspoons gelatine |

Whip milk. Mash bananas and pour on lemon juice. Mash all but 2 halves of guavas. Dissolve gelatine in a tablespoon of boiling water, and add guava juice to make  $\frac{3}{4}$  cup liquid only. Add all to milk, and whip all together with beater. Put in a glass bowl to set. Trim with remaining guavas, cut up, and cherries.

*Mrs. Sheila Fredman.*

★

**CREME CARAMEL**

**Caramel:**

- |                     |                     |
|---------------------|---------------------|
| 6 eggs              | 4 tablespoons sugar |
| 2 pints milk        | 2 tablespoons water |
| 4 tablespoons sugar |                     |
| vanilla             |                     |
| pinch salt          |                     |

**To make caramel.**—Put sugar and water in a pan, or in a 10 inch deep cake tin, in which you can make the custard. Do not mix. Leave to caramelize, then swill round the tin.

**To make custard.**—Beat eggs and add sugar — do not beat too fluffy. Add milk, salt and vanilla, and stir in by hand. Strain. Do not over-beat. Pour this mixture on the caramel. Stand in a pan with about  $1\frac{1}{2}$  inches of water, and bake at 350° for about 1 hour. Leave to cool, and turn out on a glass plate with a rim, the caramel forming a loose sauce.

**FAIRY RING**

- |                                  |   |
|----------------------------------|---|
| 1 lb. strawberries               | 1 gill cold water ( $\frac{1}{4}$ pint) |
| 6 marshmallows                   | 1 gill Castor sugar                     |
| 2 dessertspoons gelatine         | 2 tablespoons icing sugar               |
| $\frac{1}{4}$ pint walnuts       | 2 tablespoons lemon juice               |
| $\frac{1}{2}$ pint chopped apple | $\frac{1}{2}$ pint cream                |

Soak gelatine in cold water until soft. Heat prepared sieved strawberries in top of double boiler. Turn into a basin and add gelatine, lemon juice and Castor sugar. Leave till cold and when mixture begins to thicken, add half the cream beaten to a stiff froth. Place mixture in a wet border mould and leave till set. When required, turn out. Beat remainder of cream and stir in sifted icing sugar, chopped apple, chopped marshmallows and minced walnuts. Pile lightly into centre of ring.

*Mrs. A. H. Ralstein.*

★

**PINEAPPLE SOUFFLE**

- |                              |  |
|------------------------------|--|
| 1 tablespoon gelatine        | $\frac{1}{2}$ cup sugar                    |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ teaspoon salt                |
| 3 eggs, separated            | $\frac{3}{4}$ cup crushed canned pineapple |
| 1 teaspoon grated lemon rind |  |
| 2 tablespoons lemon juice    | $\frac{1}{2}$ cup cream, whipped           |

Soften gelatine in water for 5 minutes. Beat egg yolks slightly and add grated rind, lemon juice, sugar and salt. Cook in double boiler, stirring all the time, until mixture thickens. Add gelatine and stir until dissolved. Add pineapple, and cool.

When mixture begins to thicken, fold in whipped cream and stiffly-beaten egg whites. Turn into a mould and chill. Turn out and garnish as required.

*Mrs. A. H. Ralstein.*

★

**ICE CREAM**

- |                     |                          |
|---------------------|--------------------------|
| 2 eggs, separated   | $\frac{1}{2}$ pint cream |
| 2 tablespoons sugar | vanilla essence          |

Beat egg yolks well with sugar. Add vanilla. Fold in stiffly-beaten whipped cream and lastly, fold in beaten egg whites. If liked, 2 tablespoons milk can be added. Pour into freezing tray in refrigerator and freeze.

*Mrs. A. H. Ralstein.*

★

**RICH CHOCOLATE PUDDING**

- |                     |   |
|---------------------|---|
| 4 egg yolks         | $\frac{1}{2}$ lb. slab of plain chocolate |
| 7 egg whites        | 1 tablespoon brandy                       |
| 4 tablespoons sugar |   |

Beat egg yolk thoroughly with the sugar. Dissolve chocolate in top of double boiler, to which add the egg and sugar mixture. Add the brandy. Stir well. Remove from fire and fold in stiffly-beaten whites. Mould and chill. This can be served with chopped nuts, canned fruits, etc.

*Mrs. Becky Marks.*

★

**GONE WITH THE WIND**

- |                         |                          |
|-------------------------|--------------------------|
| 1 packet jelly powder   | $\frac{1}{2}$ cup sherry |
| 1 cup boiling water     | 1 cup fruit juice        |
| $\frac{1}{2}$ cup sugar | 1 tin chilled Ideal milk |

Dissolve jelly in boiling water. When cool, add sugar, sherry and fruit juice. Beat the milk and add to the jelly mixture. Freeze in refrigerator.

*Mrs. L. Gruber.*



**CHOCOLATE PUDDING**

1 large slab bitter chocolate  
3 tablespoons cream

4 eggs  
vanilla

Melt chocolate and cream over hot water. Take off stove, and add well beaten egg yolks. Add little vanilla essence, and beat very well. Then fold in stiffly beaten egg white. Put into a glass bowl, and put in fridge.

*Mrs. E. R. Thal.*

★

**ORANGE PUDDING**

1 pkt. Boudoir biscuits  
2 cups orange juice  
3 tablespoons caster sugar

1 dessertspoon custard powder  
3 eggs, separated  
½ cup sugar

Line a pyrex dish with biscuits, and moisten with a little of the orange juice. Add slightly beaten egg yolk to the orange juice, and add ½ cup sugar, and the custard powder. Boil to a custard, stirring. Pour hot over the biscuits, and leave to set. Beat the egg whites stiffly with 3 tablespoons caster sugar, and spread on top of the set pudding. Bake to a brown meringue (soft). Can be served hot or cold.

*Mrs. D. Ralstein.*

★

**FRUIT PUDDING**

1 tin Ideal Milk  
2 tablespoons sugar  
½ pint cream

1 lb. tin fruit cocktail  
1 teaspoon gelatine dissolved  
in little hot water

Put tin of milk in fridge for 24 hours. Then beat the milk well with 2 tablespoons sugar. Beat cream, and fold in. Drain the fruit, and fold into the mixture. Add dissolved gelatine. Set in fridge, and decorate with chopped nuts, etc.

*Mrs. Ruth Jacobson.*

★

**MINT CHOCOLATE SURPRISE**

1 family size brick of  
ice cream

1 flakey bar  
cherries and nuts

2 peppermint crisp bars

Allow ice cream to soften (not melt). Crush peppermint crisps and mix into ice cream. Set in mould or freezer tray. Just before serving turn out, and decorate with crushed flakey bar, nuts and cherries.

*Mrs. Edith Levin.*

★

**PEAR DESSERT**

1 pkt. lemon jelly  
1 bottle ginger ale

1 cup water  
cherries

Dissolve jelly powder in hot water, and add ginger ale. Leave to set. When nearly set pour over strained pears, cut side up in a flat dish, and put a cherry in each hollow. When set cut in squares. Serve with custard made from juice of pears.

*Mrs. Anne Moss.*

★

**MARSHMALLOW SPONGE**

1 tin Ideal or Carnation  
Evaporated Milk

1 pkt. Red jelly  
Glace Cherries

10 marshmallows — assorted colours

Chill milk well. Make jelly using 1 large cup water. Cut marshmallows and cherries. Beat milk up well until thick, fold in nearly set jelly, and add cut pieces of marshmallows and cherries. Leave some to decorate top. Chill.

*Mrs. Anne Moss.*

**STRAWBERRY BAVARIAN CREAM**

sponge fingers  
1 packet strawberry jelly  
1 pint boiling water

1 lb. strawberries, cleaned and  
sieved  
½ pint cream

Dissolve jelly in boiling water. Line a dish with sponge fingers and pour a little jelly over them. Allow rest of jelly to cool—not set. Fold sieved strawberries into jelly. Whip cream and fold in. Pour all into the dish and allow to set.

*Mrs. L. Gruber.*

★

**SHERRY FLUFF**

1 tin Ideal milk (refrigerated  
overnight)

½ wine glass sherry  
1 pkt. jelly powder (any flavour)  
1 cup boiling water

Dissolve jelly in boiling water and allow to partly set. While the jelly is setting, beat up the Ideal milk until it is thick and frothy. Add the partly set jelly to the milk and beat well again. Then add the orange juice and sherry and beat in well. Pour into a dish and decorate top as desired with cherries, hundreds and thousands, etc. Put in refrigerator until ready to serve.

*Mrs. H. Bernstein.*

★

**STRAWBERRY LOAF**

Take a long-shaped sponge cake. Cut off one end and scoop out centre of cake, being careful not to break the cake shell. Crumb the scooped out part and mix it with 1 cup whipped cream and 1 cup sweetened strawberries (or any other fruit). Pack into the cake shell and chill. Cut into slices and serve with custard.

*Mrs. L. A. Rubinstein.*

★

**CHOCOLATE PUDDING**

1½ packets sponge fingers  
6 eggs

2 slabs plain chocolate  
1 small tumbler sherry

Melt chocolate with 1 tablespoon water in the top of a double boiler. Remove from stove and add beaten yolks of eggs and sherry. Then fold in stiffly-beaten egg whites. Line a shallow dish with the finger biscuits and pour the mixture over. Allow to set in refrigerator and trim with whipped cream and walnuts.

*Mrs. B. Lobel.*

★

**APRICOT CREAM**

½ pint cream  
½ oz. gelatine  
2 tablespoons syrup from apricots  
1 tablespoon milk

¼ pint sieved apricots  
2 ozs. sugar  
few drops almond essence

Dissolve gelatine in milk. Add fruit syrup and allow to cool. Whisk cream till it thickens and add fruit gradually. Add sugar and cooled gelatine. Keep stirring gently until it starts to set. Mould and set

*Mrs. A. H. Ralstein.*

★

**GRENADILLA PUDDING**

1 lb. grenadilla pulp  
3 ozs sugar

2 tablespoons sherry  
½ pint cream

Mix fruit, wine and sugar to taste. Fold this mixture gradually into whipped cream. Freeze and decorate with chopped nuts, etc.

*Mrs. M. Sussman.*



**QUICK PINEAPPLE PUDDING**

- |                               |                             |
|-------------------------------|-----------------------------|
| 2½ tumblers pineapple juice   | 1 tablespoon custard powder |
| 1 pkt. pineapple jelly powder | 3 eggs, separated           |
| 6 dessertspoons sugar         |                             |

Beat yolks and sugar in a pot. Add custard powder, jelly powder, and pineapple juice, and boil. Cool, and fold in beaten egg whites. Set in a glass bowl.

*Mrs. D. Ralstein.*

★

**GRENADILLA TART**

Use any pastry base, or one made of marie biscuits, then leave some crumbs for top.

- |                            |                    |
|----------------------------|--------------------|
| 1 tin Grenadilla pulp      | 1 pkt. lemon jelly |
| 1 tin sweet condensed milk |                    |

Make jelly with 1 cup boiling water. Chill milk. When jelly is cool, whip in milk and fold in grenadilla pulp. If shell is being baked it must be baked blind and when cool add grenadilla mixture. Pudding can be served without pastry.

*Mrs. Anne Moss.*

★

**ORANGE PUDDING**

- |  |               |
|--|---------------|
| 1 breakfast cup orange juice                           | ½-¾ cup sugar |
| 1 cup cold milk  | vanilla       |
| 3 teaspoons gelatine, dissolved in 1 cup boiling water |               |

Prepare gelatine and water, and while cooling mix sugar well into orange juice. Juice of a lemon can also be added. Then add cooled gelatine and water, and put in glass bowl to set. When nearly set, blend in 1 cup milk and vanilla essence. Can be beaten up well. Decorate.

*Mrs. Anne Moss.*

★

**LEMON FREEZE (serves 8)**

- |                                  |                            |
|----------------------------------|----------------------------|
| 2 eggs                           | 3 tablespoons sugar        |
| 1 can (14 oz.) condensed milk    | ¾ cup cornflakes crumbs or |
| ¼ cup fresh lemon juice          | biscuit crumbs             |
| ½ teaspoon grated lemon rind     | 2 tablespoons sugar        |
| ¼ cup melted margarine or butter |                            |

1. Combine crumbs, sugar (2 tblsp.) and melted butter. Line ice cube tray or 8" pie dish. Keep 2 to 4 tablespoons crumb mixture for the topping. Press the crumbs firmly to sides of dish.
2. Beat egg yolks until thick and lemon coloured. Combine with condensed milk. Add lemon juice and peel, and stir over hot water until thickened. Cool.
3. Beat egg whites until stiff, and beat in sugar. Fold into yolk mixture gently, and pour into crumb lined pan. Sprinkle with reserved crumbs. Freeze until firm. Turn out and decorate. Cut into wedges or bars to serve. May be garnished with fresh berries.

If frozen very hard, set pan on hot wet towel for a few minutes before cutting.

*Mrs. Lorna Kluk.*

★

**TRIFLE**

Line a dish with Boudoir biscuits, and spread with apricot jam. Moisten biscuits with sherry, and sprinkle with chopped walnuts. Top with 1 pint custard, and decorate with whipped cream, to which has been added ½ egg white, stiffly beaten, and a little sugar to taste.

*Mrs. Arlene Barnett.*

**EASY CHOCOLATE PUDDING**

- |   |                      |
|---|----------------------|
| 6 eggs  | 2 teaspoons gelatine |
| ½ lb. slab Cadbury's Bournville Chocolate (Plain) | 2 tablespoons sugar  |

Separate yolks and whites. Beat yolks well with sugar till creamy. Melt chocolate with 2 tablespoons cold water. Dissolve gelatine in 2 tablespoons cold water over hot water. Add chocolate to yolks and add gelatine. Fold in stiffly-beaten egg whites.

*Rose Gordon.*

★

**GRENADILLA DELICIA**

- |                            |                       |
|----------------------------|-----------------------|
| 1 small cup sugar          | 2 eggs                |
| 1 tablespoon butter (1 oz) | 1 cup milk            |
| 2 tablespoons flour        | pulp of 6 grenadillas |

Cream butter and sugar. Add flour. Add yolks of eggs, then fruit pulp. Then add milk slowly, stirring all the time. Lastly, add stiffly-beaten egg whites. Pour into greased pie dish. Stand in a dish of hot water and bake 30 minutes in moderate oven of 375°, then lower. Serve either hot or cold.

*Mrs. H. Fox.*

★

**ICE CREAM**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 tin Ideal milk (unsweetened)   | 1 cup milk                  |
| 1 tin condensed milk (sweetened) | 2 teaspoons vanilla essence |

Put all ingredients into bowl and beat well for 10 minutes. Put in refrigerator tray and after 15 minutes mix through and replace in refrigerator.

*Sheila Fredman.*

★

**COFFEE CARAMEL ICE CREAM**

- |                           |                    |
|---------------------------|--------------------|
| 1½ cups milk              | salt               |
| 2 tablespoons Nescafe     | 1½ cups cream      |
| 1 cup sugar               | 1 teaspoon vanilla |
| 2 egg yolks (well beaten) |                    |

Combine milk and coffee and scald. Put ¼ cup sugar into a heavy saucepan and brown slightly. Then add milk and coffee. Cream yolks with remaining sugar and pinch salt. Then add hot coffee caramel mixture slowly. Add vanilla and stiffly-beaten whipped cream when mixture slightly chilled.

*Mrs. Arthur Kaplan.*

★

**ORANGE SNOW**

- |                       |                     |
|-----------------------|---------------------|
| 1 tablespoon gelatine | 4 tablespoons sugar |
| 1 cup orange juice    | 2 egg whites        |
| 1 cup boiling water   | ½ pint cream        |

Combine gelatine, orange juice, water and sugar and stir all together. Beat egg whites stiffly and add to mixture. Fold in stiffly-beaten cream. Pour into rinsed mould and set. When set, unmould and trim.

*Mrs. Arthur Kaplan.*

★

**ORANGE PUDDING**

- |                                       |   |
|---------------------------------------|---|
| juice of 4 oranges and 1 lemon        | sugar to taste (about ¾ cup)                  |
| enough water to make a pint of liquid | 5 level teaspoons cornflour or custard powder |

Put the liquids and the sugar into a saucepan and heat thoroughly, but do not boil. Mix the cornflour to a paste with a little cold water and add to this the very hot liquid and stir the combined mixture over slow heat until it forms a jelly-like consistency. Pour into a mould and freeze. This quick pudding may be served hot.

*Mrs. O. Rosenberg.*



**STRAWBERRY BAVARIAN PUDDING (serves 8)**

1 pkt. Strawberry Jelly	1 cup cold thick custard
1 cup fresh strawberry puree	2 pkts. Boudoir biscuits
1 cup cream	fresh strawberries for garnishing

Make the jelly according to instructions. Chill till consistency of unbeaten egg whites. Puree the strawberries in a liquidiser or push through a fine sieve, and sweeten to taste. Whip the cream till thick, fold in the fruit puree and the cold custard. Mix lightly till well blended. Add the jelly and blend well with the other ingredients. Chill till on the point of setting. Line the bottom and sides of a 200 mm spring form pan with the boudoir biscuits, pour in the cream mixture. Chill till firm and ready to serve. Remove sides from the pan, and place in a serving plate. Garnish with fresh strawberries.

*Mrs. Rochelle Benyshai.*

★

**STRAWBERRY MOULD**

1 pkt. strawberry jelly	$\frac{1}{2}$ pint cream or Orley Whip
1 cup boiling water	2 tablespoons sherry
1 lb. strawberries	

Dissolve jelly in water. Liquidise berries, and add to jelly, plus beaten cream and sherry. Set in freezer, then keep in fridge till ready to serve. Set in ring mould or ice tray. If set in ring mould, fill centre with fresh strawberries and decorate with cream and fruit etc.

*Mrs. Lorna Kluk.*

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**JELLY SPONGE**

1 packet jelly powder	1 tablespoon custard powder
1 pint boiling water	2 eggs, separated
2 tablespoons sugar	

Dissolve jelly in the water and add sugar. Mix custard to a paste with a little cold water and add it to the jelly. Stir well and bring it to the boil. Let it cool for a little while, then add the beaten egg yolks and stir well. Then fold in the stiffly-beaten whites. Pour into a mould and set.

*Mrs. O. Rosenberg.*

★

**PINEAPPLE PUDDING**

1 pineapple, grated finely	1 dessertspoon (heaped) custard powder
1 cup sugar	
1 pint boiling water	1 egg
1 pkt. pineapple jelly powder	

Boil pineapple, sugar and water for 20 minutes. Add jelly and custard then add beaten egg yolk and boil a few seconds longer. Remove from fire and add stiffly-beaten egg white. Pour into mould to set.

*Mrs. M. Solomon.*

★

**ORANGE PUDDING**

4 cups orange juice	1 dessertspoon custard powder
1 cup boiling water	1 packet orange jelly powder
$\frac{1}{2}$ cup sugar to taste	1 egg

Boil orange juice, water and sugar. Add custard and jelly. Add beaten eggs yolk and boil up again. Then fold in stiffly-beaten egg white. Pour into rinsed mould to set. Turn out and trim.

*Mrs. M. Solomon.*

★

**JELLY PUDDING**

1 packet jelly powder	1 teaspoon Maizena mixed in
2 cups water	little cold water
lemon juice	3 eggs, separated

Put jelly powder, water and lemon juice in a pot and stir until it comes to the boil. Have the Maizena ready, and when jelly boils, add the Maizena and stir a few minutes. Mix the egg yolks with a little cold water and add to the mixture, stirring all the time. Return to stove, mix till it thickens, remove from stove and leave to cool. Fold in the stiffly-beaten egg whites. Leave to set.

*Mrs. H. Eliasov.*

★

**TRIFLE**

sponge cake	sliced canned peaches and satsuma plums
wine	1 packet jelly powder
custard	$\frac{1}{2}$ pint cream

Put cake in glass dish and pour wine over. Add sliced fruits. Make jelly in usual way and pour over the fruit. Make z custard and pour it on the jelly. When ready to serve, whip cream and trim the trifle.

*Mrs. M. Solomon.*



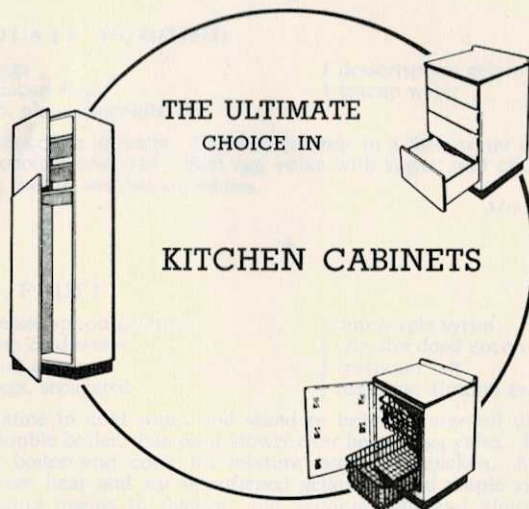






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## HOT PUDDINGS

### RICE SOUFFLE

2½ ozs. rice  
1 pint milk  
5 ozs. sugar  
brandy (optional)

2 eggs  
strawberry jam  
½ pint apple puree

Cook rice and milk in a double saucepan until creamy. Cool slightly. Mix 1 oz. sugar and egg yolks, add to rice. Put a third of the rice in a greased fireproof dish and spread with jam. Continue with alternate layers of rice and jam, then spread apple puree over. Top with a meringue mixture made with the egg whites and the rest of the sugar. Bake in a moderate oven, 350° for 20 minutes. (If brandy is used, pour over, set alight and serve immediately).

*Mrs. Miriam Gordon.*

★

### CHEESE PANCAKES

1 lb. cream cheese  
2 eggs

vanilla essence

Separate eggs, beat up yolks with sugar until white. Mix in cheese, add vanilla essence. Leave for about ½ hour. Beat up whites stiffly. Fold in. Put spoonful of flour in hands and toss pancake from hand to hand. Fry in hot oil. Serve with mixture of cinnamon and sugar.

*Mrs. Rachael Baron.*

★

### ORANGENTORTE

6 yolks  
¼ lb. ground almonds  
grated rind of 2 oranges  
6 egg whites

¼ lb. sugar  
juice of one orange  
grated rind and juice of 1 lemon

Mix all these ingredients very well. Add Matzomeal as required, but the mixture must not be too thick. Fold in gently the stiffly-beaten egg whites. Grease a baking tin with fat or oil or sprinkle with Matzomeal. Bake in a moderate oven.

*Mrs. A. Ullman.*

★

### FRUITY RICE (A delicious and very quick hot pudding)

Combine about 2 cups of cooked rice with a large tin of fruit salad including juice, lemon juice and rind and a pinch of salt. Mix until just moistened and cook over low heat for a few minutes and add 1 tablespoon of butter. Serve with whipped cream.

*Mrs. L. Emanuel.*

★

### CHEESE CUSTARD (For two)

Beat 2 eggs with ½ pint of milk. Season with salt and pepper, and add a dash of cayenne pepper. Grate 2 ozs. dry cheese and stir this into the milk and egg mixture. Pour into a dish and bake in a very slow oven until the custard is set.

*Mrs. Sophie Benyshai.*

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**MATZO PUDDING (serves 6)**

- |                         |                                    |
|-------------------------|------------------------------------|
| 4 Matzos                | 6 prunes, diced                    |
| 4 eggs                  | grated rind of $\frac{1}{2}$ lemon |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ cup chopped nuts     |
| 2 tablespoons oil       | 1 dessertspoon cinnamon            |
| 2 apples, finely diced  |                                    |

Soak matzos in red wine. Beat sugar and egg yolks till fluffy. Add all other ingredients except Matzo and egg whites. Drain matzos and break up in small pieces and add gradually to the mixture. Fold in stiffly beaten egg whites. Bake in a well greased pyrex dish in medium oven (375°) for 1 hour. Serve hot or cold with wine or fruit sauce.

Mrs. R. Zwebner.

**CHREMSLACH**

- |  |                          |
|--|--------------------------|
| 3 eggs                                       | 3 tablespoons matzo meal |
| 3 tablespoons finely chopped nuts or almonds | $\frac{1}{4}$ cup wine   |

Beat yolks well, and add all other ingredients except whites. Fold in stiffly beaten whites. Drop spoonfuls in hot oil, fry till golden brown. Drain, and roll in cinnamon and sugar. Can be served hot or cold.

Mrs. R. Zwebner.

**LOKSHEN PUDDING**

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1 pkt. broad noodles                  | 3 apples, grated                    |
| 2 eggs                                | 3 tablespoons golden syrup          |
| $\frac{1}{2}$ cup unbleached sultanas | strawberry jam                      |
| 1 carton cream cheese                 | milk, margarine, cinnamon and sugar |

Boil noodles in large pot of salt water about 1 hour, till soft. Strain, and rinse with cold water. Then put into a greased pyrex dish. Cover the noodles with milk and beaten eggs mixed. Add apples, and sultanas. Put blobs of cream cheese and jam and margarine on top. Pour syrup over, and sprinkle with cinnamon and sugar, bake at 350 till brown.

Mrs. P. Lis.

**ORANGE CREPES**

- |   |                          |
|---|--------------------------|
| 1 cup cottage cheese (creamed in blender) | 1 cup thick sour cream   |
| $\frac{3}{4}$ teaspoon salt               | 1 tablespoon sugar       |
| 3 tablespoons orange juice                | 1 tablespoon orange rind |
| 1 cup flour                               | 4 well beaten eggs       |

Beat cheese in blender, and add cream, sugar, salt, orange rind and orange juice. Mix well. Blend in well beaten eggs, and sifted flour, and beat until smooth. Heat lightly greased pan over medium heat. Pour batter  $\frac{1}{4}$  cup at a time into pan. Tilt to make 6 pancakes. Bake 1 to 2 minutes on each side. Roll warm pancakes. Arrange in oblong dish. (May be made ahead of time, then rolled and re-heated.) Serve with hot orange honey sauce.

**Orange Honey Sauce.**— Blend in saucepan.—  $\frac{1}{2}$  cup honey,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  teaspoon cinnamon, 2 teaspoons orange rind, 2 tablespoons orange juice. Cook over medium heat until everything has been melted and blended.

Mrs. Enid Treger.

**BANANA AU FLAME**

Peel bananas and slice in half. Roll them in dessicated coconut. Place them in a greased pyrex dish. Place a wide strip of Apricot jam on each. Sprinkle with sultanas, raisins and peel. Put into 250° oven, and bake till soft. When cooked, pour on brandy—light it, and serve.

Mrs. Ruth Jacobson.

**LOCKSHEN PUDDING**

- |                          |                                   |
|--------------------------|-----------------------------------|
| Lockshen                 | 3 tablespoons syrup               |
| 3 eggs                   | cinnamon                          |
| $\frac{1}{4}$ lb. butter | pinch ginger                      |
| salt                     | grated rind and juice of 1 orange |

Boil lockshen in salt water. Water must boil before adding lockshen. Boil slowly for about 1 hour until soft and swollen. Then drain and allow cold water to run through. Beat up eggs well and add syrup, salt, cinnamon, ginger and juice and rind. Add butter. Add lockshen. Pour into a greased Pyrex dish and bake at 350°. When bottom is cooked, turn off oven and allow top to become golden brown.

Mrs. H. Eliasov.

**LOCKSHEN PUDDING**

Boil lockshen in salt water till soft. Drain in cold water. Put into a Pyrex dish. Grate in 1 apple. Add 2 beaten eggs, salt, cinnamon, sugar, 1 dessertspoon butter and a little jam. Mix well. Add enough milk to make a loose mixture. Bake till browned.

Mrs. M. Solomon.

**BROWN PUDDING**

- |                                  |                     |
|----------------------------------|---------------------|
| 1 lb. breadcrumbs                | 3 eggs              |
| 4 ozs. butter                    | 1 cup milk          |
| 4 ozs. sugar                     | 1 teaspoon bi-carb. |
| 8 ozs. jam, honey or dried fruit |                     |

Dissolve the bi-carb. in the milk. Put all other ingredients into a pudding basin. Add the bi-carb. and milk mixture gradually, stirring all the time. When the ingredients are thoroughly blended, put a cover over the basin and steam for 2 hours.

Mrs. O. Rosenberg.

**BANANA FRITTERS**

- |                          |   |
|--------------------------|---|
| 4 tablespoons flour      | bananas sliced lengthwise (into about 8 pieces and then halved) |
| 1 egg                    |   |
| 1 tablespoon sugar       | about $\frac{1}{2}$ cup water                                   |
| 1 teaspoon baking powder |   |

Squeeze lemon juice over bananas. Mix all ingredients (dry). Add beaten egg, also a little water to make a loose batter. Dip each section of banana into batter before frying in hot butter, oil or Pastrine. This batter can be used with any fruit.

Mrs. H. Eliasov.

**CHEESE BLINZERS**

- |                     |                      |
|---------------------|----------------------|
| 2 cups sifted flour | 3 eggs               |
| 4 cups water        | dash pepper and salt |

Gradually add water to flour and mix to a smooth paste. Beat well with egg-beater, then add eggs, pepper and salt. Beat very well. Fry batter in hot Pastrine or butter on one side only. Turn on board and put cheese filling in. Fold up and fry.

**Filling**

- |                 |                  |
|-----------------|------------------|
| 2 cream cheeses | 1 teaspoon sugar |
| salt            | 3 eggs           |

Fry in butter or Pastrine. Makes about 21.

Mrs. H. Eliasov.



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**CREAM CHEESE PANCAKES**

1 lb. cream cheese  
1 tablespoon sugar  
2 eggs  
2 tablespoons flour  
pinch salt  
½ teaspoon vanilla essence

Separate eggs. Beat up yolks with sugar until white. Mix in cheese and flour and add vanilla essence. Leave for about ½ hour in bowl. Beat up egg whites stiffly and fold in. Fry by spoonsful in hot oil. Serve with a little sugar mixed with cinnamon sprinkled on top, and thick cream. Must be served piping hot.

*Mrs. Ben Baron.*

★

**PANCAKES**

4 ozs. flour  
1 large egg  
sugar and lemon  
½ pint milk  
pinch of salt

Sift flour and salt and make a well in centre. Drop in the egg and half the milk, gradually beating in the flour. Beat well and add the rest of the milk. Leave to stand for at least 1 hour. Pour small quantity into a buttered small pan and fry till brown on both sides. Roll up with jam and serve with lemon and sugar.

*Mrs. Magidson.*

★

**YORKSHIRE PUDDING** (Served with Roast Beef)

2 eggs  
2 cups flour  
1 cup water  
salt, pepper  
1 teaspoon baking powder

Beat eggs very well. Add all ingredients except baking powder and beat again. Allow to stand at least 1 hour. Add baking powder just before baking. Bake in a Pyrex dish in boiling fat or gravy till crisp. Serve with roast beef.

*Mrs. H. Eliasov.*

★

**STEAMED FRUIT PUDDING (1)**

3 tablespoons butter  
3 cups flour  
1 cup sugar  
1 cup milk  
1 teaspoon bi-carb. soda  
3 eggs  
½ teaspoon vanilla essence  
pinch salt  
1 lb. mixed fruit (sultanas, currants, cherries, almonds, walnuts, peel, etc.)

Sift flour, salt, sugar and soda together. Rub in butter. Beat up eggs and add together with milk and vanilla to dry ingredients. Lastly, add fruit. Pour into a greased bowl and steam for at least 2½ hours.

*Mrs. H. Eliasov.*

★

**STEAMED FRUIT PUDDING (2)**

1 cup flour  
1 cup breadcrumbs  
2 tablespoons sugar  
1 cup sultanas  
1 cup currants  
1 cup raisins  
2 tablespoons cherries  
1 tablespoon almonds  
2 tablespoons candied peel  
1 teaspoon ginger  
1 teaspoon cinnamon  
½ teaspoon bi-carb. in ½ cup wine  
¼ lb. butter  
2 beaten eggs

Cream butter and sugar. Add eggs, flour and breadcrumbs. Then add all fruits and nuts. Lastly, add the bi-carb. and wine. Pour into greased bowl and steam for at least 3 hours. Serve with wine sauce.

*Mrs. H. Eliasov.*

**LEMON CHIFFON PUDDING**

5 tablespoons flour  
1 cup sugar  
3 tablespoons butter  
3 eggs, separated  
1 cup milk  
¼ cup lemon juice  
¼ teaspoon lemon rind

Mix flour, sugar and cream together with butter. Beat yolks till thick. Add yolks and milk and gradually add lemon juice and rind. Beat egg whites till stiff and fold in. Pour into greased dish. Place in pan with 1 inch of hot water and bake at 350° for 35 minutes.

*Mrs. L. Michaels.*

★

**DUTCH APPLE CAKE**

Make a moist scone mixture. Spread into greased cake tin. Core three or more large apples and slice. Press apple slices thickly into dough. Sprinkle with ½ cup sugar mixed with 1 teaspoon cinnamon. Dot with butter and bake as scones. Serve hot with custard or cream, or cold as a cake.

*Mrs. N. Blake.*

★

**POTATO LATKES**

3 cups raw, grated potatoes  
1 teaspoon salt  
pepper  
2 eggs  
1 large grated onion  
3 tablespoons flour

Mix all together well. Drop by spoonsful into hot fat or butter and fry till brown on both sides.

*Mrs. B. Lange.*

★

**POTATO AND BREAD PUDDING**

Grate 2 large potatoes and put in bowl with piece of soaked bread. Add 2 tablespoons fat or butter, 1 egg, 2 tablespoons sugar, 2 tablespoons syrup, 1½ teaspoons baking powder, 1 tablespoon semolina, a pinch of salt and 2 tablespoons flour. Mix all together and bake in moderate oven for about 1 hour.

*Mrs. S. Herman.*

★

**HONEYCOMB PUDDING**

4 ozs. butter  
4 tablespoons sugar  
4 eggs  
4 tablespoons gooseberry jam  
4 tablespoons flour  
salt  
½ cup milk to which add  
½ teaspoon bi-carb.

Cream butter and sugar. Add eggs one at a time. Then add jam, flour and salt. Lastly, add milk and bi-carb. Bake 1 hour in moderate oven.

*Mrs. S. Herman.*

★

**FARFEL PUDDING**

2 cups farfel soaked in 1 cup water to soften  
1 apple, grated  
2 eggs  
2 tablespoons fat or butter  
2 tablespoons sugar  
pepper, salt and cinnamon to taste

When farfel is soft (you can use piece of Matzoh instead) add apple and all other ingredients and mix well. Heat a Pyrex dish in the oven, first putting in a piece of fat or butter to melt, and when piping hot, put in mixture and bake till brown.

*Mrs. P. Taub.*



**MATZOH CHEESE KNEIDLACH**

½ lb. cream cheese                      2 large eggs  
 3 tablespoons matzo flour            pinch of salt

Mix cheese eggs and salt very well. Add matzo meal and leave in fridge for 10 minutes. Boil water with 1 teaspoon of salt. Make Matzo balls and add to boiling water, and allow to boil with lid closed for 10 minutes. Serve hot with melted cinnamon and sugar.

*Mrs. R. Zwebner.*

★

**FRESH FRUIT MERINGUE**

1 cup seedless grapes                      3 peaches, peeled, pitted and  
 2 pears, peeled, cored and diced      cut into large dice  
 5 plums, pitted and diced              2 oranges, peeled, sectioned  
 3 egg whites                                  and coarsley chopped  
 ½ cup sugar

Mix all the fruit together in a bowl. Sprinkle the fruit with sugar to taste, and add a little kirsch, if desired. Arrange fruit in a decorative, deep pie dish. Beat egg whites until they hold a shape. Gradually beat in ½ cup sugar, and continue beating the meringue until is shiny and holds definite points. Spoon into a pastry bag fitted with a large decorative tube, and pipe peaks over the fruit, each peak touching the next, to make a solid covering. Bake in a hot oven (425°) for 8-10 minutes or until golden. Serve the dessert at room temperature.

*Mrs. Edith Levin.*

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**BREAD PUDDING DE LUXE**

1½ cups stale breadcrumbs              4 ozs. sugar  
 2 tablespoons butter                      3 eggs  
 a little melted butter                      1 pint milk  
 apricot jam

Brush a pie-dish with melted butter. Place crumbs in a basin and add the milk and allow to soak for 5 minutes. Cream the butter and stir in 2 ozs. sugar. Separate the yolks from the whites of eggs and add the yolks to the butter and sugar. Then stir this into the crumbs and milk mixture.

Place the dish in a baking tin containing hot water to depth of ½ inch and bake in a slow oven until set—should take 1 hour. Leave until cold. Spread with jam. Beat egg whites stiffly and stir in remainder of sugar gradually, beating well after each addition. Pile this mixture on top of the jam, dredge lightly with a little sugar and bake until brown.

*Mrs. J. Wasserson.*

★

**CHERRY PUDDING**

2 tablespoons butter                      ½ teaspoon salt  
 1½ cups sugar                                  ¾ cup milk  
 1 cup sifted flour                              1½ cups cherries  
 1 teaspoon baking powder                  ¼ cup cherry juice

Cream butter with 1 cup of the sugar. Sift together flour, baking powder and salt. Add alternately with milk to creamed mixture. Pour into greased baking dish. Combine cherries with remaining sugar and juice and heat. Pour this mixture over the batter. Bake in a moderate oven, 350°, for 35-40 minutes. Serves 6.

*Mrs. L. Michaels.*

★

**FUDGE PUDDING**

1 cup sifted flour                              1 teaspoon vanilla  
 2 teaspoons baking powder                  2 tablespoons melted butter  
 ½ teaspoon salt                                  ¾ cup chopped walnuts  
 ¾ cup sugar                                      ¾ cup brown sugar  
 6 tablespoons cocoa                          1½ cups hot water  
 ½ cup milk

Sift together flour, baking powder, salt, sugar and 2 tablespoons cocoa. Stir together vanilla, milk and butter. Add to dry ingredients. Add nuts. Pour into greased 9-inch square tin. Mix brown sugar and remaining cocoa. Sprinkle over batter and now pour hot water over the surface of uncooked batter in pan. (That's right!) Bake at 350° for 40 minutes. Serves 6 to 8.

*Mrs. L. Michaels.*

★

**APPLE PUDDING (Serves 6)**

6 apples, stewed with little                  ¾ cup milk  
 sugar and water                                  1 cup flour  
 3 ozs. butter                                      1 teaspoon baking powder  
 ½ cup sugar    vanilla essence  
 1 egg

Cream butter and sugar. Add egg, milk and flour. Then add vanilla and baking powder. Butter a Pyrex dish. Put stewed apples into the dish and pour batter on top. Bake at 350° for 1 hour. Serve hot with cream or custard.

*Mrs. M. Lewis.*



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### TOASTED PRUNE PUDDING (Serves 10)

4 cups toasted bread cubes (about 8 slices)	$\frac{3}{4}$ cup water
$1\frac{1}{2}$ cups cooked prunes, sliced	$\frac{3}{4}$ cup sugar
$1\frac{1}{2}$ cups chopped cooking apples	$\frac{1}{2}$ teaspoon salt
1 cup prune liquid	$\frac{1}{2}$ teaspoon cinnamon
	2 tablespoons butter

Place half the cubes in a buttered dish. Add the prunes in a layer, then the apples in a layer. Add remaining bread cubes on top. Combine liquids, sugar, salt, cinnamon and butter and boil 2 or 3 minutes. Then pour this over the other ingredients. Bake at 375° for about 1 hour. Serve hot.

Mrs. C. Berman.

### BAKED ORANGES

Take oranges. Cut off tops and zig zag edges deeply. Remove pulp. Dice pulp and mix with prunes, dates, raisins and sugar. Put this filling back into the skins. Put  $\frac{1}{2}$  inch water in a Pyrex dish. Place filled oranges in dish and bake for  $\frac{3}{4}$  hour in a hot oven. 5 minutes before serving, top each with meringue, and brown. Serve with or without cream.

Mrs. E. Katz.

### POTATO PUDDING

6 large potatoes	1 egg
1 medium onion	pepper and salt
1 cup breadcrumbs	4 tablespoons chicken fat

Grate potatoes and onion. Then throw off liquid from potatoes. Add about  $\frac{1}{2}$  cup water and rest of ingredients. Grease a Pyrex dish with lumps of fat (about 2 tablespoons). Pour in the pudding and bake at 425° till brown.

Mrs. I. Sacks.

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Bulawayo

Telephone 3786  
Manchester Road

### PEACH FLAMBE

1 only 2 lb. tin peach halves	2 tablespoons brandy
cinnamon	butter
few chopped nuts	

Drain peach halves, and place cut side up in an oven dish. Pour in enough juice into the dish to reach half way up the peaches. Into each peach put a dot of butter, and a few nuts. Sprinkle all well with cinnamon. Heat in the oven, but do not boil. Pour a little brandy into each peach, and set alight before serving with ice cream.

Mrs. Jenny Keet.

### PEAR DELIGHT

1 lb. tin pears, drained	$\frac{1}{4}$ cup sherry
(custard can be made with juice)	caster sugar

Arrange pears, cut side up in a lightly greased ovenware dish. Sprinkle with caster sugar and sherry. Top with layer of marshmallows, and put under grill. Serve piping hot.

Mrs. Anne Moss.

## NOTES



## TARTS and PASTRY

### QUICK APPLE PIE

8 ozs. flour	4 ozs. sugar
2 teaspoons baking powder	4 ozs. butter
pinch salt	apples

Rub butter into sifted dry ingredients. Put half the crumbed mixture into greased pie plate. Grate 4 or more apples, add sugar and cinnamon to taste and put on to crumbs in dish. Put balance of crumbs on top of apple and bake at 375° for ½ hour. Serve hot or cold with cream.

*Mrs. Anne Taub.*

★

### CRUMB APPLE TART

¼ lb. flour	¼ lb. sugar
3 ozs. butter	1 teaspoon baking powder

Rub all ingredients together with fingers until crumbs are formed. Sprinkle half the mixture on to greased tart dish, put layer of pie-apples on this, then other half of mixture. Lemon juice, cinnamon, sugar and raisins or sultanas added to apples will add to the flavour. Bake at 400° for about 45 minutes. Delicious served with cream or ice cream as a dessert.

*Mrs. Helen Raizon.*

★

### PINEAPPLE TART

Line a Pyrex dish with short crust pastry and bake.

#### Filling

2 lb. tin pineapple chunks	1 dessertspoon custard powder
1 pineapple jelly	2 ozs. Bourneville chocolate

When shell is cold, melt chocolate and spread over bottom and sides of shell. Allow to cool before adding the following filling:—

Drain pineapple. Take juice and add sufficient water to make 2 cups of liquid. Then add a little liquid to the custard powder and add to jelly gradually. Allow mixture to boil until thickened. Remove from stove and allow to partly set before pouring into shell. Lastly, add pineapple chunks.

*Mrs. Thelma Eliasov.*

★

### BELGIAN TART

8 ozs. butter	2 ozs. castor sugar
2 tablespoons olive oil	few drops vanilla essence
1 egg	1 lb. flour
1 teaspoon baking powder	½ teaspoon salt
apricot or raspberry jam	icing sugar

Soften butter, cream in sugar, beat well, add oil and vanilla essence. Add beaten egg, stir in flour, baking powder, salt. Mix well together. Knead to a shortbread like dough. Grease 8 inch tin and grate half the mixture on a coarse grater into the tin covering the bottom completely. Spread with slightly warmed jam, then cover with the rest of the mixture. Bake in moderate oven, 300°, for about 1½ hours. When tart is done sprinkle sieved icing sugar over top while it is still hot and turn it out of tin when cold.

*Mrs. Miriam Gordon.*

### ALMOND TART

1 cup sugar	1 egg yolk
¼ lb. ground almonds	cherries to trim
¼ cup butter	apricot jam
1 cup flour	

Mix the sugar, almonds, butter and flour well together. Rub in the egg yolk. Press into two greased tins. Decorate the top of one with cherries, after brushing both with beaten egg white. Bake at 350°. When done, put together with apricot jam.

*Mrs. Rima Lutrin.*

★

### ALMOND TART

#### Pastry

1 cup flour	1 tablespoon sugar
pinch salt	2 ozs. butter
½ teaspoon baking powder	1 egg yolk mixed with a little cold water

Sift flour, baking powder and salt together. Rub in butter. Add sugar and blend to a firm dough with egg and water. Roll to ¼ inch and line an 8 inch pastry tin.

#### Filling

2 ozs. butter	2 tablespoons castor sugar
1 oz. ground almonds	1 teaspoon almond essence
4 marie biscuits	1 egg
jam	

Cream butter and sugar, add egg yolk and ground almonds, crushed biscuits and essence. Mix well. Fold in stiffly-beaten 2 egg whites, smear jam over pastry then add filling. Make criss cross design with left over pastry and bake in moderate oven for 30 minutes. When cold brush over top with a little thin water icing.

*Mrs. Leah Hyman.*

★

### APPLE PIE

2 eggs	1 teaspoon vanilla
1 cup sugar	2 teaspoons baking powder
½ cup oil	2½ cups flour
¼ cup cold water	pinch salt

Beat eggs and sugar together, sift baking powder, flour and salt together and add to egg mixture. Pour in oil, water and vanilla. Mix all ingredients well. Divide dough in half and roll each piece out flat.

#### Filling

4 large or 6 medium sized apples
½ teaspoon lemon juice
½ cup sugar

Slice apples, place filling over one half of the dough and spread a little jam on top for flavouring. Fold the other half on to this and close at the sides. Slash top in a design and sprinkle with sugar. Bake in a greased pan at 350° for about ¾ hour.

*Mrs. Julia Solomon.*



FOR BETTER BAKING — USE RED SEAL FLOUR

**PLUM TART**

¼ lb. butter	1 teaspoon baking powder
1 egg	flour enough to make a soft
¾ cup sugar	dough

Cream sugar and egg and add melted butter. Add flour and baking powder. Pat into a large round 12 inch pan, and bake at 400° till light brown.

Open a 2-lb. tin of Satsuma Plums and drain well. Put the plums in halves to cover the tart shell. Take the juice from the plums and bring to the boil. Mix 2 dessertspoons Maizena with a little cold water and pour the hot juice over it. Return to pot and bring to boil, stirring all the time. Boil until thick. Cool and pour over the plums. Set in refrigerator. Can be trimmed with whipped cream.

*Mrs. R. Golden.*

★

**DREAM CAKE**

¼ lb. butter	juice of 1 orange
½ lb. flour	½ teaspoon baking powder
½ cup sugar	

Cream butter and sugar, add orange juice, flour and baking powder. Pat into greased square tin and half bake at 400°. Take out and fill with the following filling:—

**Filling**

2 eggs	1 teaspoon almond essence
1 cup sugar	1 teaspoon baking powder
1 cup chopped walnuts	2 level tablespoons flour
1 cup coconut	

Beat eggs well with sugar. Then fold in nuts, essence, coconut and lastly flour and baking powder.

Smear the bottom of the half-baked tart shell with raspberry jam, slightly warmed. Pour the filling over the jam and bake at 400° until golden brown.

When cold cut into squares or leave whole.

*Mrs. R. Golden.*

★

**BIENENSTITCH**

**Tart Dough**

¼ lb. butter	1 heaped teaspoon baking powder
1 egg	vanilla essence
½ cup sugar	flour (enough to make a soft dough)

Beat egg and sugar. Melt butter and add to beaten egg mixture. Add flour and baking powder. Pat into a greased tin, and half bake at 400°.

**Filling**

¼ lb. butter	1 cup almonds, chopped
1 cup sugar	2 tablespoons milk
1 teaspoon vanilla essence	

Bring all these ingredients to the boil and boil for about 5 minutes, stirring all the time. Pour into the half-baked shell and bake at 400° until light golden brown.

*Mrs. R. Golden.*

**APPLE FARFEL TART**

¼ lb. butter	2 cups flour
vanilla	2 teaspoons baking powder
pinch salt	2 tablespoons oil
1 egg	2 tablespoons sugar
1 small tin pie apples	little jam

Cream butter, sugar and oil and add beaten egg, then flour and rest of ingredients. Knead well. Grate half quantity of dough into buttered cake plate and blobs of jam, tinned apple, sprinkle with sugar and grate on other half. Bake ¾ hour in slow oven.

*Mrs. Faye Fredman.*

★

**APPLE CREAM (TART)**

**Pastry**

2 cups flour	½ pint cream
¼ lb. butter	1 egg yolk
pinch salt	

Rub butter into the flour and salt. Add egg yolk and cream. Pat the dough into the bottom and sides of a pie-plate and spread with a thin layer of jam. Prepare the following filling:—

3 large sour apples, grated on	2 ozs. butter
a coarse grater	½ cup sugar
rind of 1 orange finely grated	3 eggs, beaten

Mix all ingredients together well and add a little lemon juice. Pour into the unbaked shell and bake at 400° for about ½ hour, or until the pastry is well baked. Take out and leave to cool. Can be trimmed with whipped cream and strawberries and can be served as a pudding or cake.

*Mrs. Becky Marks.*

★

**BIENENSTITCH (ALMOND TART)**

Make any piecrust, half bake and then fill with the following filling:—

¼ lb. chopped almonds	3 tablespoons milk
¼ lb. butter	vanilla essence
¼ lb. sugar	almond essence

Melt butter in pan; add sugar, etc. (not essences). Boil for 5 minutes. Add essences. Pour into half-baked pie-shell. Bake at 400° for ½ hour.

*Mrs. Arthur Kaplan.*

★

**DUTCH TART**

2 cups flour	6 tablespoons milk, iced
4 teaspoons baking powder	¼ lb. butter
½ teaspoon salt	4 tablespoons sugar
1 egg	

Sift flour, baking powder and salt. Cut in butter with 2 knives. Add sugar and mix lightly. Drop (don't beat) an egg into a cup and add ice-cold milk and mix slightly with knife. Add to flour and butter. Pat pastry into a pan. Cut apples in slices and press into the batter (should be similar to scone batter in texture). Sprinkle with 2 tablespoons sugar and 1 teaspoon cinnamon. Dot butter on top and bake at 400°.

*Mrs. J. Sacks.*



FOR BETTER BAKING — USE RED SEAL FLOUR

**PASTRY FOR SMALL PERROGEN**

4 cups flour  
6 tablespoons oil  
½ teaspoon salt

2 eggs  
3 teaspoons baking powder  
cold water

Crumb flour and oil. Add salt. Then add eggs and baking powder. Add enough cold water to make a soft dough. Bake at 400°.

*Mrs. Heleen Graham.*

★

**ROUGH PUFF PASTRY**

½ lb. margarine }  
½ lb. veg. fat }  
lemon juice } or all margarine

1 lb. flour  
pinch salt  
iced water

Cut fat into small squares and add to dry ingredients. Add some fresh lemon juice, about 1 lb. flour and pinch salt. Use iced water to bind. Roll twice and fold in three. Rest dough in fridge. Re-roll twice, and use for tarts.

*Mrs. Anne Moss.*

★

**APPLE TART (RICH)**

**Pastry:**  
3 ozs. butter or margarine  
1 breakfast cup flour  
2 tablespoons sugar  
1 level teaspoon baking powder  
1 well beaten egg  
2 tablespoons cream (if not using cream, add extra 1 oz. butter)

**Filling:**  
1 tin unsweetened apples, mixed with sugar, lemon juice and rind  
dates — cut up  
cinnamon  
chopped nuts (optional)

Rub butter into flour, add sugar and baking powder. Then add egg and cream. Put dough into fridge for 30 minutes. Roll out in long shape, and place on a greased tin. Put filling on as follows:—

Cut up dates, and put a layer of apples, and more dates on top. Add nuts, and cinnamon to top layer.

Close up the dough, and pinch together in the middle. Brush with milk, and sprinkle with cinnamon and sugar. Bake at 400° for 25 minutes or longer. While still warm, decorate with water icing, and top with cherries and chopped nuts. This can be made into 2 smaller long tarts.

★

**CHOCOLATE CREAM PIE**

2 ozs. butter or margarine  
2 tablespoons golden syrup  
8 ozs. crushed digestive biscuits  
4 level tablespoons powdered gelatine  
5 ozs. plain chocolate (bitter)

3 eggs (separated)  
2 ozs. caster sugar  
1 teaspoon vanilla essence  
2 tablespoons hot water  
½ pint thick cream

Crush biscuits well. Melt butter and syrup in a saucepan, then bring to the boil. Remove from heat and stir into the crushed biscuit crumbs. Mix all this together very well, then line a pie dish, pressing well round the sides and bottom of dish. When this is done, put the dish into the fridge, to set until you are ready with the filling. Place egg yolks, sugar and vanilla in the top of a double boiler which you put over boiling water; stir this mixture well until it starts to get thick. Dissolve the gelatine in the hot water, add to egg mixture, break up chocolate into mixture, and keep stirring all the time until everything is dissolved and well mixed. Take off stove. Beat the cream until thick but not stiff, then fold into mixture. Beat the egg whites until very stiff, then fold into mixture. Put all this into the pie dish, and put into fridge to set. Decorate if desired.

*Mrs. Barbara Sher.*

**AMERICAN RAISIN TART**

1½ cups flour  
1 egg  
salt

1 teaspoon baking powder  
1½ tablespoons butter  
1 good tablespoon sugar

Knead butter, sugar, flour and baking powder and salt. Add egg. Roll out, and line a greased sandwich-tin.

**Filling**

1 well-beaten egg  
3 tablespoons sugar  
1½ tablespoons flour  
pinch salt

½ teaspoon cinnamon  
¼ teaspoon sour milk  
1 teacup chopped raisins

Mix egg, sugar, flour and spices. Stir in remainder of ingredients. Pour filling into the unbaked pastry shell and decorate with strips of pastry. Bake at 400° and then lower to 350°.

*Mrs. M. Susman.*

★

**PINEAPPLE TART**

Line a greased sandwich-tin with any pastry and pour in the following filling:—

1 pineapple, grated  
½ cup water

½ cup sugar to taste  
1 dessertspoon custard powder

Boil the pineapple water and sugar. Add custard powder, stir and remove from stove. Pour into pastry and bake at 350°.

*Mrs. M. Susman.*

★

**ALMOND TART**

½ lb. ground almonds  
¼ lb. butter

½ lb. flour  
2 ozs. sugar

Mix all ingredients well and knead until a paste is formed. Take 2 sandwich-tins, greased. Halve paste and knead in each tin to fill bottoms only. Bake about 20 minutes at 350° till pale biscuit colour. Sandwich with jam and slice while warm.

*Mrs. Rae Rabinowitz.*

★

**QUICK PUFF PASTRY**

½ lb. butter  
2½ cups flour

pinch salt  
½ pint cream

Grate butter. Add flour and salt. Rub in. Add cream and mix with knife. Leave in refrigerator for ½ hour. Roll on enamelled-top table with a bottle filled with ice-water. Roll about ⅓ inch thick. Cut in rounds, fill with jam, fruit and nuts. Sprinkle with nuts and sugar and bake in greased pan at 450°. Switch off oven after putting in pan and leave for 20 minutes.

*Mrs. M. Lewis.*

★

**FOAMY LEMON TART**

Line a pie-plate with short pastry and bake till a golden brown. Make the following filling:—

1 tablespoon gelatine  
½ cup cold water  
4 eggs (separated)

1 cup sugar  
½ cup lemon juice  
grated rind of 1 lemon

Dissolve gelatine in water. Beat yolks very well and add sugar, lemon juice and rind. Place in top of double boiler and cook till thick, stirring constantly. Add gelatine. Remove from fire and allow to cool. Fold in stiffly-beaten egg whites. Pour into baked crust and place in refrigerator for a few minutes till set.

*Mrs. S. Wolffe.*



**FRUIT TART**

**Pastry**

6 ozs. butter  
2 cups flour  
2 teaspoons baking powder

2 level tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
1 egg yolk

Rub butter into sifted dry ingredients. Add egg yolk and knead well. Pat into an ungreased loose-bottomed tin, round sides as well. Fill with following filling:—

Take 1 tin canned fruit. Drain and boil juice. Add 1 dessertspoon Maizena, 2 teaspoons custard powder dissolved in a little cold water. Stir till it thickens. Cool slightly. Pour into unbaked tart; arrange fruit in the juice and bake at 400° for 20 minutes.

*Mrs. Becky Marks.*

★

**RUSSIAN TART**

**Pastry**

1 lb. flour  
 $\frac{1}{2}$  lb. butter  
1 teaspoon baking powder

1 egg  
little cold water

Rub butter into flour and baking powder and mix to stiff paste with beaten egg and cold water. Line a greased tin with the pastry. Spread thinly with apricot jam. Make the following filling:—

3 tablespoons butter  
6 tablespoons sugar  
6 heaped tablespoons oats

4 tablespoons milk  
1 level teaspoon almond essence  
3 tablespoons grated almonds

Cream butter and sugar. Add dry ingredients and lastly milk and essence. Spread thickly over jam. Then sprinkle with chopped nuts. Bake at 400° till brown. Cool before cutting.

*Mrs. F. Sacks.*

★

**CANADIAN SANDWICH TART**

1 cup currants  
1 cup sultanas  
1 egg, well-beaten  
 $\frac{1}{2}$  oz. butter

$\frac{1}{2}$  cup castor sugar  
lemon essence  
vanilla essence

Melt butter and stir in castor sugar. Then add fruit and a little lemon essence and vanilla essence. Put in top of a double boiler and cook until the fruit swells. Beat egg well and add to mixture when cool.

Line a sandwich-tin with any short pastry, pour in the above filling. Cover with a layer of pastry and bake at 350°.

*Mrs. M. Sussman.*

★

**COCONUT TART**

**Pastry**

6 ozs. butter  
2 cups flour  
1 teaspoon baking powder  
salt

1 tablespoon sugar  
1 egg yolk beaten with a little water

Rub butter into flour, baking powder, salt and sugar. Add egg to form dough. Roll out and line a greased sandwich tin.

**Filling**

2 cups coconut  
1 cup sugar  
1 good lump butter

little water  
2 eggs

Boil the coconut, sugar, butter and water for 10 minutes. When cool, add the beaten eggs. Pour into the unbaked pastry shell and bake at 350°.

*Mrs. M. Sussman.*

**PINEAPPLE TART**

$\frac{1}{4}$  lb. butter  
 $\frac{1}{4}$  cups flour  
2 tablespoons sugar

pinch salt  
2 egg yolks  
1 teaspoon baking powder

Rub butter into flour. Add all dry ingredients. Beat up eggs well and add. Water may be added to dough if necessary.

**Filling.**—Grate 1 pineapple and 1 large apple. Add 2 tablespoons sugar and 1 dessertspoon custard powder. Simmer on stove, stirring till it thickens. Cool. Roll out pastry and line a greased layer tin with it. Pour in the filling and bake in fairly hot oven till almost done. Beat up whites of 2 eggs with a pinch of salt and 1 tablespoon sugar. Put on top of tart and brown slightly.

*Mrs. R. Lonstein.*

★

**QUICK PUFF PASTRY**

$\frac{1}{4}$  lb. flour  
 $\frac{1}{4}$  lb. cream cheese

$\frac{1}{4}$  lb. butter  
salt

Rub all well together. Put in refrigerator to chill. Then roll out and use as required.

*Mrs. Becky Marks.*

★

**PUFF PASTRY (WITH WINE)**

(1)  $\frac{1}{2}$  lb. flour and pinch salt  
1 lb. butter

Rub butter into flour. Put in refrigerator while preparing (2).

(2)  $\frac{1}{2}$  lb. flour and pinch salt  
4 egg yolks  
white wine to mix, till dough forms

Roll out mixture (2) on floured board and leave it. Roll out mixture (1) on floured board and place it on top of mixture (2). Sprinkle slightly with flour and fold over (the two ends to meet in the centre) and the same with the sides after that.

Roll out and fold again in three and put in refrigerator. Roll about 4 or 5 times. Bake in oven of 450°.

*Mrs. H. Banet*

★

**ROUGH PUFF PASTRY**

4 ozs flour  
3 ozs. butter

pinch salt  
iced water to mix

Sift flour and salt together. Cut butter into pieces the size of small walnuts. Add sufficient iced water to make a stiff dough. Roll out into strip about 3 times as long as wide. Fold into three, bottom piece up, top down, seal edges, turn half to left. Re-roll and re-fold 4 times in all. Roll and cut to size desired. May be used for tarts, rolls, etc. Bake in hot oven.

*Mrs. L. Creewel.*

★

**HUNGRY BOY TART**

3 heaped tablespoons flour  
1 teaspoon baking powder  
2 oz. butter

1 tablespoon sugar  
pinch salt

Rub butter into flour. Add other ingredients and mix to a softish batter with a little milk. Put into tart pan, leaving cavity in centre. Fill with jam and bake for 15 minutes in oven at 400°. Make a meringue top with 2 egg whites beaten stiffly with 2 tablespoons castor sugar. Fill the meringue in tablespoonsful on the tart and allow another 2 minutes.

*Mrs. J. Wasserson.*



**CAKES — LARGE and SMALL**

**CHEESE SLICES**

- |   |             |
|---|-------------|
| 4½ oz. butter                             | 4 egg yolks |
| 2½ oz. sugar                              | 7 oz. flour |
| Mixed peel which must be cut<br>very fine |             |

Cream butter and sugar well. Add yolks one at a time and mix again. Add the sugar, flour and mixed peel. Roll out on the pastry board and put at once on the baking tin and put on the following mixture:—

- |                    |                           |
|--------------------|---------------------------|
| 2½ oz. butter      | 2½ oz. sugar              |
| 3 yolks            | 9 oz. cream cheese sifted |
| 1 handful sultanas |                           |

Mix well and put this mixture on the dough and bake in a slow oven. Slice when still hot and let it cool in the tin.

*Mrs. A. Ullman.*



**MANDELKUCHEN**

- |                       |  |
|-----------------------|--|
| 9 egg yolks           | ¼ lb. sugar                            |
| 9 (not too large)     | Some juice and grated<br>rind of lemon |
| tablespoons Matzomeal |  |

Cream yolks and sugar very well. Add other ingredients and lastly the stiffly beaten egg whites. Grease cake tin well with fat or oil and sprinkle tin with Matzomeal. Sprinkle top of cake with ground or finely chopped almonds. Oven of medium heat.

*Mrs. A. Ullman.*



**SPICE CAKE**

- |                            |                               |
|----------------------------|-------------------------------|
| 2½ cups flour, sifted      | 1 teaspoon salt               |
| 1½ cups sugar              | 1 teaspoon cinnamon           |
| 1 tablespoon baking powder | ½ teaspoon ground cloves      |
| ½ cup salad oil            | ½ teaspoon ground nutmeg      |
| 6 eggs, separated          | 2 tablespoons syrup           |
| ¾ cup cold water           | 1 teaspoon grated orange rind |
| ½ teaspoon cream of tartar | 2 teaspoons orange juice      |

Sift flour, sugar, baking powder, salt and spices into a bowl. Make a well in the centre, and add, in order, oil, egg yolks, syrup, water, orange rind and juice. Beat well until smooth. Add cream of tartar to the egg whites, and beat very, very stiffly. Pour the yolk mixture gradually over the egg whites, carefully folding in with a rubber spatula until well blended. Do not stir. Pour immediately into a slightly greased 10 inch x 4 inch tube pan. Bake at 325° for 70 minutes, or until top springs back when lightly touched.

After removing cake from oven, turn pan upside down placing the tube over neck of a small funnel. Loosen sides from tin when cool. Can be frosted with any frosting.

*Mrs. Zena Lurie.*



FOR BETTER BAKING — USE RED SEAL FLOUR

MADEIRA CAKE

½ lb. butter	½ teaspoon baking powder
8 rounded tablespoons castor sugar	1 tablespoon brandy (optional)
4 large or 5 small eggs	vanilla essence
8 heaped tablespoons flour	

Cream butter and sugar. Add eggs, and lastly fold in sifted dry ingredients. Put into greased tin, and bake at 350-375° for ¾-1 hour.

Mrs. Thelma Eliasov.

CHOCOLATE CAKE

1½ cups flour	¼ teaspoon salt
2 teaspoons baking powder	1 heaped tablespoon cocoa
½ cup milk	¼ teaspoon vanilla
1½ oz. butter	3 eggs
1 cup castor sugar	

Beat eggs add sugar gradually and beat again for another 3 minutes. Sift dry ingredients 4 times and stir into egg mixture blending thoroughly. Bring milk and butter to boil and add to mixture. Mix together quickly and bake in one large tin or 2 sandwich tins. When cold ice and decorate as desired.

1 large tin—40-45 minutes  
2 tins 15-20 minutes

Mrs. Helen Boyer.

CUP CAKES

4 ozs. butter	½ cup milk
¾ cup sugar	1½ cups flour
2 teaspoons baking powder essence	2 eggs

Beat all ingredients except baking powder together. Beat for 3 minutes. Fold in baking powder. Add essence, put in paper cups. Bake at 375° for about 20 minutes, till lightly browned.

Mrs. Joy Messer.

SACHER CAKE (Viennese Chocolate Cake)

5 egg yolks	4 ozs. butter
4 ozs. castor sugar	4 ozs. black chocolate
3 ozs. cake meal or maizena	1 teaspoon baking powder
5 egg whites	

Beat butter and sugar until nice and smooth, then add egg yolks one by one and beat well. Then add melted chocolate and mix well until thick. Add the flour and baking powder. Lastly fold in beaten egg whites. Pour into well greased tin and bake for approximately 40 minutes, in 400° oven. When cool spread with a little jam and ice with chocolate icing or any other according to taste.

Mrs. O. Zlattner.

CHOCOLATE CAKE

½ lb. butter	2 cups flour (well packed)
1¼ cups sugar	4 level teaspoons baking powder
3 eggs	1 teaspoon salt
1½ cups milk	4 tablespoons cocoa
1 teaspoon vanilla essence	

Cream butter and sugar well. Add eggs one at a time, beating well. Add sifted dry ingredients alternately with milk. Add vanilla. Bake at 375° for 25 minutes in 2 greased sandwich tins or 40 minutes in 1 large tin. Fill and ice with any chocolate icing.

Mrs. Jessie Schrogger.

FINNISH MAUSTEKAKKU (Spice Cake)

½ lb. melted butter	3 ozs. chopped almonds
3 eggs	½ teaspoon ground cloves
grated orange peel	½ teaspoon ground cinnamon
½ teaspoon ground cardamons	¾ lb. flour
2 teaspoons baking powder	½ pint cream
½ lb. Demerara sugar	

Grease and flour an 8 inch tin (square). Add sugar to melted butter and whip until mixture is light and fluffy. Beat in the eggs a little at a time and mix in the nuts, flavourings and the cream. Sift the baking powder and flour, stir in to the mixture. Bake for 1 hour in a moderate oven (350°). This cake is similar to gingerbread.

Mrs. Mirriam Gordon.

CHIFFON CAKE

2 cups flour	1½ cups sugar
3 teaspoons baking powder	1 teaspoon salt

Sift into bowl and make a well in the centre, then add:

¼ cup fish oil	7 egg yolks
¾ cup water	1 teaspoon vanilla

Beat until smooth.

Beat 7 egg whites and ½ teaspoon cream of tartar until stiff. Fold egg yolk mixture into egg white mixture. Bake for 1 hour in 350° oven.

Mrs. Freda Abrahamson.

HOT WATER SPONGE CAKE

3 eggs	1 cup flour
1 cup sugar	1 heaped teaspoon baking powder
1 tablespoon butter	4 tablespoons boiling water
2 teaspoons vanilla essence	

Put sugar in bowl, add eggs one at a time, beating well after each addition. Add ½ teaspoon baking powder and 1 cup flour. In meantime put butter and water on stove to melt, when boiling add to mixture and beat well again. Then add remaining ½ teaspoon baking powder, beat well. Grease and flour tin and bake at 400° for 35-40 minutes. If liked 2 tablespoons of cocoa may be added.

Mrs. Leah Port.

GINGER CAKE (makes 2 loaf cakes)

3 breakfast cups flour	1 cup sugar
1 dessertspoon mixed spice	½ lb. butter
1 dessertspoon ginger	1 cup syrup
1 teaspoon cinnamon	¾ cup boiling water
1 cup milk	2 teaspoons bi-carb. soda
2 eggs	

Cream butter and sugar, add eggs. Mix in syrup, milk and flour, sifted with spices. Lastly add boiling water to which you have added bi-carb. Bake for 1 hour at 350°. (Line tins with paper).

Mrs. S. Eliasov.



FOR BETTER BAKING — USE RED SEAL FLOUR

GINGER CAKE (Parava)

1 cup syrup	1 teaspoon ground cloves
$\frac{1}{2}$ cup sugar	1 teaspoon ground ginger
$\frac{1}{2}$ cup oil	1 teaspoon mixed spice
1 cup strong tea	1 teaspoon bi-carb. soda
2 eggs	1 teaspoon baking powder
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup raisins or mixed peel (optional)

Beat eggs and sugar well. Add oil and syrup, which if measured in same cup after oil is poured out, will not stick to the cup. Sift flour and spices, and add to mixture alternately with tea. Add baking powder and raisins or peel if used. Pour into a greased loaf tin, and bake at 375° for about 40 minutes.

Mrs. Gay Kenigsberg.

GOLD CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups flour
$1\frac{1}{4}$ cups sugar	1 cup milk
5 egg yolks (well beaten)	1 teaspoon lemon extract
$\frac{1}{2}$ teaspoon vanilla	1 teaspoon salt
$2\frac{1}{2}$ teaspoons baking powder	

Cream butter and sugar. Then blend in the egg yolks (well beaten). Stir in alternately the flour and milk, then add the rest of the ingredients and bake in 2 layer tins for 30 minutes in oven of 350°.

Mrs. A. Abrahamson.

WHITE CAKE

$3\frac{1}{4}$ cups flour	1 cup soft butter
2 cups sugar	$1\frac{1}{4}$ cups milk
1 teaspoon salt	2 teaspoons vanilla
5 teaspoons baking powder	6 egg whites

Sift together the flour, sugar, salt and baking powder. Then add the butter and pour in the milk and vanilla. Beat well. Add the 6 egg whites and beat again. Bake in 2 layer tins for 30 minutes at 350°.

Mrs. A. Abrahamson.

NUT CAKE (Combine)

$\frac{3}{4}$ cup butter	1 teaspoon salt
1 cup sugar	1 cup milk
3 eggs	1 teaspoon vanilla
$2\frac{3}{4}$ cups flour (sifted)	

Mix well in Kenwood, then add 2 teaspoons baking powder. Mix again and lastly fold in  $1\frac{1}{4}$  cups chopped walnuts. Pour into two buttered pans and bake for 30 minutes in oven of 350°.

Mrs. A. Abrahamson.

TOPPING FOR ANY SPONGE OR BUTTER CAKE

1 teacup sugar	2 tablespoons butter
2 tablespoons cream	

Mix sugar and butter well and add cream. Spread on top of baked cake. Trim with chopped nuts and cherries. Put under grill about 6 inches from top of oven at 400°, with door open. Place a flat tin under the cake to catch any icing. Leave till light brown. Remove from oven and cool.

Mrs. I. Kretzmer.

MOCCA SPONGE CAKE

5 eggs	1 cup sugar
$\frac{1}{4}$ teaspoon cream of tartar	$\frac{3}{4}$ cup flour
$\frac{1}{4}$ cup cocoa	3 tablespoons coffee essence
1 teaspoon vanilla	$\frac{1}{2}$ teaspoon salt

Beat whites of eggs till frothy, then add cream of tartar and beat till very hard. Gradually beat in half the sugar. In another dish beat yolks until thick and creamy and add rest of sugar, coffee essence and vanilla, and beat very well. Fold yolk mixture into the whites and add flour and cocoa. Bake in 350° oven for about 45 minutes. Do not grease tins. When cake is ready turn on to rack while hot.

Mrs. Pam Harris.

DATE LOAF

$\frac{1}{2}$ lb. dates (1 packet)	1 teaspoon bi-carb. soda
1 tablespoon butter	$\frac{3}{4}$ cup sugar
1 egg	$1\frac{1}{2}$ cups flour

Pour 1 cup boiling water over chopped dates. Add the bi-carb. soda and cool. Cream butter and sugar and add beaten egg. Add sifted flour and date mixture. Bake in lined tin at 350° for about  $1\frac{1}{2}$  hours.

Mrs. Wally Hammerschlag.

MARILLEN KUCHEN (Apricot Cake)

4 eggs	weight of 4 eggs in butter
weight of 3 eggs in flour	weight of 4 eggs in sugar
$\frac{1}{2}$ lb. fresh apricots (or other fruit)	

Separate eggs, cream butter well, add egg yolks and sugar, fold in stiffly beaten egg whites and the flour. Spread the mixture  $\frac{1}{2}$  inch thick on a greased baking tin, and place over the mixture the halved stoned apricots at regular intervals. Bake in hot oven, 450°, for  $\frac{1}{2}$  hour till set and golden brown.

Mrs. Mirriam Gordon.

SPONGE CAKE

6 eggs	1 cup sugar
1 cup flour	1 teaspoon baking powder
pinch salt	1 dessertspoon oil
1 teaspoon flavouring (any)	

Separate egg yolks from whites. Cream yolks, oil, salt and flavouring. Fold in stiffly beaten whites. Add sifted flour and baking powder. Pour into greased tin and bake at 400° for about 40 minutes.

Mrs. S. Kagan.

FRUIT CAKE

8 ozs. flour	4 ozs. sugar
4 ozs. butter or margarine	$\frac{1}{2}$ lb. mixed fruit
1 cup black tea	1 level teaspoon bi-carb. soda
1 teaspoon mixed spice	

Boil butter, fruit and tea together for 3 minutes. When cool, mix with dry ingredients. Put mixture in well-greased cake tin, and bake at 400° for 50 minutes. Do not open the oven during that time.

Mrs. Sally Lieber

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### CHOCOLATE CAKE

4 ozs. butter	1 teaspoon almond essence
6 ozs. sugar (1½ cups)	2 cups flour
3 eggs	¼ cup cocoa
3 level teaspoons baking powder	¾ cup milk
pinch salt	

Cream butter and sugar. Add eggs 1 at a time. Add essence. Sift dry ingredients and add alternately with milk to first mixture. Bake in large tin at 400° for about 40 minutes or in 3 layer pans for about 25 minutes.

*Mrs. S. Kagan.*

### FRUIT SQUARES

#### Dough:

½ lb. butter	2 cups flour
2 teaspoons baking powder	½ cup sugar
3 eggs	

#### Fruit Mixture:

1 cup sultanas	2 cups currants
1 cup raisins	1 cup dates
1 tablespoon butter and enough water to cover	

Boil all fruit in the water with butter added. When soft strain off any excess water. Make the dough by mixing flour, sugar, and baking powder. Add butter and eggs and adjust with flour until the dough is not sticky. Butter a biscuit pan. Lay half the dough out in the pan cover with fruit mixture and then cover with the remaining dough. Brush with egg. Bake in 400° oven for 20 minutes to half an hour or until golden brown. Cut into squares cover with sugar or icing sugar if desired.

*Mrs. Dobby Chai.*

### JAN SMUTS COOKIES

#### Pastry:

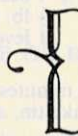
½ lb. butter	½ cup sugar
1½ cups flour	1 teaspoon baking powder
1 egg	jam
½ teaspoon salt	a little milk

**Method:** Rub butter into flour, salt and baking powder, with fingertips. Beat the egg with the sugar and mix into crumbed mixture. Use a little milk and make a stiff dough. Roll out fairly thick and line patty tins. Place one teaspoonful of jam into each tartlet and put a teaspoonful of the following on top of the jam: **Filling:** Beat 2 ozs. butter and 2 ozs. sugar till creamy. Add 1 beaten egg and 2 tablespoons flour in which half a teaspoon baking powder has been sifted. Beat all well together. Bake tartlets in a quick oven 425-450° for 10-12 minutes.

*Mrs. D. Hurwitz.*

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### MATZO FRIDGE CAKE

3 ozs. butter	½ cup caster sugar
2 tablespoons wine or liqueur	1 egg yolk
½ lb. melted dark chocolate	

Cream butter and sugar well. Blend in egg yolk and wine and chocolate. Put some wine in a flat dish. Dip Matzo in wine, one at a time. Sandwich matzos with chocolate mixture (adding nuts if desired) until cake reaches the desired height (approximately 8 matzos). Cover with chocolate and sprinkle with nuts as desired.

*Mrs. R. Zwebner.*



### CHEESE CAKE

More or less 1 pkt. Marie Biscuits (crushed)	½ lb. melted butter
1 tin evaporated milk	1 lb. cream cheese
2 tablespoons custard powder	2 eggs, separated
1 teaspoon vanilla essence.	1 cup sugar

Place cheese in dish. Add milk, yolks, custard powder, sugar and vanilla. Beat very well. Beat whites until stiff, and beat into the above mixture. Line pyrex dish with Marie biscuits and butter mixture, and pour cheese mixture in. Bake at 300° for 1 hour.

*Mrs. Marcia Brenner.*



### GINGER LOAF

1 cup sugar	½ cup candied peel
3 eggs	1 teaspoon mixed spice
1 cup warm syrup	½ cup marmalade
2 egg-cups oil	3½ cups flour
½ cup sultanas	pinch salt
1 dessertspoon ginger	1 teaspoon bi-carb soda in ½ cup boiling water

Beat all ingredients together briskly with wooden spoon. Add bi-carb last. Pour mixture into two 9" long bread tins and bake 1 hour at 375°, after first having greased tins with oil and sprinkled with flour.

*Mrs. Paula Fischer.*



### RICH DELICIOUS ALMOND/CHOCOLATE CAKE

5 eggs (separated)	1 sherry glass sherry or sweet wine
1 cup caster sugar	few drops almond essence
1 cup ground almonds	1½ tablespoons cocoa
1 cup breadcrumbs	pinch salt

Beat yolks and sugar till light and frothy. Add almonds, breadcrumbs, sherry, cocoa, essence and salt. Then add well beaten egg whites. Bake at 350° for ¼ hour. When cool ice with melted bitter chocolate.

*Mrs. Paula Fischer.*



### CHEESE CAKE MIXTURE

Use any tart base  
Beat 2 eggs until frothy

½ tablespoon flour	
Add 4 tablespoons sugar	1 tablespoon lemon juice
½ teaspoon salt	1 lb. cream cheese
2 tablespoons cream	

Pour into tart base, and bake at 325° for 1 hour.

*Mrs. Heleen Graham.*



**QUICK COFFEE CAKE**

2 cups flour	½ teaspoon salt
3 tablespoons sugar	4 teaspoons baking powder
2 tablespoons melted butter	1 cup milk

Sift dry ingredients into a bowl, add melted butter and enough milk to make a very stiff batter. Mix well and spread ½ inch thick in greased pan. Add top mixture and bake for about 30 minutes in moderate oven.

**Top Mixture:**

3 tablespoons flour	1 tablespoon cinnamon
3 tablespoons sugar	3 tablespoons butter

Mix dry ingredients, rub in butter and spread thickly over top of dough before baking.

*Mrs. Julia Solomon.*

★

**VIENNESE ORANGE CAKE**

4 eggs	5½ ozs. castor sugar
5½ ozs. ground almonds	1 juicy orange
2 teaspoons fresh white breadcrumbs	

Separate eggs, put yolks and sugar into basin over boiling water and beat until creamy. Fold ground almonds into mixture and add orange juice. Fold in stiffly beaten egg whites sprinkling in the bread crumbs at the same time. Bake in a shallow, lined and greased tin for about ½–¾ hour in moderate oven 350°. Turn out carefully as this cake is of a very rich, moist consistency.

*Mrs. Mirriam Gordon.*

★

**SACHERTORTE**

8 ozs. plain chocolate	4 ozs. butter (unsalted if possible)
6½ ozs. sugar	5 eggs
3 ozs. ground almonds or other nuts	1½ ozs. self-raising flour jam for filling

**Icing:** 5 ozs. plain chocolate and 5 ozs butter

Melt chocolate over low heat, when soft cream it with the butter sugar and egg yolks, then fold in stiffly beaten egg whites, almonds and flour. Put in a greased and lined cake tin, bake in a moderate hot oven 400°. When testing with steel knitting needle care should be taken that the centre of the cake is slightly moist. When cake is cool, cut in half fill with jam and coat with chocolate icing. This icing is made in the following way: Melt chocolate over low heat mix in melted butter. Decorate with whipped cream (optional).

*Mrs. Mirriam Gordon.*

★

**DATE AND WALNUT LOAF**

1 lb. dates	2 ozs. walnuts
2 ozs. butter	½ cup sugar
1 teaspoon ginger	

Cut up and mix above ingredients. Pour over 1½ cups boiling water. When cold add 1 egg and 1 teaspoon bi-carb soda, which has been added to 2 cups flour. Bake in slow oven 1½–2 hours.

*Mrs. Hilda Lepar.*

**ECCLES CAKES**

½ lb. flour	1 yolk
5 ozs. butter	a little lemon juice
1 tablespoon castor sugar	a little water

On board have flour and sugar, then roll in butter. Make a hole in centre and add egg, lemon juice and water and work it all in. Roll and cut shapes to fill patty tins and also cut pastry for covers over filling. Moderate oven.

**Filling:** Quantities sufficient to fill tins used.

currants	sultanas
treacle	sugar
1 oz. melted butter	mixed spice
white sugar	

*Mrs. Fay Broomberg.*

★

**RUM GATEAU**

3 eggs (weigh them)  
weight of the three eggs in butter, flour and sugar  
2 tablespoons rum  
1 (1 lb.) tin apricots (or any fruit, even glace cherries, dates, nuts)

Cream sugar and butter well. Add eggs 1 at a time. Fold in sifted flour. Then fold in about half the apricots cut in small pieces. Put mixture into a greased tin, and bake at 350°. After about 8 minutes open oven, and place remaining halves of apricots and a few chopped almonds on top of cake to decorate, and bake again for 30–40 minutes.

*Mrs. M. Zworestine.*

★

**BLITZ CAKE**

½ lb. butter	1 teaspoon baking powder
1½ cups sugar	3 tablespoons milk
4 eggs, separated	½ cup sliced blanched almonds
1 cup flour	1 tablespoon sugar
pinch salt	½ teaspoon cinnamon
1 teaspoon vanilla	

Cream butter and ½ cup sugar well. Add well-beaten egg yolks and beat again. Add sifted flour, baking powder, salt and vanilla. Add milk. Spread mixture in 2 greased tins. Beat egg whites till stiff, add remaining sugar and beat till eggs hold a peak. Spread this over the unbaked mixture in the tins. Sprinkle tops with almonds, 1 tablespoon sugar and the cinnamon and bake at 350° for about 30 minutes. Cool and spread following custard filling between layers.

**Custard Filling:**

3 tablespoons flour	1 egg, beaten
½ cup sugar	½ teaspoon vanilla
pinch salt	1 teaspoon butter
1 cup milk	

Mix dry ingredients very well. Add milk and egg and cook over boiling water, stirring constantly until thickened. Add vanilla and butter. Cool.

*Mrs. A. H. Ralstein.*

★

**TIP-TOP APRICOT CAKE**

(1) ½ cup butter	(2) 1 cup flour and 1 cup sugar
1 cup sugar	½ teaspoon salt
1 tin apricots	1 teaspoon baking powder
	2 eggs
	5 tablespoons apricot juice

(1) Melt butter in baking pan or pyrex dish. Spread sugar over bottom (brown sugar can be used to advantage), lay in apricots, cut side up.

(2) Beat egg yolks, add sugar, apricot juice, sift in flour, baking powder and salt. Fold in beaten egg whites. Pour batter over fruit. Bake at 375° for about 45 minutes. Invert on to a plate. Serve with custard.

*Mrs. L. Frank.*



**COCONUT CAKE**

- |                              |                                   |
|------------------------------|-----------------------------------|
| (1) $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup milk            |
| $\frac{1}{2}$ cup sugar      | 1 cup flour                       |
| 3 egg yolks, beaten          | 2 teaspoons baking powder (level) |
| 1 teaspoon vanilla           | salt                              |

Cream butter and sugar. Add beaten yolks, vanilla and milk. Then add flour and salt, and lastly, baking powder.

- (2) 3 egg whites, well beaten with  $\frac{1}{2}$  cup sugar, and then fold in 1 cup coconut.

Grease an oblong tin. Put in first mixture and then cover with the second mixture and top with cherries to trim. Bake for 40 minutes at 400°.

*Mrs. L. Rabinowitz.*

★

**FRUIT CAKE**

- |                            |                                      |
|----------------------------|--------------------------------------|
| 2 cups sugar (1 lb.)       | $\frac{1}{2}$ lb. X Peel             |
| 1 lb. flour                | 10 eggs                              |
| 1 lb. butter               | 1 pkt. mixed spice                   |
| 1 lb. dates                | 1 tablespoon cocoa                   |
| $\frac{1}{2}$ lb. nuts     | 1 teaspoon bi-carb.                  |
| $\frac{1}{2}$ glass brandy | 1 teaspoon cinnamon                  |
| 1 lb. sultanas             | $\frac{1}{2}$ teaspoon ground cloves |
|                            | $\frac{1}{2}$ teaspoon ground ginger |

Cream butter and sugar. Add beaten eggs, then flour. Mix bi-carbonate of soda with just a little milk and add to mixture.

Add spices, brandy and fruit, which should be warmed before adding to mixture. Don't have mixture too loose. Line greased tins with four layers of greaseproof paper and pour in mixture. Bake at 275° for not more than 3 hours. Half this quantity makes a nice sized cake.

*Mrs. M. Sussman.*

★

**CHOCOLATE MARBLE CAKE**

- |                          |                          |
|--------------------------|--------------------------|
| $\frac{1}{2}$ lb. butter | 1 teaspoon baking powder |
| 3 eggs                   | $\frac{1}{2}$ cup milk   |
| 1 cup sugar              | 1 tablespoon cocoa       |
| 1 cup flour              |                          |

Cream butter and sugar. Add egg yolks separately, beating well. Add flour, baking powder and milk. Lastly fold in stiffly-beaten egg whites. Put half mixture in dish and add 1 tablespoon cocoa to this. Pour into greased tin and bake at 400° for 40 minutes.

*Mrs. L. Schragger.*

★

**GINGER CAKE**

- |                               |   |
|-------------------------------|---|
| good $\frac{1}{2}$ lb. butter | 3 eggs                                  |
| $\frac{1}{2}$ lb. sugar       | 2 teaspoons ground ginger               |
| 3 small cups flour            | 2 teaspoons bi-carb. soda               |
| 1 cup milk                    | dissolved in $1\frac{1}{2}$ tablespoons |
| 1 cup syrup                   | hot water                               |

Cream butter and sugar. Add all other ingredients. Bake at 350°.

*Mrs. M. Sussman.*

**CREAM PUFFS**

- |               |        |
|---------------|--------|
| 1 cup water   | salt   |
| 2 ozs. butter | 3 eggs |
| 1 cup flour   |        |

Boil up water and butter. Mix in flour and salt until it forms a dough. Put pot on ice cubes and cool mixture. When cool, add the eggs, 1 at a time. Put spoonfuls on a greased pan and bake at 375° for 30-35 minutes.

*Mrs. S. Israel.*

★

**CHOCOLATE SWISS ROLL** (without butter and flour)

- |                   |                         |
|-------------------|-------------------------|
| 5 eggs            | $\frac{1}{2}$ cup cocoa |
| 1 cup icing sugar |                         |

Beat egg yolks well. Add sugar and beat again. Add cocoa. Lastly, fold in stiffly-beaten egg whites.

Bake in a greased Swiss roll tin for about 10-15 minutes at 375°.

When baked, roll up in a serviette and when cool unroll and fill with whipped cream.

*Nellie Banet.*

★

**FRUIT CAKE**

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 5 ozs. butter                        | 4 eggs                        |
| 5 ozs. brown sugar                   | 4 ozs. peel                   |
| 4 ozs. ground almonds                | 2 ozs. cherries               |
| $\frac{1}{2}$ teaspoon baking powder | 1 tablespoon brandy           |
| 6 ozs. flour                         | 4 ozs. raisins                |
| 8 ozs. sultanas                      | 8 ozs. currants               |
| $\frac{1}{2}$ teaspoon mixed spice   | 1 tablespoon treacle or syrup |

Cream butter and sugar. Beat eggs and add alternately with flour mixed with all fruits. Bake at 350° for 30 minutes. Turn to low. Bake for 2-2 $\frac{1}{2}$  hours longer. Turn out immediately and pour 1 tablespoon brandy over the bottom. Paper-lined tin.

*Mrs. H. Fox.*

★

**SWISS ROLL**

- |                     |                                 |
|---------------------|---------------------------------|
| 4 eggs              | 4 level teaspoons baking powder |
| 4 tablespoons sugar | vanilla essence                 |
| 4 tablespoons flour | salt                            |

Beat eggs well. Add sugar and beat again. Sift flour and add baking powder. Add to mixture. Fold in. Pour into paper-lined Swiss roll tin and bake at 400° for 10 minutes. Turn out and roll in damp serviette. When cold, fill.

*Sheila Mathison.*

★

**BUTTER CAKE**

- |                           |                           |
|---------------------------|---------------------------|
| $\frac{1}{2}$ lb. butter  | 1 teaspoon vanilla        |
| 1 teacup sugar            | 1 cup (large) flour       |
| 3 eggs                    | 2 teaspoons baking powder |
| $\frac{3}{4}$ cup maizena | 1 teacup milk             |

Cream butter and sugar well. Add egg yolks 1 at a time. Add vanilla. Sift flour, baking powder and maizena 3 times. Add flour mixture and milk alternatively. Fold in stiffly-beaten egg whites. Take off about one-third of this mixture and to it add 2 teaspoons cocoa. Grease a long loaf tin and pour in part of the white mixture. Then the chocolate mixture and then balance of white. Bake at 375° for 45 minutes.

*Mrs. J. Graham.*



### BUTTER SPONGE CAKE

3 eggs	4 tablespoons milk
pinch salt	1 tablespoon butter
$\frac{3}{4}$ cup sugar	1 teaspoon baking powder
1 cup flour	

Beat eggs well. Add sugar and beat again. Then add flour and salt. Boil up milk and butter and add immediately to mixture. Flavour with vanilla, cocoa, coffee or orange rind. Lastly, add baking powder. Bake in two medium-sized sandwich tins, greased, for 25-30 minutes at 350°.

*Mrs. H. Eliasov.*

★

### CHEESE CAKE WITH MARIE BISCUITS

2 cream cheeses	2 tablespoons sugar
2 eggs	1 packet Marie Biscuits
$\frac{1}{2}$ pint cream	7 ozs. butter
1 teaspoon custard	

Crush biscuits very well, add butter and mix thoroughly. Grease a Pyrex dish well and put the biscuit mixture right round the dish, leaving a little for the top. Mix the cheese, eggs, cream, custard and sugar very well. Put the mixture into the biscuit-lined dish and spread with the remaining biscuit mixture. Bake for 40 minutes at 400°.

*Mrs. M. Watkins.*

★

### CHEESE TART

Dough	Filling
$\frac{3}{4}$ packet Marie Biscuits	1 lb. cream cheese
$\frac{1}{2}$ lb. butter	2 egg yolks and whites
$\frac{1}{4}$ cup milk	$\frac{3}{4}$ cup castor sugar
	2 tablespoons flour
	1 teaspoon vanilla

**Dough.**—Crush biscuits. Melt butter in the milk and add to biscuits to form a dough. Line a buttered Pyrex plate with this and press down the edges.

**Filling.**—Cream together egg yolks and sugar, add cheese, flour and vanilla. Beat the egg whites stiffly, add to mixture and mix well. Pour into the dough and bake at 400° for 25 minutes.

*Mrs. L. Zipper.*



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### CHOCOLATE CHIFFON CAKE

1 cup flour	$\frac{1}{2}$ cup boiling water
1 cup caster sugar	$\frac{1}{2}$ cup oil
2 tablespoons cocoa	1 teaspoon vanilla
3 teaspoons baking powder	pinch salt
4 eggs (separated)	

Sift dry ingredients together, but with ONLY 2 teaspoons of the baking powder. Add egg yolks and oil, then the boiling water. Beat egg whites stiffly with teaspoon of baking powder, then fold into other mixture. Bake in loose-bottomed tin, ungreased at 375° for about 50 to 60 minutes. When cool, ice with bitter chocolate mixed with icing sugar, a dab of butter and peppermint essence.

*Mrs. Paula Fischer.*

★

### CONTINENTAL STRUDEL

	Dough
3 cups plain flour	2 cups warm water
$\frac{1}{2}$ teaspoon salt	3 dessertspoons oil
juice of $\frac{1}{2}$ lemon	

Mix oil, water, lemon juice and salt. Make a well in the centre of the flour, and add the above mixture, blending into flour slowly. Then beat with a spoon with a lifting motion, until dough is stretchy and comes clean away from the spoon. Put dough in fridge in a sealed container whilst preparing fillings. When fillings are ready, put the dough on a large cloth, well dusted with flour—roll out slightly, lubricate with oil, then start gently pulling first the ends of the dough, then the centre; dough must be kept moist, otherwise it is liable to break. Now put over the whole dough, the desired filling, and roll up, away from the tablecloth. Bake for  $\frac{1}{2}$  hour at 375° or until golden brown.

#### Fillings:

#### APPLE

6 large apples	$\frac{1}{2}$ cup sultanas
$\frac{1}{2}$ cup cherries	$\frac{1}{2}$ cup nuts
2 handful of either Rice Krispies or Cornflakes crushed	Juice and rind of $\frac{1}{2}$ lemon
	1 cup sugar
	3 tablespoons apricot jam

#### CABBAGE

Fry 1 onion, sliced, till golden brown. Add 1 shredded cabbage, cover pot with lid and let cabbage simmer until soft. Add 1 teaspoon pepper, 2 teaspoons salt, 1 tablespoon sugar. Cool before putting on the dough.

#### CHEESE

1 lb. cottage cheese, 2 eggs,  $\frac{1}{2}$  cup sultanas, rind and juice of 1 lemon, salt and sugar to taste, 1 handful of Rice Krispies or Cornflakes

*Mrs. R. Zwebner.*

★

#### ORANGE CAKE

6 ozs. butter	2 teaspoons baking powder
3 eggs	$\frac{1}{2}$ cup orange juice
1 cup sugar	$\frac{1}{2}$ cup cold water
2 cups flour	grated rind of orange

Beat all above together for 10 minutes in machine, adding baking powder last. Bake in a loaf tin, greased at 375°.

*Mrs. Paulette Hodes.*

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**FRUIT CAKE**

1 cup currants	1 cup sugar
1 cup raisins	6 ozs. butter
1 cup sultanas	1½ teaspoons bi-carb. soda
1 cup boiling water	

Boil all these ingredients together for 20 minutes and allow to cool properly. Then add 2 eggs, beaten, 2 cups flour, ¼ cup milk and ¼ wineglass brandy. Pour into paper-lined tin and bake for 1½ hours at 350°.

*Mrs. L. Gruber.*

★

**MERINGUES**

4 egg whites	8 ozs. sugar
--------------	--------------

Beat up whites until stiff and add the sugar, then beat well until mixture is very stiff. Drop by tablespoons on baking sheet lined with greaseproof paper. Bake in cool oven (200°) until quite dry.

*Mrs. L. Gruber.*

★

**RUM CAKE**

5 eggs	½ teaspoon vanilla
5 tablespoons sugar	1 dessertspoon flour
5 dessertspoons breadcrumbs	

Separate yolks and whites of eggs. Add sugar to yolks and beat well. Add breadcrumbs and flour mixed. Lastly, add vanilla and stiffly-beaten egg whites. Pour into greased tin and bake at 375° for 20-30 minutes. When cake is baked, turn out, and while still hot, pour the following liquor over it.

**Liquor.**—1 glass water, 4 tablespoons sugar, 3 tablespoons rum, all boiled together till the sugar is dissolved. Pour hot over hot cake. When cake is cold, decorate with cream, whipped.

*Anonymous.*

★

**LAYER CAKE**

¼ lb. butter or margarine	2½ cups flour
2 eggs	¼ teaspoon salt
½ cup milk	4 teaspoons baking powder
½ cup water	1 teaspoon vanilla
1½ cups sugar	

Cream butter, add sugar slowly. Add well-beaten eggs and vanilla. Sift together dry ingredients and add alternately with milk and water. Pour into two greased 9 inch sandwich tins and bake at 400° for 25 minutes.

*Variations:*

**Chocolate.**—Take off 2 tablespoons flour and replace with 2 tablespoons cocoa.

**Spice.**—Add 1 teaspoon mixed spice.

**Orange.**—Use ½ cup orange juice instead of ½ cup milk.

*Mrs. L. Michaels.*

**FRUIT CAKE**

6 ozs. butter	little mixed peel
1 cup sugar	½ teaspoon bi-carb. in ¼ cup
3 eggs	warm milk
1 large cup each sultanas,	2 cups flour
currants and raisins	pinch salt
teaspoon mixed spice	2 teaspoons baking powder

Cream butter and sugar. Add eggs. Clean fruits and add to bowl of flour, salt, baking powder, spice and peel. Mix together and add to butter and egg mixture. Lastly, add milk and bi-carb. Put into loaf tin and bake at 350° for 1½ to 2 hours. This can also be baked in large round in.

*Mrs. S. Herman.*

★

**SURPRISE PLAIN CAKE**

1 cup sugar	1½ cups flour
¼ lb. butter	½ cup milk and warm water
3 eggs	mixed
2 teaspoons baking powder	

Cream butter and sugar well. Add eggs one at a time and beat well between each addition. Then add other ingredients. Put half the batter into a well-buttered tin, sprinkle with sugar, cinnamon and either cake or biscuit crumbs. Add rest of the batter and bake at 350 degrees.

*Mrs. C. I. Jacobs.*

★

**MARBLE CAKE (2)**

½ lb. butter	1 teaspoon vanilla essence
1 small cup sugar	2 tablespoons milk
½ lb. sifted flour	1 tablespoon water
4 eggs	2 level teaspoons baking
pinch salt	powder

Cream butter and sugar till light and fluffy. Add eggs one at a time alternately with the sifted flour, beating well between each addition. Beat well for 5 minutes. Add pinch salt. Add the milk, water vanilla, and lastly, baking powder. Divide mixture in two and to the one half add 1 tablespoon cocoa mixed with 2 teaspoons milk. Blend well. Pour the mixtures alternately into a greased tin and bake in moderate oven about 400° for about 1 hour. Before baking, cover top of cake with a piece of brown paper which has been greased.

*Mrs. R. E. Glickman.*

★

**LAYER CAKE**

½ cup butter	1 teaspoon vanilla essence
¾ cup sugar	¾ cup sweet milk
2 eggs	2 cups flour
¼ teaspoon salt	2 teaspoons baking powder

Cream the butter well. Add the sugar and cream again. Add the well-beaten eggs and salt and mix. Add the milk alternately with the sifted flour. Add essence and then the baking powder. Pour into 2 greased tins and bake in moderate oven, about 350°, for 20 minutes. When cool, put layers together with jam, and ice top.

*Mrs. N. Davidoff.*

★

**HAZEL NUT CAKE**

½ lb. hazel nuts, minced	½ lb. icing sugar
6 eggs	

Separate eggs. Cream sugar and yolks very well. Add minced nuts and mix well. Fold in stiffly-beaten egg whites. Butter a baking pan slightly. Bake for 35 minutes in a moderate oven (350°). This batter requires a deep baking pan.

*Mrs. Ben Baron.*



FOR BETTER BAKING — USE RED SEAL FLOUR

WALNUT CAKE

6 ozs. butter	2 teaspoons baking powder
1 cup sugar	pinch salt
1½ cups flour	½ cup milk and water mixed
3 eggs	

Cream butter and sugar well. Add egg yolks and then sifted flour and baking powder with stiffly-beaten egg whites. Put in shallow tin and mix 3 ozs. chopped walnuts, ¼ cup brown sugar and 2 teaspoons cinnamon and spread on top. Bake in a moderate oven.

Mrs. Ben Baron.

★

NUT CAKE

6 eggs, separated	2½ ozs. chocolate
7 ozs. sugar	2½ ozs. breadcrumbs
7 ozs. groundnuts	a little rum

Cream egg yolks and sugar till thick and creamy. Fold in the nuts, melted chocolate and the breadcrumbs, which have been dampened with rum. Lastly, fold in the stiffly-beaten egg whites. This cake is best cut only the next day, and filled with cream. (Pour into a greased tin and bake in a medium oven).

Mrs. E. Zlattner.

★

CHOCOLATE REFRIGERATOR CAKE

1 pkt. Tennis or Marie Biscuits	4 tablespoons water
4 eggs	4 tablespoons sugar
½ lb. slab sweet chocolate	1½ teaspoons vanilla

Melt chocolate over pot of boiling water. Add water, sugar and beaten egg yolks. Cook until smooth, stirring constantly. Remove from stove and cool. Add vanilla and stiffly-beaten egg whites. Have a cake tin ready lined with greaseproof paper. Put a layer of biscuits in the bottom, then pour on a layer of chocolate mixture, cover with another layer of biscuits and continue till all finished, ending with a layer of biscuits. Cover and chill for 24 hours. Turn out on a dish lined with paper d'oyale. Decorate with whipped cream and cherries.

Mrs. S. Herman.

★

GINGER BUTTER CAKE

½ lb. butter	½ teaspoon ground cinnamon
1 cup sugar	1 cup warm milk
2 eggs	1 teaspoon bi-carb. soda
2 tablespoons syrup	2 large cups flour
2 teaspoons ground ginger	pinch salt

Cream butter and sugar. Add eggs one at a time, then syrup and mix well. Add the spices and the milk to which you have added the bi-carbonate of soda. Lastly, fold in flour and salt. Mix all well together and pour into two greased sandwich tins. Bake for 25 minutes in a moderate oven. This can also be baked for 1 hour in a loaf tin.

If sandwich cake is made, put butter icing between and on top and sides of cake.

Mrs. S. Herman.

BANANA CAKE

4 eggs	4 heaped tablespoons flour
2 tablespoons melted butter	2 tablespoons breadcrumbs
6 tablespoons sugar	1 tablespoon ground walnuts
4 bananas	lemon juice
1 teaspoon baking powder	

Cream egg yolks and sugar well. Add melted butter gradually and mix well. Beat egg whites and fold into mixture. Add flour, breadcrumbs, nuts and baking powder. Mash bananas, add lemon juice to them and fold in. Bake for 1 hour in a greased tin at 300 to 350°.

Mrs. Courian.

★

ALMOND CAKE

3 ozs. margarine	2 ozs. ground almonds
4 ozs. sugar	2 ozs. chocolate
4 egg yolks	1½ ozs. breadcrumbs
grated lemon rind	

Cream margarine and sugar very well. Add egg yolks and lemon rind and beat again. Add almonds, melted chocolate and breadcrumbs. Mix well but do not beat again. Pour into a well-buttered cake tin and bake in a medium oven. When ready, cool and ice with chocolate icing.

Mrs. E. Zlattner.

★

CHOCOLATE CAKE

8 eggs, separated	2 tablespoons flour
8 tablespoons sugar (icing)	2 tablespoons cocoa

Beat egg yolks and icing sugar till thick and creamy. Then add flour and cocoa, sifted. Then fold in the stiffly-beaten egg whites. Pour into a greased cake tin and bake in a slow oven. When baked, cut in half and fill with the following cream.

Place in top of a double boiler 3 tablespoons strong black coffee, 2 tablespoons icing sugar and 4½ ozs. chocolate and cook till well blended. Cool slightly, and add 6½ ozs. butter, the beaten yolks of 2 eggs, and then fold in the stiffly-beaten whites of 2 eggs.

Mrs. E. Zlattner.

★

ECLAIRS

¼ cup milk	1 cup sifted flour
¼ cup water	4 eggs
2 ozs. butter	pinch salt

Bring to the boil milk, water and butter. Add all at once flour and salt. Stir quickly till mixture forms a smooth dough and leaves sides of pot. Remove from fire and add 1 egg. Mix well and leave aside to cool. When cool, add remaining eggs one at a time, mixing well between each addition. Drop teaspoonsful on a buttered baking sheet about 2 inches apart to allow for spreading. Smooth with back of a spoon dipped in cold water. Bake at 400° for about 20 minutes. Split, and when cold fill with whipped cream, and top with chocolate water icing, or sprinkle with icing sugar. When eclairs are done, and are particularly soft, switch off oven and allow to remain in just to dry a little longer.

Mrs. A. H. Ralstein.



### MARBLE CAKE

$\frac{1}{2}$ lb. butter	3 level teaspoons baking powder
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup milk
3 eggs	1 teaspoon vanilla
$2\frac{1}{2}$ level cups flour	salt
	2 teaspoons cocoa

Cream butter and sugar well. Add eggs one at a time. Add milk alternately with flour and salt. Add baking powder. Mix cocoa with 2 teaspoons sugar and 1 teaspoon milk. Add 2 tablespoons of the cake mixture to this. Grease a large tin and put in a layer of white mixture, then blobs of chocolate mixture and balance of white. Bake at 400°.

*Mrs. V. Zacks.*

★

### AUSTERITY CHOCOLATE CAKE

2 eggs	1 egg-cup brandy
$\frac{1}{2}$ lb. margarine	1 egg-cup wine
$1\frac{1}{2}$ packets chocolate pudding powders	juice of $\frac{1}{2}$ lemon
2 tablespoons honey	1 cup milk
2 tablespoons jam	1 teaspoon bi-carb. soda
$\frac{1}{2}$ teaspoon cinnamon	3 cups self-raising flour

Cream margarine well. Add eggs and beat well. Add chocolate powders, honey, jam and cinnamon. Then add brandy, wine and lemon juice. Add milk, then add flour and soda sifted together. Beat very well. Pour into a large greased tin and bake at 350° for about 1 hour. When cool, sprinkle with icing sugar.

*Mrs. I. Miller.*

★

### BAKED MERINGUE SPICECAKE

2 cups flour	$\frac{1}{2}$ teaspoon cloves
3 teaspoons baking powder	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ teaspoon salt	1 cup brown sugar
1 teaspoon cinnamon	1 egg and 1 egg yolk
$\frac{3}{4}$ cup milk	

Sift flour, baking powder and salt together three times, with spices. Cream butter and sugar very well. Add beaten egg and yolk and beat again. Add sifted dry ingredients alternately with milk and beat well. Pour into a large greased pan and spread with the following meringue.

1 egg white, beaten well with  $\frac{1}{2}$  cup brown sugar. Spread over unbaked cake, sprinkle with  $\frac{1}{4}$  cup chopped nuts and bake at 350° for 50-60 minutes. (Size of tin about 6 by 10 inches).

*Mrs. A. H. Ralstein.*

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### CHOCOLATE GATEAU

1 tablespoon (level) Drinking Chocolate	1 tablespoon (level) cocoa
2 teaspoons (heaped) baking powder	2 tablespoons (heaped) flour
	4 egg yolks, beaten with 4 tablespoons caster sugar

Beat yolks with caster sugar for 8 minutes. Remove from beater, and fold in all dry ingredients. Add stiffly beaten egg whites. Grease and line a swiss roll tin, and pour in mixture about  $\frac{3}{4}$  full. Bake at 450° for 8 minutes. Remove from stove, and cool. Then turn out and cut into four pieces, and put the following filling between layers:—

Beat  $\frac{1}{2}$  pint cream, 1 tablespoon Drinking Chocolate, 1 tablespoon cocoa,  $1\frac{1}{2}$  tablespoons sugar, till thick.

Decorate with flake chocolate and nuts.

*Mrs. Bertha Golembo.*

★

### DATE LOAF

1 cup cut dates	1 teaspoon bi-carb of soda
2 ozs. shortening	1 teaspoon baking powder
1 egg	pinch salt
1 small cup sugar	1 cup hot water
2 cups flour	

Put cut dates in a small bowl with bi-carb, and pour hot water over. Cover and allow to stand. Meanwhile, cream butter and sugar, beat in egg, then add dry ingredients. Lastly add date mixture. If using mixmaster, add dates by hand. Should be a runny mixture. Pour into well greased loaf tin, and bake at 350-375° for 45-60 minutes.

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### ALL BRAN LOAF

1 cup Kellogs Hi-bulk Bran	1 cup caster sugar
1 cup flour	1 teaspoon baking powder
$1\frac{1}{2}$ cups mixed cake fruit	1 cup milk
$\frac{1}{2}$ teaspoon salt	

Put bran sugar and fruit into a bowl, and mix well together. Stir in milk and leave to stand 1 hour. Sift flour baking powder, and salt. Add to first mixture and stir well. Pour into well greased 1 lb. loaf tin, and bake at 350° for 50-60 minutes.

*Mrs. Sheila Fredman.*

★

### GINGER CAKE

1 cup oil	$2\frac{1}{2}$ cups flour
1 cup syrup	1 teaspoon baking powder
2 eggs	2 teaspoons bi-carb soda
2 teaspoons ginger	dissolved in 1 cup black tea
2 teaspoons cinnamon	$\frac{1}{2}$ cup caster sugar

Sift all dry ingredients in bowl. Then put in rest of ingredients and beat very well. Bake in moderate oven 350° for 1 hour.

*Mrs. Barbara Sher.*

★

### PLAIN CAKE

$\frac{1}{2}$ lb. butter	rind of 2 oranges
$\frac{3}{4}$ lb. flour	4 level teaspoons baking powder
$\frac{3}{4}$ lb. sugar	1 cup milk
4 eggs	

Mix all together for 3 minutes in mixer. Bake at 375° for 1 hour.

*Mrs. I Goldschmidt.*



COCONUT-TOPPED CAKE

3 cups flour	2 cups sugar
3 teaspoons baking powder	1 teaspoon vanilla
pinch salt	4 eggs, separated
$\frac{1}{2}$ lb. butter	1 cup milk

Sift flour, baking powder and salt. Cream butter and sugar well. Add vanilla, and egg yolks one at a time, and beat again. Add sifted dry ingredients alternately with milk, beating well. Fold in stiffly-beaten egg whites. Pour into three greased and paper-lined sandwich tins and bake at 400° for about 30 minutes. Fill with lemon filling and cover tops and sides with seven minute icing. Sprinkle thickly all over with coconut.

Mrs. A. H. Ralstein.

★

BANANA CAKE

2 cups flour	1 cup mashed bananas
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ cup butter ( $\frac{1}{4}$ lb.)
$\frac{3}{4}$ teaspoon bi-carb. soda	1 $\frac{1}{2}$ cups sugar
pinch salt	2 eggs, well beaten
$\frac{1}{4}$ cup sour milk	1 teaspoon vanilla

Sift flour, baking powder, soda and salt. Add milk to mashed bananas. Cream butter and sugar until fluffy. Add eggs and beat again. Add sifted dry ingredients and milk alternately, beating well after each addition. Add vanilla. Pour into two greased sandwich tins and bake at 375° for 30 minutes. When cool, spread frosting between layers and ice top and sides of cake with it. Trim with sliced bananas.

Mrs. A. H. Ralstein.

★

MADEIRA CAKE

$\frac{1}{2}$ lb. butter	1 heaped cup flour
1 cup sugar	$\frac{1}{2}$ cup Maizena
4 eggs	1 teaspoon baking powder
salt	few drops lemon essence
$\frac{1}{4}$ cup milk	

Cream butter and sugar well. Add eggs one at a time. Then add salt and flavouring. Sift flour and maizena together and add to mixture alternately with milk. Lastly, add baking powder. Bake in a large greased tin at 350-400° for about 40 minutes.

Mrs. V. Zacks.

★

FAIRY CAKES

4 ozs. butter	7 ozs. flour
5 ozs. sugar	2 eggs
$\frac{1}{2}$ teaspoon salt	2 teaspoons baking powder
$\frac{1}{4}$ to $\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon vanilla

Cream butter and sugar well. Beat in eggs one at a time, beating well after each addition. Add flavouring. Add sifted dry ingredients alternately with milk to make soft dropping consistency. Bake in greased patty tins at 400° for 10-15 minutes (makes 2 $\frac{1}{2}$  dozen). When cool, scoop out tops, fill with jam and whipped cream. Cut tops in half and replace into cream. Sprinkle with icing sugar.

Mrs. A. H. Ralstein.

STREISEL KUCHEN

6 ozs. butter	2 cups flour
$\frac{3}{4}$ cup sugar	2 teaspoons baking powder
4 large eggs	$\frac{3}{4}$ cup milk
pinch salt	

Cream butter and sugar. Add eggs one at a time. Add milk and flour alternately. Add baking powder last. Pour into greased baking tin, a large square one, and sprinkle with the following. topping

Rub a little butter into a little flour to make crumbs. Bake at 350° for about 25 minutes.

Mrs. Becky Rabinowitz.

★

ALMOND CAKE

8 eggs (separated)	$\frac{1}{2}$ lb. sugar
$\frac{1}{2}$ lb. ground almonds	pinch salt

Beat yolks, sugar and salt for 15 minutes. Beat egg whites with a beater till stiff. Then add to mixture and beat again 8 minutes. Add almonds and beat another 10 minutes. Bake in a greased tin for 1 hour at 350°. (Use a large square tin, and do not open the oven before the hour).

Mrs. M. Taitz.

★

CHERRY CAKE

8 ozs. flour	1 teaspoon baking powder
$\frac{1}{4}$ lb. butter	$\frac{1}{2}$ cup milk
6 ozs. sugar	glace cherries (sliced)
2 eggs	

Cream butter and sugar well. Add eggs one at a time, beating well after each addition. Add milk gradually. Then add flour and baking powder, and lastly fold in cherries. Pour into a paper-lined tin and cover top with brown paper. Bake in a moderate oven for about 1 hour.

Mrs. A. H. Ralstein.

★

MYSTERY CAKE

4 ozs. butter	4 teaspoons baking powder
1 $\frac{1}{4}$ cups sugar	1 teaspoon nutmeg
3 eggs	1 teaspoon cinnamon
2 $\frac{1}{2}$ cups sifted flour	just under 1 cup milk
pinch salt	

Cream butter and sugar well. Add eggs, one at a time, beating well after each addition. Sift flour, salt and spices together and add to mixture alternately with the milk. Add baking powder. Bake two-thirds of the mixture in two buttered sandwich tins lined with paper. To the remaining third, add 1 tablespoon cocoa mixed with 1 tablespoon cold water. Use this for the middle layer. Bake layers at 375° for about 20 minutes. Put following filling and icing between layers and on top and sides of cake. (Use chocolate layer in centre).

Filling

3 tablespoon butter	1 teaspoon vanilla
3 cups icing sugar	3 tablespoons strong coffee
2 tablespoons cocoa	1 egg white

Beat all above together very well.

Mrs. A. H. Ralstein.



**CHEESE CAKE**

1 lb. cream cheese	2 teaspoons lemon juice
2 eggs (separated)	1 tablespoon flour
1 cup cream (thick)	$\frac{1}{2}$ teaspoon cinnamon
2 teaspoons butter	pinch salt
3 ozs. sugar	

Mix all ingredients very well, folding in the beaten egg whites last. Line a buttered pan with any pastry, pour in the cheese filling, sprinkle top with sugar and cinnamon and cut dabs of butter on top. Bake at 400° till the pastry is well baked.

*Mrs. A. H. Ralstein.*

★

**NUT CAKE**

6 eggs	1 breakfast cup sugar
$1\frac{1}{2}$ cups minced hazelnuts	$\frac{3}{4}$ cup breadcrumbs
1 teaspoon baking powder	pinch salt

Beat egg yolks, sugar and salt well. Add nuts and breadcrumbs. Beat egg whites stiffly and add half to the mixture, beating well. Fold in the remainder of egg whites. Add baking powder. If you find the mixture not thick enough add more crumbs and nuts. Bake in two sandwich tins in a moderate oven for 25-40 minutes. When cool, fill either with jam or chocolate and cream.

*Mrs. Kay Finkelstein.*

★

**ORANGE CAKE**

$\frac{1}{2}$ lb. butter	2 cups flour
$\frac{1}{2}$ lb. castor sugar	2 teaspoons baking powder
$\frac{3}{4}$ eggs	1 teaspoon orange rind
$\frac{1}{3}$ cup milk	pinch salt

Cream butter very well—gradually add sugar, beating all the time. When light and creamy, add eggs one at a time, beating well. Add salt, sifted flour and milk, reserving 2 tablespoons flour and baking powder. Add orange rind, and lastly fold in 2 spoonfuls flour and baking powder. Bake in two 9 inch buttered sandwich tins at 400° for 20 minutes. When cold, ice with butter icing to which  $\frac{1}{2}$  cup orange juice is added and drop of orange colouring.

*Mrs. P. Keet.*

★

**CARAMEL LAYER CAKE**

5 egg yolks and whites (separated)	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup flour
	pinch salt

Beat yolks and sugar well. Add vanilla and gradually flour and salt. Fold in well-beaten egg whites. Bake in about 9 layers at 375° for 5-8 minutes. Spread following filling between.

Beat in top of double boiler  $\frac{1}{2}$  cup sugar, 1 teaspoon vanilla, 4 eggs until eggs thicken. Cool slightly. Melt  $\frac{1}{4}$  lb. bitter chocolate in two tablespoons boiling water. Cream  $\frac{1}{2}$  lb. (or less) butter. Add chocolate mixture and beat into the egg mixture. Glaze top layer with a caramel glaze. Melt and brown in a frying-pan 3 tablespoons sugar. Pour over cake—spread with hot knife. Rest cake in cool place for 12 hours.

*V. Zacks.*

**HONEY'S CHOCOLATE CAKE**

$\frac{1}{4}$ lb. butter	1 teaspoon cloves
$\frac{1}{4}$ lb. cocoa	$\frac{1}{2}$ lb. flour
$\frac{1}{2}$ lb. sugar	2 teaspoons baking powder
1 glass strong coffee	4 eggs
2 teaspoons cinnamon	

Cream butter and sugar. Add eggs one at a time. Sift flour, cocoa and baking powder and add to mixture. Add cinnamon and cloves and stir in coffee slowly. Bake in a moderate oven in greased tin for 45 minutes.

*Mrs. D. Frenkel.*

★

**NUT CAKE**

6 eggs	3 tablespoons breadcrumbs
6 tablespoons groundnuts	pinch baking powder
6 tablespoons sugar	

Beat yolks and sugar well. Add crumbs, nuts and baking powder. Fold in stiffly-beaten whites. Bake in 1 greased tin at 400° and switch off oven as soon as cake is put in. Leave for  $\frac{1}{2}$  hour.

**Filling**

$\frac{1}{2}$ pint cream	2 teaspoons Nescafe powder
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Whip cream and coffee powder. When cake is cool, cut in half across and fill.

**Icing**

Melt 1 teaspoon butter, 4 ozs. slab bitter chocolate, 2 tablespoons cocoa, 2 tablespoons icing sugar and 2 tablespoons water. Mix to smooth paste.

*Mrs. J. Zlatner.*

★

**MAIZENA CAKE**

3 eggs	2 teaspoons baking powder
1 small cup sugar	$\frac{1}{2}$ lb. butter
1 breakfastcup flour	$\frac{1}{2}$ cup milk
$\frac{1}{3}$ cup Maizena	1 teaspoon vanilla

Cream butter and sugar. Rub each yolk in one at a time. Add vanilla. Sift flour, baking powder and Maizena and add alternately to mixture with milk. Beat well-beaten whites in last. Bake 25-30 minutes in a moderate oven.

*Ethel Margolis.*

★

**REFRIGERATOR CAKE**

1 packet Marie biscuits, broken into small pieces	4 dessertspoons sugar
$\frac{1}{4}$ lb. butter	3 dessertspoons cocoa
	2 well-beaten eggs

Mix all well together. Line a small tin with greaseproof paper. Then put the mixture into it and press well down. Leave in the refrigerator for a few hours.

*Mrs. S. Grevler.*

★

**SPONGE CAKE**

3 eggs	1 tablespoon water
3 tablespoons sugar	2 teaspoons baking powder
3 tablespoons flour	

Beat sugar and eggs very well. Add flour and water and lastly, baking powder. Bake in a greased tin at 350° for 20 minutes.

*Faye Fredman.*



COOKIES

½ lb. butter	milk
1 cup sugar	2 eggs
2 cups flour	1 teaspoon vanilla essence
3 teaspoons baking powder	

Melt butter. Add eggs one at a time. Add sugar and beat very well. Add flour and baking powder alternately with milk to make soft consistency. Add essence. Put in papered cases or buttered patty tins and bake at 400° for about 10-15 minutes.

Mrs. R. Solovei.

★

ANGEL CAKE WITH MOCHA FILLING

1 cup flour	½ teaspoon bi-carb. soda
¾ cup sugar	1 teaspoon cream of tartar
3 eggs	4 tablespoons boiling water
1 tablespoon butter	

Beat sugar and eggs for 15 minutes. Fold in sifted flour, cream of tartar and bi-carbonate of soda. Lastly, add butter melted in the water and pour into two greased and papered sandwich tins. Bake at 430° for 20 minutes. When cool, fill with the following filling:—

2 ozs. butter	<b>Filling</b>	small teaspoon vanilla essence
¾ tablespoon sugar		½ teaspoon gelatine
pinch cream of tartar		1½ tablespoons hot water

Beat butter, sugar and cream of tartar well. Add essence. Melt gelatine in hot water and add to mixture. Continue beating till white.

Mrs. J. Wasserson.

★

HAPPINESS CAKE

½ lb. butter	¾ lb. flour
½ lb. sugar	1 cup milk (or orange juice)
6 eggs	2 teaspoons baking powder

Cream butter and sugar. Separate eggs and add yolks to mixture. Sift flour and baking powder and add gradually to mixture. Add milk. Fold in stiffly-beaten egg whites. Pour into greased tin and bake at 400° for 45 minutes.

Mrs. D. Frenkel.

★

HOT MILK SANDWICH CAKE

1 cup flour	½ teaspoon salt
2 eggs	½ cup milk (hot)
½ cup sugar	piece of butter size of an egg
1 heaped teaspoon baking powder	vanilla essence

Beat sugar and eggs well. Add hot milk in which butter has been melted. Beat in well-sifted dry ingredients. Add vanilla. Pour into greased sandwich tins. Bake in a moderate oven for 15-20 minutes.

Mrs. Reichman.

MADEIRA CAKE

8 ozs. flour	1 teaspoon baking powder
6 ozs. sugar	grated rind of 1 lemon
6 ozs. butter	½ teaspoon almond or lemon essence
4 eggs	

Cream butter and sugar. Add eggs one at a time and lemon rind. Sift in flour and baking powder. Add flavouring. Pour into a greased tin and bake in a moderate oven for 1 hour.

Mrs. O. Rosenberg.

★

NUT CAKE

5 eggs	7 ozs. nuts (minced)
4 ozs. castor sugar	juice of 1 lemon

Beat yolks and sugar well. Add lemon juice and nuts, then fold in stiffly-beaten egg whites. Bake at 350° for 50-60 minutes in a large shallow greased tin (about 9 inches round).

Mrs. B. Goldstein.

★

WALNUT AND RUM CAKE

6 eggs	5 dessertspoons flour
6 tablespoons sugar	1 dessertspoon cocoa

Separate yolks and whites of eggs. Beat yolks and sugar well for 20 minutes and divide into two equal parts. Add to one part 3 dessertspoons flour and to the other part, 2 dessertspoons flour and 1 dessertspoon cocoa.

Beat egg whites stiffly and add half to each portion of the mixture. Bake in two greased sandwich tins in a moderate oven. When cool, put together with the following filling:—

4 ozs. walnuts	<b>Filling</b>	½ cup boiling milk
4 ozs. butter		2 tablespoons rum
6 ozs. sugar		

Grind nuts and pour boiling milk over them. Rub into a paste until cool. Cream butter and sugar and add to nut mixture. Add rum. Fill cake with this mixture and also spread top and sides with the mixture with a fork.

Mrs. Feldman.

★

FAIRY CAKES

4 ozs. Stork margarine	1 tablespoon coconut
¾ breakfastcup sugar	3 eggs
2 breakfastcups sifted flour	vanilla essence
2 teaspoons baking powder (heaped)	½ cup milk
	½ cup water

Cream margarine and sugar. Add eggs one at a time. Add 1 cup flour, then half the liquids, then the remaining cup of flour (minus 1 tablespoon). Add remaining liquids and essence and the coconut. Then add the baking powder mixed with the last tablespoon of flour. Bake in greased patty tins at 400° for about 10 to 15 minutes. When cool, cut off tops, fill with cream and put tops back.

Mrs. D. Middledorf.



**MIKADO CAKE**

½ lb. butter	1 teaspoon baking powder
1 cup sugar	(heaped)
1 egg	enough flour to make a soft
1 teaspoon vanilla	paste

Cream butter and sugar. Add egg, flour and baking powder. Then add vanilla. Pat dough with hand in three or four greased sandwich tins and bake at 350° till light brown—about 20 minutes.

When cool, put layers together with the following two fillings used alternately.

**Filling No. 1**

1 tablespoon custard powder	3 teaspoons sugar
1 cup milk	4 teaspoons brandy

Make custard with custard powder, milk and sugar and when ready add brandy. Cool and use.

**Filling No. 2**

Put any jam between next layers.

**Icing**

1 slab plain chocolate, melted with 1 tablespoon boiling water	1 tablespoon icing sugar, 3 teaspoons brandy
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Ice cake with above icing and decorate with cherries or almonds.

*Mrs. S. Zelichov.*

★

**SPONGE CAKE**

6 eggs	1 teaspoon baking powder
5 tablespoons sugar	2 tablespoons ground almonds
6 tablespoons sifted flour	few drops almond essence

Beat eggs well. Add sugar and beat again till pale yellow colour—about 20 minutes. Fold in 3 tablespoons flour and rest of ingredients. Add remainder of flour mixed with baking powder. Bake in greased and papered tin at 300° for about 45 minutes.

*Mrs. D. Middledorf.*

★

**CHOCOLATE CAKE**

4 eggs	3 ozs. butter
1½ cups sugar	1½ cups flour
5 tablespoons milk	2 tablespoons cocoa
2 round teaspoons baking powder	

Beat eggs, well, add sugar and beat again. Boil milk and butter together and add to mixture while very hot. Beat. Add sifted flour and cocoa. Beat again. Add baking powder and fold in. Bake in two greased tins at 350 to 375° for 15 to 20 minutes.

**Icing**

6 ozs butter	2 tablespoons cocoa
1 lb. icing sugar	1 egg

Cream butter (don't melt). Add sugar and cocoa. Finally, add egg. Beat very well for about 10 minutes till fluffy. Use as filling and icing.

*Pauline Sussman.*

**COFFEE SPONGE CAKE**

4 eggs (separated)	3 tablespoons cold water
1 cup castor sugar	1 tablespoon coffee essence
1 cup sifted flour	vanilla essence
1 heaped teaspoon baking powder	

Beat egg yolks well with castor sugar. Sift flour and baking powder and add alternately to egg yolks with cold water. Add essences. Lastly, fold in stiffly-beaten egg whites. Bake in two greased tins at 375° for 20 minutes. When cold, fill with any coffee filling or cream and ice top.

*Mrs. E. R. Thal.*

★

**QUICK CARAMEL SPONGE CUP CAKE**

1 cup light brown sugar	½ teaspoon salt
2 eggs	1 cup chopped nuts (or ¼ cup
½ cup cake flour (sifted)	chopped nuts and ¼ cup
¼ teaspoon baking powder	chopped dates)

Beat eggs till very light. Sift sugar and add gradually to the eggs, beating till well blended. Sift flour with baking powder and salt and add in three parts to the egg mixture, beating well till smooth after each addition. Fold in the nuts. Bake in greased pans at 325° for about 25 minutes. Permit the cake to cool in the pans.

*Mrs. Baecher.*

★

**FARFEL CAKE**

¼ lb. butter	1 egg
¼ cup sugar	2 teaspoons vanilla
1 tablespoon oil	2 breakfastcups flour
2 teaspoons baking powder	

Cream butter, sugar and oil well. Add 1 egg. Add sifted flour and baking powder. Then add vanilla. Halve the dough. Grate half into a greased tin and spread apricot jam over, then grate the second half of the dough on top. Bake at 350° for 45 minutes.

*Mrs. O. Rosenberg.*

*± 50 mins. in small  
★ biscuit tray.*

**LARGE CHEESE CAKE**

**Pastry**

*Enough for one large tart and one dozen small tart shells.*

½ lb. butter	approx.: 2 cups flour
½ cup sugar	1 tablespoon maizena
½ teaspoon vanilla	2 level teaspoons baking
1 large egg	powder
1 tablespoon cold milk	(This must not be a stiff
	mixture)

Cream butter and sugar, add all other ingredients. Pat into greased pyrex dish not too thickly.

**Cheese**

Mash 1 lb. very fresh cheese with sugar to taste. Add 2 eggs. ½ teaspoon vanilla, 1 heaped teaspoon custard powder mixed into ½ cup milk and ¼ cup cream. Pour into Pyrex dish and sprinkle the top with crushed Marie biscuit. Bake in moderate oven for 25 minutes.

*Ethel Margolis.*



**CZECHOSLOVAKIAN HAZELNUT—GATEAU**

200 grams Hazelnuts                      200 grams icing sugar  
 ½ teaspoon vanilla essence              6 eggs

Roast the hazelnuts in oven till brown. Let them cool, and then grind. Separate yolks and mix with icing sugar and vanilla essence. Gradually fold in the ground hazelnuts and the stiffly beaten egg whites. Bake at 375° for 30 minutes.

**Filling:**

100 grams butter                              70 grams icing sugar  
 70 grams dark chocolate, melted      1 egg yolk  
 1 teaspoon nescafe

Mix all the above together. Cut the cooled cake in half, and spread the filling in the middle, and on the top and sides.

*Mrs. Charlotte Rothbart.*



**CHOCOLATE CAKE**

4 eggs, separated                              pinch salt  
 1 teaspoon baking powder                  2 teaspoons vanilla essence  
 1 cup caster sugar                            1½ cups flour  
 ½ cup oil    2 tablespoons cocoa  
 ½ cup hot water                                2 teaspoons baking powder

Beat egg whites till stiff, and add 1 teaspoon baking powder. Cream yolks, caster sugar until light yellow and creamy. Add oil, water, salt, flour, vanilla, cocoa and 2 teaspoons baking powder. Fold egg whites into chocolate mixture. Place in 2 sandwich tins — greased. Bake at 350° for 30 minutes. When cool, ice with rich butter icing.

*Mrs. Leone Lasker.*



**DATE LOAF WITH MARMALADE**

4 ozs. butter                                    2 small bananas  
 ½ cup sugar                                    2 cups flour  
 2 eggs    1 teaspoon baking powder  
 ½ cup chopped dates                        3 tablespoons milk  
 1 tablespoon marmalade

Cream butter and sugar until light and fluffy. Beat in eggs one at a time. Mash bananas and add with the marmalade and dates. Sift flour with baking powder, and add alternately with the milk. Pour into greased and lined 1 lb. loaf tin, and bake at 350° for 1 hour. Allow to cool slightly before turning out.

*Mrs. L. L. Owens.*



**SWISS ROLL**

4 eggs    3 teaspoons baking powder  
 4 tablespoons flour                           pinch salt  
 4 tablespoons sugar                         1 teaspoon vanilla  
 1 teaspoon iced water, placed  
     on top of baking powder

Beat eggs for 10 minutes. Add sugar and beat again. Add sifted flour, salt and vanilla and baking powder, and iced water. Bake in a swiss roll tin for 10 minutes at 400°. Turn out on to a sugared damp cloth or greaseproof paper, and roll up. Leave a few minutes, then unroll, and fill with icing filling or jam when cake is cool. Roll up and sprinkle with sugar on top. If you make it a chocolate swiss roll, add 2 tablespoons cocoa, and use 2 tablespoons flour only, not four as in recipe. Can also be baked in round sandwich tins or in 1 large oblong, and cut into three, and filled with custard filling and covered with custard and crumbs.

*Mrs. Lorna Kluk.*

**OVALTINE CHOCOLATE CAKE**

¼ lb. butter                                      2 tablespoons cocoa or  
 ½ teaspoon cinnamon                        drinking chocolate  
 ½ cup very cold water                        3 eggs  
 ¼ teaspoon salt                                1½ teaspoons ovaltine  
 1½ cups sifted flour                           1 cup sugar  
 1 teaspoon vanilla                             2 teaspoons baking powder

Cream butter and sugar. Add cocoa, ovaltine and cinnamon, well beaten eggs and gradually add flour, salt then vanilla and cold water. Lastly add baking powder. Pour into two 9 inch sandwich pans and bake at 375° for 25 minutes.

**Icing:**

Mix 1 tablespoon cocoa                      1 teaspoon Ovaltine  
 ¼ teaspoon cinnamon                        1½ tablespoons butter

Add icing sugar and 2 tablespoons boiled milk. Lastly 2 tablespoons whipped cream and 1 teaspoon vanilla.

*Mrs. Fay Broomberg.*



**FRUIT CAKE (Boiled)**

1 cup sugar                                      1 cup currants  
 1 cup raisins                                    1 cup sultanas  
 1 cup mixed peel

Add to this 1½ teaspoons bicarb. of soda, mixed in 1 cup of boiling water and 6 ozs. butter. Boil for half an hour.

When cool, add 3 well beaten eggs, 2 cups flour ½ cup milk and lastly 1½ teaspoons baking powder. Line tin with brown paper first then greaseproof paper. Bake for 1½-2 hours. Oven 400°.

*Mrs. Faye Fredman.*



**CHEESE CAKE**

2½ ozs. butter                                   4 ozs. flour  
 1½ ozs. sugar                                   1 egg yolk

Make the above into a dough and bake it.

**Filling:**

1 lb. cream cheese (sieved)                  3 egg yolks  
 3 tablespoons sugar                           some vanilla essence  
 1 tablespoon butter                            3 egg whites

Mix all ingredients together—lastly the stiffly beaten egg whites  
 Put this following mixture on the baked pastry which must be cold.

The following mixture comes on top.

3 eggs    3 tablespoons sugar  
 3 tablespoons melted                        3 egg whites  
     cold butter                                   a little essence of vanilla  
 ½ tablespoon flour

Cream yolks and sugar well. Add the melted butter and essence and the stiffly beaten egg whites—also the flour. Pour this mixture on top of the filling. Sprinkle with a little sugar and bake to a light golden colour. Bake in a hinged side cake tin (Springform).

*Mrs. A. Ullman.*



FOR BETTER BAKING — USE RED SEAL FLOUR

**BUTTER CAKE**

1 lb. butter	4 eggs
1 small cup sugar	1 teaspoon oil
1 1/2 cups flour	1 teaspoon cold water
2 teaspoons baking powder	1 tablespoon cream or milk
flavouring	

Cream butter and sugar. Add egg yolks separately. Add all other ingredients and lastly, fold in beaten egg whites. Sprinkle a pan with coconut and sugar, pour mixture in, and bake at 400° for approximately 45 minutes.

*Mrs. H. Banet.*

★

**DATE LOAF**

1 lb. dates (cut in fairly large sections)	1 teaspoon baking powder
1 cup chopped walnuts	4 eggs
4 heaped tablespoons flour	salt

Mix all dry ingredients. Beat eggs well and fold into dry ingredients. Bake in a greased tin 350° for 30-35 minutes.

*Mrs. Arthur Kaplan.*

★

**ECHTE SACHERTORTE** (Genuine Viennese Chocolate Cake)

8 ozs. unsalted butter	6 ozs. plain grated chocolate
8 ozs. sugar	4 ozs. breadcrumbs (white)
8 eggs	

Separate eggs and beat whites till stiff. Beat butter till creamy and add egg yolks 1 at a time, also adding 1 ounce of sugar with each egg yolk. Add grated chocolate and breadcrumbs, beating gently, and lastly, fold in beaten whites. Line a shallow tin with white paper, pour in mixture and bake in moderate oven. Ice with chocolate icing and serve with stiffly-beaten whipped cream.

*Mrs. H. Banet.*

★

**MARIE BISCUIT CAKE**

1 packet Marie Biscuits (or Tennis)	1 teaspoon vanilla
1 lb. butter	3 eggs
1/2 cup icing sugar	1 dessertspoon coffee essence

Cream butter and sugar. Add essence and egg yolks. Beat whites and fold in. Moisten biscuits with sherry. Put layer of mixture on layer of biscuits till all used up. Grate biscuits on top. Put in refrigerator to set.

*Mrs. B. Lange.*

★

**COOKIES**

1/2 lb. butter	2 eggs
1 cup sugar	2 cups flour
vanilla essence	2 teaspoons baking powder
milk	

Cream butter and sugar. Add eggs, beating well. Add flour, baking powder, essence and milk. Bake at 375° for 12 minutes in greased patty tins.

*Mrs. L. Schragger.*

**CHOCOLATE CAKE**

4 ozs. butter	1/2 cup milk
1 cup sugar	1 teaspoon vanilla essence
4 eggs	2 teaspoons baking powder
pinch salt	1 tablespoon cold water
2 tablespoons cocoa	1 1/4 cups flour

Cream butter and sugar very well. Add eggs one at a time, beating well between each addition. Add salt, vanilla and cocoa. Add milk alternately with sifted flour and lastly, add the baking powder over which you pour the cold water. Bake in two greased sandwich tins at 400° for 25 minutes. Ice when cold.

*Mrs. A. H. Ralstein.*

★

**MOCHA CAKE**

4 eggs (separated)	1 cup sugar
1 tablespoon coffee essence	1 cup flour
pinch salt	1 teaspoon baking powder

Beat yolks till light. Add essence, salt and sugar and beat again till thick and creamy. Add flour and baking powder and fold in stiffly-beaten egg whites. Mix well, but do not beat. Spread in two buttered sandwich tins and bake at 350° for about 10-15 minutes. When cool, fill with whipped cream flavoured with icing sugar and coffee essence. Spread also on top of cake and sprinkle with chopped brown almonds.

*Mrs. A. H. Ralstein.*

★

**GINGERBREAD**

3 breakfastcups flour	1 breakfast cup sugar
1 tablespoon mixed spice	1 breakfastcup butter
1 tablespoon ground ginger	1 breakfastcup syrup
1 breakfastcup milk	3/4 breakfastcup boiling water
2 eggs	2 teaspoons bi-carb. soda

Cream butter and sugar. Add 2 eggs, mix in syrup, then milk. Sift together flour, spice and ginger and add gradually. Dissolve bicarbonate of soda in boiling water and add to mixture. Put into paper-lined tins and bake in a moderate oven for about 1 hour or until ready.

*Mrs. R. Salmon.*

★

**SPONGE CAKE**

3 eggs	1 teaspoon butter
1 cup sugar	pinch salt
1 cup and 1 dessertspoon flour	4 tablespoons boiling water
1 level teaspoon baking powder	

Beat eggs and sugar until thick and creamy. Fold in flour, baking powder and salt. Dissolve butter in boiling water and fold into mixture. Put in two sandwich tins, lined with greased paper. Bake in moderate oven for about 10 minutes.

*Mrs. R. Salmon.*

★

**ORANGE SPONGECAKE**

2 cups flour	1/2 cup cold water
2 teaspoons baking powder	1 tablespoon grated orange rind
pinch salt	1/2 cup orange juice
5 egg yolks	4 egg whites
1 1/4 cups sugar	

Sift flour, baking powder and salt four times. Beat egg yolks well. Add sugar gradually and beat until thick and creamy. Add water and beat again. Add rind to orange juice and add to mixture alternately with dry ingredients. Beat egg whites till stiff and fold in. Pour into a very large ungreased tin and bake at 350° for 50-60 minutes. Turn pan over when done and leave to cool, when cake will fall out. can be iced with any orange icing.

*Mrs. A. H. Ralstein.*



**PLAIN BUTTER CAKE**

- |                                 |                              |
|---------------------------------|------------------------------|
| 4 ozs. margarine or butter      | $\frac{1}{2}$ cup milk       |
| 6 ozs. sugar                    | 2 eggs                       |
| 6 ozs. flour                    | 1 teaspoon grated lemon rind |
| 2 level teaspoons baking powder |                              |

Put all ingredients together in bowl, and beat for 8 minutes. Pour into 2" x 7" tins, lined and greased. Bake for 25-30 minutes at 350°. Cool. Fill with jam or desired filling. This cake is suitable for cream and strawberries, and can, for variation, be flavoured with chocolate, coffee, or orange and baked in 1 tin for double the length of time.

*Mrs. Lorna Kluk.*

★

**DANISH ALMOND CREAM CAKE**

- |                          |                            |
|--------------------------|----------------------------|
| $\frac{1}{2}$ pint cream | 1 $\frac{1}{2}$ cups flour |
| 2 eggs                   | 1 cup sugar                |
| almond essence           | 2 teaspoons baking powder  |
| pinch salt               |                            |

**Topping:**

- |   |                    |
|---|--------------------|
| 2 tablespoons butter  | 1 tablespoon cream |
| $\frac{1}{4}$ cup sugar                                     | 1 tablespoon flour |
| $\frac{3}{4}$ cup blanched almonds (thin)<br>or cashew nuts |                    |

Whip cream until soft peaks form. Add eggs one at a time, stir in almond essence. Sift sugar, flour, salt and baking powder, and add the cream mixture. Stir until well mixed. Pour into 8" tin, and bake in moderate oven for 45 minutes (until skewer comes out clean). About 5 minutes before cake is cooked, blend ingredients for topping over a low heat, and pour over the cake, and bake 10-15 minutes more. Cool for 10 minutes before removing from tin.

*Mrs. Ruth King.*

**NOTES**

**CAKE FILLINGS and ICINGS**

**FRANGIPANG**

This is used as a filling in conjunction with pastry of some kind. Mix all ingredients in order as they come.

- |  |
|--|
| 4 ozs. butter  |
| 4 ozs. castor sugar  |
| 2 eggs   |
| 4 ozs. ground almonds  |
| 1 oz. flour  |
| lemon juice, vanilla, or orange-flower<br>water for flavouring |

*Mrs. Phyllis Sussman.*

★

**CREAMY COFFEE FILLING**

- |   |                             |
|---|-----------------------------|
| 2 level dessertspoons corn-<br>flour                                | $\frac{1}{4}$ pint milk     |
| 1 heaped teaspoon Nescafe<br>dissolved in 1 tablespoon<br>hot water | 1 $\frac{1}{2}$ ozs. butter |
|   | 1 oz. castor sugar          |

Blend cornflour with little of the cold milk. Warm rest of milk with dissolved Nescafe. Stir into blended cornflour and return to heat, and stir until well-cooked and thick. Cool. Cream butter and sugar well together, then gradually add cooled cornflour and beat until consistency of thick whipped cream.

*Mrs. A. H. Ralstein.*

★

**COFFEE ICING**

- |  |                           |
|--|---------------------------|
| 2 level teaspoons Nescafe dis-<br>solved in 2 tablespoons<br>hot water | 2 ozs. butter             |
|  | 2 level tablespoons cocoa |
|  | 8 ozs. icing sugar        |

In a large bowl, blend butter and cocoa together. Stir in half the Nescafe liquid then half the sugar. Mix well. Gradually add remaining sugar and liquid. Beat until smooth and easy to spread. This makes enough for top and three layers.

*Mrs. A. H. Ralstein.*

★

**FILLING FOR SMALL TARTS**

- |   |  |
|---|--|
| 1 cup chopped raisins (or<br>figs or dates) | $\frac{1}{2}$ teaspoon grated lemon rind |
| 6 tablespoons sugar                         | 2 teaspoons lemon juice                  |
| 5 tablespoons boiling water                 | 2 teaspoons butter                       |
|   | $\frac{1}{2}$ teaspoon salt              |

Boil all ingredients together and stir until thick. Makes enough to fill three dozen tart shells.

*Mrs. A. H. Ralstein.*



**BUTTER CREAM FOR CAKE FILLING**

3 ozs. butter or margarine      12 ozs. icing sugar  
2 tablespoons milk              vanilla essence

Beat all ingredients in mixer, and spread.

★

**TO MAKE CREAM CHEESE**

Put 3 pints milk in a large jug, and leave out of frig. until sour. Turn out in a basin. Boil 3 pints water, and pour on to the cheese whilst boiling. Add  $\frac{1}{4}$  teaspoon salt, and leave to cool. When cold, pour into a muslin bag, and hang up to allow liquid to drain off. Takes about 2 hours. Then put the cheese — still in the bag — on to a board, place another board with a heavy weight on top, to squeeze out the remaining liquid. If liked, a little fresh dill can be chopped up and mixed in when the cheese is ready.

*Mrs. I. Pogir.*

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**BUTTER ICING**

2 cups sifted icing sugar       $\frac{1}{2}$  cup butter  
1 whole egg                      flavouring

Mix all well together. Enough for one small cake.

*Mrs. H. Eliasov.*

★

**FILLING FOR LAYER CAKE**

$\frac{1}{2}$  lb. butter                       $\frac{1}{2}$  slab plain chocolate ( $\frac{1}{2}$  lb.)  
1 cup strong coffee              1 cup sugar

Cream butter until very soft. Grate chocolate and add to it coffee and sugar and boil until you can spin a thread. Remove from fire and stir until cold. Then add to the creamed butter and spread this filling carefully and thinly between the layers of the cake. Enough for six layers.

*Mrs. H. Eliasov.*

★

**LEMON FILLING FOR CAKE**

$\frac{3}{4}$  cup sugar                       $\frac{1}{2}$  cup lemon juice  
2 tablespoons cornflour       $\frac{1}{2}$  cup water  
pinch salt                      1 egg, beaten  
1 tablespoon grated lemon rind      1 tablespoon butter

Mix sugar, cornflour and salt very well. Add remaining ingredients and blend. Cook over boiling water, stirring constantly till thick. Cool.

*Mrs. A. H. Ralstein*

★

**BANANA FROSTING FOR LAYER CAKE**

$\frac{1}{2}$  cup mashed banana              2 ozs. butter  
 $\frac{1}{2}$  teaspoon lemon juice              1 lb. icing sugar

Mix banana and lemon juice. Cream butter with 1 cup sugar, then add banana and enough of remaining sugar to make mixture thick enough to spread.

*Mrs. A. H. Ralstein.*

★

**SEVEN-MINUTE ICING**

1  $\frac{1}{2}$  cups sugar                       $\frac{1}{4}$  teaspoon cream of tartar  
 $\frac{1}{4}$  cup water                       $\frac{1}{4}$  teaspoon salt  
2 egg whites                      1 teaspoon vanilla

Combine all ingredients except vanilla in top of double boiler and beat until well mixed. Place over boiling water and beat with egg-beater constantly for 7 minutes. Remove from fire. Add vanilla and beat till cool and thick.

*Mrs. A. H. Ralstein.*



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## BISCUITS

### GINGER ROLLS

3 eggs  
3 teaspoons baking powder (level)  
½ cup sugar

3 tablespoons syrup  
3 teaspoons ginger  
Enough flour to make stiff dough

Mix all ingredients well together. Roll into long strips. Place on greased tin. Brush with milk and bake till brown at 400°. Cut when cool.

*Mrs. Sally Lieber.*



### VANILLA BISCUITS

¼ lb. butter  
8 ozs. flour  
½ teaspoon vanilla essence

¼ lb. castor sugar  
1 egg

Cream butter and sugar well. Add vanilla essence, then the flour gradually and the beaten egg to form a thick paste. Roll out and make into fancy shapes. Place two together with a little jam and bake in a moderate oven until pale brown.

*Mrs. A. Ullman*



### TEA PASTRY

3 ozs. butter  
3 ozs. sugar

4 yolks  
6 ozs. flour

Melt butter—add sugar, beating well. Add yolks one at a time alternately with 3 ozs. flour. Lastly add again 3 ozs. flour. Form "BRETZELN" and bake them.

*Mrs. A. Ullman.*



### KAESEKRAPFERL

Take equal weights of butter, cream cheese and flour. Add a pinch of salt. Knead well. Keep in fridge for a few hours—roll out and fill with jam. Bake in a moderate oven.

*Mrs. A. Ullman.*



### DATE PASTRY

½ lb. blanched almonds  
2 egg whites

½ lb. dates  
sugar to taste

Cut almonds and dates very fine. Add the stiffly beaten egg whites. Put the mixture on rice paper (Oblatten) and bake in a mild oven. Cut when very hot.

*Mrs. A. Ullman.*



### ALBERT CAKES

½ lb. butter  
½ lb. sugar  
1½ lb. flour

1½ teaspoons baking powder  
4 eggs

Cream butter and sugar well. Add eggs one at a time. Lastly add flour and baking powder. Make any shape of biscuits you fancy.

*Mrs. A. Ullman.*



**BISCUITS**

- |                 |                             |
|-----------------|-----------------------------|
| ½ lb. butter    | ¾ lb. potato flour          |
| 2 eggs (whole)  | 2 teaspoons vanilla essence |
| 4 egg yolks     | ½ lb. flour                 |
| ½ lb. sugar     | grated rind of ¼ lemon      |
| ½ teaspoon salt |                             |

Make a light dough. Sprinkle tin with flour and drop on with teaspoon. The oven must be very hot—bottom heat only.

*Mrs. A. Ullman.*

★

**MERINGUES**

- |              |                            |
|--------------|----------------------------|
| 3 egg whites | 6 tablespoons castor sugar |
|--------------|----------------------------|

Beat together egg whites and castor sugar till the mixture is very stiff. Drop the mixture on to a floured pan. Heat oven to 350° before placing meringues in the oven. When these are in the oven, switch off entirely and leave for three or four hours, or overnight.

If so desired, fold in chopped walnuts into stiff mixture before setting out on pan.

*Mrs. Lilian Rabinowitz.*

★

**BUTTERHAEUFCHEN**

- |                           |              |
|---------------------------|--------------|
| ½ lb. butter              | 6 ozs. sugar |
| 1 egg yolk                | 2 whole eggs |
| 3 tablespoons sweet cream | ½ lb. flour  |

Cream butter and sugar very well. Add sugar, 1 egg yolk, 2 eggs and the cream mixing well for half an hour if done by hand. Add flour last. Drop with teaspoon on greased tin. Bake them a golden colour.

*Mrs. A. Ullman.*

★

**FLORENTINES**

- |                             |                                  |
|-----------------------------|----------------------------------|
| 4 ozs. butter               | 2 ozs. candied peel              |
| 4 ozs. castor sugar         | 2 ozs. chopped walnuts           |
| 1 egg                       | 4 ozs. blanched almonds coarsley |
| 1 oz. blanched almonds—long | chopped                          |
| shreds                      | 3 ozs. plain chocolate           |
| 1 oz. cherries              | 2 ozs. sultanas                  |
| 1 oz. currants              |                                  |

Melt butter and sugar in saucepan. Stir in all nuts, etc., except shredded almonds. Add beaten egg. Grease and flour two baking tins and put small heaps of mixture on these, allowing room to spread. Press shredded almonds on top. Bake about 20–25 minutes at 350°. Allow to half cool before putting on wire sieve. Coat bottoms with melted chocolate and draw or pipe chocolate lines across tops.

*Mrs. Daphne Ralstein.*

★

**CREAM BISCUITS**

- |                           |   |
|---------------------------|---|
| ½ lb. butter              | 1 tablespoon oil                              |
| 1 cup sugar               | 1 teaspoon vanilla essence                    |
| 2 teaspoons baking powder | ½ cup cream                                   |
| 3 egg yolks               | flour—about 3½ cups to make fairly soft dough |

Cream butter, sugar and cream together. Add egg yolks, oil and vanilla. Lastly add sifted flour and baking powder. This dough can be rolled and used for stuffed monkeys, or it can be put through a cookie machine. Bake at 400° until light brown.

*Mrs. Gay Kenigsberg.*

**ALMOND BISCUITS**

- |                    |                       |
|--------------------|-----------------------|
| ½ lb. butter       | 1 cup cornflour       |
| ½ cup castor sugar | 1 cup chopped almonds |
| 1 cup flour        | vanilla essence       |

Cream butter and sugar well. Add sifted cornflour and flour, then add almonds and essence. Form into small balls and place on a greased pan and bake at 350° for 15–20 minutes until light brown. Roll in castor sugar while still hot.

*Mrs. Ann Fischer.*

★

**BISCUITS**

- |                     |                                  |
|---------------------|----------------------------------|
| 2 lb. flour         | 1 lb. butter                     |
| 1 lb. sugar         | 4 eggs                           |
| 1 tablespoon brandy | juice and grated rind of 1 lemon |

Cream butter and sugar very well. Add yolks one at a time and mix again. Add all other ingredients. Lastly fold in the stiffly beaten egg whites. Make a dough and leave in fridge overnight or as required. Bake in moderate oven and when still hot sprinkle with sugar and cinnamon.

*Mrs. A. Ullman.*

★

**DATE COOKIES**

- |                 |                              |
|-----------------|------------------------------|
| 1 lb. flour     | ½ cup sugar                  |
| ½ lb. margarine | 1 dessertspoon baking powder |
| ½ lb. butter    | 2 eggs                       |
| ½ teaspoon salt | dates                        |

Cream butter and sugar. Add eggs, beaten and sifted dry ingredients. Roll out dough and cut in rounds. Place a date, cut up, on each round and close up. Brush with yolk of egg and sprinkle with sugar. Bake in a moderate oven.

*Sister A. Tomlinson.*

★

**GINGER COOKIES**

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 2 cups sugar                    | 4 eggs                              |
| 2 cups butter (1 lb.)           | 2 teaspoons ginger                  |
| 1 packet bicarb of soda (1 oz.) | 2-3 lb. flour to make a stiff dough |
| 1 lb. tin Golden Syrup          |                                     |

Beat sugar and butter well. Add eggs, syrup and lastly, sifted dry ingredients. Roll out, cut and bake at 300–350°.

*Sister A. Tomlinson.*

★

**CINNAMON ROLLS**

- |                |                           |
|----------------|---------------------------|
| 2 cups flour   | 2 tablespoons butter      |
| ½ cup milk     | 3 teaspoons baking powder |
| sugar to taste | ½ teaspoon salt           |
|                | cinnamon                  |

Sift dry ingredients, rub in butter with fingers and add milk. Roll out dough thinly, spread with butter and sprinkle cinnamon and sugar. Roll up like swiss roll, cut into slices and bake in slow oven.

*Mrs Sophie Benyshai.*

★

**KAREN BISCUITS**

- |                            |
|----------------------------|
| ½ lb. butter               |
| ½ lb. sugar                |
| 1 egg                      |
| ½ lb. flour                |
| 1 finely grated lemon rind |

Cream butter and sugar add egg and rind, stir, then add flour which has been sifted, knead lightly, take little pieces and roll into ball, flatten slightly and add piece of walnut or cashew nut and bake at 350 degrees until golden brown. Remove from pan while still hot.

*Mrs. Sophie Benyshai.*



**OIL BISCUITS**

<p> <math>\frac{1}{4}</math> lb. butter  <math>\frac{1}{2}</math> cup sugar                  2 tablespoons oil                  2 eggs             </p>	<p>                 2 scooped dessertspoons                  baking powder  <math>\frac{1}{2}</math> cup milk and water mixed                  pinch salt                  about <math>3\frac{1}{2}</math> cups flour             </p>
---	--

Cream butter and sugar. Add oil and then all other ingredients. Roll and cut into shapes desired. Bake in hot oven until golden brown in colour.

*Mrs. Fay Broomberg.*

★

**MADELEINES**

<p> <math>\frac{1}{4}</math> lb. butter (softened)  <math>\frac{1}{2}</math> cup sugar                  1 teaspoon syrup                  1 teaspoon bicarb. of soda                  dissolved in 1 tablespoon                  of boiling water             </p>	<p>                 1 full cup flour                  1 teaspoon baking powder                  2 cups Post Toasties (crushed)             </p>
--	---

Cream butter and sugar well together, add syrup, bicarbonate of soda, flour, baking powder and Post Toasties into a firm dough. Smooth dough out with rolling pin and cut with small biscuit cutter or top of egg cup. Bake at 350° for about 8 minutes and cool before removing from pan.

Put 2 together with:—

**Filling:** 2 ozs. melted butter (not on stove)  
 2 tablespoons syrup  
 1 $\frac{1}{2}$  tablespoons cocoa

*Mrs. Rena Reiff.*

★

**NUTTY FLOURS**

<p> <math>\frac{1}{2}</math> lb. butter                  2 oz. sugar                  2 oz. chopped nuts                  1 cup dates             </p>	<p>                 1 egg                  1 cup flour                  1 teaspoon baking powder                  Post Toasties             </p>
--	--

Cream butter and sugar. Add beaten egg. Mix and add dry ingredients. Roll spoonfulls in Post Toasties or Puffed Rice. Bake at 400° for 15–20 minutes.

*Mrs. Sally Lieber.*

★

**RASPBERRY SQUARES**

<p>                 1 cup of flour                  1 teaspoon baking powder  <math>\frac{1}{2}</math> cup butter                  1 egg                  1 tablespoon milk  <math>\frac{1}{2}</math> cup raspberry jam             </p>	<p> <b>Topping:</b>                  4 tablespoons butter                  1 egg                  1 cup sugar                  1 cup dessicated coconut                  1 teaspoon vanilla             </p>
--	--

**Method.**—Sift flour and baking powder and cut butter into it. Rub until mixture looks like mealie meal. Beat the egg slightly and stir into flour mixture with milk. Spread dough over square baking pan and cover with layer of raspberry jam.

**Topping.**—Melt butter and beat egg and add sugar and butter together. Fold in coconut and vanilla. Spread over top of the raspberry jam. Bake for about 30 minutes and cut into squares when hot.

*Mrs. L. Emanuel.*

**DATE COOKIES**

<p> <math>\frac{1}{2}</math> lb. butter                  1 egg                  1 lb. dates             </p>	<p> <math>\frac{1}{4}</math> cup castor sugar                  1 packet Marie biscuits             </p>
--	---

Melt butter and add sugar, cream well together. Add dates, cook until soft. Add egg. Replace on stove and add broken up Marie biscuits. Stir until well mixed. Pour into greased tin. Place in refrigerator overnight. Cut in pieces and roll in coconut.

*Mrs. Hilda Lepar.*

★

**DATE BISCUITS**

<p>                 1 lb. dates                  1 teaspoon baking powder                  2 tablespoons sugar             </p>	<p>                 3 small cups flour  <math>\frac{1}{2}</math> lb. butter                  1 egg             </p>
---	---

Clean dates and put through mincer. Grease hands with butter and roll minced dates in long narrow rolls to fit baking tin. Mix dough well, if too stiff add a little milk. Roll in strips and fill with dates. Mark biscuits, bake, cut through while still warm. Bake at 350° for 20 minutes.

*Mrs. Hilda Lepar.*

★

**CHOCOLATE SHORTBREAD**

<p> <math>\frac{1}{2}</math> lb. butter  <math>\frac{1}{2}</math> cup sugar                  2 oz. crushed corn flakes             </p>	<p>                 3 tablespoons cocoa                  1 cup flour                  chocolate                  Pecan nuts             </p>
---	--

Cream butter and sugar. Add cocoa, flour and corn flakes. Make dough pliable. Roll into small balls. Bake at 325° for 10–15 minutes. Decorate with melted chocolate and pecan nut.

*Mrs. Joy Messer.*

★

**CATS' TONGUES**

<p>                 3 egg whites  <math>\frac{1}{2}</math> lb. butter                  vanilla             </p>	<p> <math>\frac{1}{4}</math> lb. castor sugar  <math>\frac{1}{2}</math> lb. flour             </p>
---	--

Cream butter well. Add sugar and beat 3 minutes. Add unbeaten whites 1 at a time. Add flour and vanilla. Put in pastry bag and force on to a buttered and floured tin in about 1 $\frac{1}{2}$  inch lengths—allow for spreading. Bake at 350° for 5–7 minutes till pale yellow.

*Mrs. Y. Kretzmer.*

★

**CHERRY BISCUITS**

<p>                 3 egg yolks  <math>\frac{1}{2}</math> lb. butter             </p>	<p>                 1 cup castor sugar                  3<math>\frac{1}{2}</math> cups flour             </p>
---	---

Cream butter and sugar. Add eggs and flour. Roll into long rolls 1 inch wide. Cut. Brush with egg yolk, sprinkle with chopped almonds and decorate with cherry. Bake at 350°.

*Mrs. Frieda Harris.*

★

**DAMENGOLATSCHEN**

<p>                 9<math>\frac{1}{2}</math> oz. butter                  2 egg yolks             </p>	<p>                 4<math>\frac{1}{2}</math> oz. sugar                  9<math>\frac{1}{2}</math> oz. flour             </p>
--	---

Cream butter well. Add sugar then add yolks 1 at a time, then add the flour. Mix everything well. Make small round balls, Brush over with egg. Make a deepening with the handle of a wooden spoon and bake to a nice golden colour. Fill with jam as required.

*Mrs. A. Ullman.*



**BUTTERZESIG**

2 lb. flour	1 lb. butter
1 lb. sugar	4 eggs
juice and grated rind of 1 lemon	1 tablespoon brandy

Cream butter and sugar well. Add yolks 1 at a time, lemon juice and grated lemon, and the brandy. Add flour and lastly fold in the stiffly beaten egg whites. Leave in the fridge overnight. Next day knead well again—form into shapes and bake to a golden colour. Whilst still hot sprinkle with cinnamon and sugar.

Mrs. A. Ullman.

**KICHLACH**

4 eggs (take out 2 whites)	large teaspoon oil
2 cups flour	pinch of salt

Beat eggs, oil and salt very well. Add sufficient flour to make a fairly loose dough. Roll out very thinly like lokshen and cut into any shape required. Brush over with water and sprinkle with sugar. Bake at 450° for 10 minutes.

Mrs. Faye Fredman.

**CIGARETTES RUSSES**

2 egg whites	1½ oz. flour, well sifted
3½ oz. sugar	1¼ oz. melted butter

Whisk egg whites until stiff. Mix in very lightly, using a wooden spoon, first the sugar, then the flour and lastly butter. Spread fairly thinly, in oblongs the size of a cigarette paper on a buttered and floured tin, and bake in a hot oven 5-6 minutes. Remove from the tin, quickly lay upside down on the table, and roll round a pencil, holding it firmly with the hand. Slide off the pencil, and leave to cool. Store at once in a tin. The ends of each cigarette may be dipped in melted chocolate and then chopped brown almonds.

Mrs. Phyllis Sussman.

**CHECKERBOARDS**

½ lb. butter	½ cup and 2 tablespoons sugar
2½ cups flour	cocoa

Cream butter and sugar together. Add flour, and blend well. Halve dough and add 2 tablespoons cocoa to 1 half. Place dough in refrigerator to harden. When dough is firm take out and cut each half in two pieces. Roll in long strips and place 1 white roll over one brown roll and vice versa. Cut slices ¼ inch thick. Bake at 300° in ungreased pan for about 20 minutes till firm but not too brown. Roll in castor sugar when hot.

Mrs. Joy Messer.

**BOURMELOS (Doughnuts)**

3 level teaspoons D.C.L. granulated yeast	2 cups lukewarm water
	3 cups flour

**Method.**—Put the yeast with a cup of lukewarm water and leave for an hour or so till bubbles appear. Then add gradually 2 cups of flour, mixing well with a wooden spoon, also 1 tablespoon melted butter. Then add third cup of flour and another cup of warm water slowly. You should have a near liquid consistency. Heat oil in a saucepan and put in spoonfuls of the mixture till golden brown. Serve with honey.

Mrs. Lilian Rabinovitz.

**FRUIT SQUARES**

½ lb. butter	2 eggs
6½ oz. sugar	1 teaspoon vanilla
1 cup fruit mincemeat	½ cup chopped nuts
1 cup flour	4½ tablespoons cocoa
¼ teaspoon salt	1 teaspoon baking powder

**Method.**—Cream butter and sugar. Add eggs. Beat well. Add vanilla, mincemeat, nuts and mix well. Sift in cocoa, flour, salt and baking powder and mix thoroughly. Spread mixture in tin lined with greaseproof paper. Bake at 350° for 20 minutes. When cold cut into fingers and roll in icing sugar.

Mrs. Faye Fredman.

**NUT MERINGUES**

1 cup chopped nuts	1½ cups flour
3 eggs	½ lb. butter
1½ cups sugar	2 teaspoons baking powder
1 teaspoon vanilla essence	1 small tin smooth plum jam
1 teaspoon almond essence	

Cream butter and ½ cup sugar well. Add vanilla essence. Then add yolks of eggs, one at a time, sifted flour and baking powder. Put this dough into oblong pan and press to about ¼ inch thick. Spread with jam and sprinkle ½ cup nuts on top. Beat 3 egg whites with balance of sugar gradually, also almond essence. Mix balance of nuts into whites with wooden spoon only. Spread this over the jam. Medium hot oven for about 30 minutes.

Mrs. Pauline Nosel.

**CHOCOLATE MINT BISCUITS**

2 oz. chocolate	¼ cup flour
½ lb. butter	¼ teaspoon peppermint extract
2 eggs	salt
½ cup sugar	½ cup chopped nuts

Melt chocolate and butter. Beat eggs and sugar, and mix all together. Add flour, peppermint, salt and nuts. Press into a 9×11 greased tin. Bake at 350° for 20-25 minutes. When cool spread with the following:

2 tablespoons butter (1 oz.)	¼ teaspoon peppermint extract
1 cup icing sugar	green colouring
1 tablespoon milk or cream	

Mix all above ingredients well, and spread on to the baked dough. Put in the fridge to set. When set melt 1 oz. chocolate with 1 tablespoon butter, and pour on top of the biscuits and spread with knife. Set again and decorate with nuts, and cut into squares.

Mrs. Nellie Banet.

**COCOA PASTRY**

½ lb. butter	1 teaspoon vanilla essence
3 eggs	2 ozs. melted cocoa (in the oven)
½ lb. sugar	1 lb. flour

Cream butter and sugar well—add egg yolks one at a time, then the other ingredients. Lastly fold in the stiffly beaten egg whites. Make into any shape—brush over with egg and bake.

Mrs. A. Ullman.



**TUILES D'AMANDES**

2 egg whites	1 oz. blanched shredded almonds
4 oz. sugar (castor)	2 ozs. butter
2 ozs. flour	$\frac{1}{2}$ teaspoon vanilla essence

Break whites into bowl, beat in sugar with fork and add flour, vanilla, almonds and butter, melted but not hot. Grease some baking sheets and spread out the mixture in teaspoons. Bake to a golden brown in a moderate oven, then lift carefully and lay over a rolling pin to cool. Store immediately in an air-tight tin

*Mr. Phyllis Sussman.*

★

**PIGS EARS**

8 ozs. butter	1 teaspoon lemon juice
1 cup cream	pinch salt
2 cups flour	castor sugar

Chop butter into flour and salt. Add cream and lemon juice and form a fairly soft dough. Wrap in greaseproof paper and leave in refrigerator for about 3 hours. Throw out on to a floured board and roll out a few times, sprinkling castor sugar on all sides and rolling it in. Then roll out into an oblong shape. Roll over each end to the centre. Then place the one roll on top of the other and press down slightly. Slice thinly and place on a greased pan, sprinkled with castor sugar. Bake at 450°. Turn over and sugar the other side and put back in the oven for a couple of minutes.

*Mrs. L. Zipper.*

★

**KISSES**

$\frac{1}{4}$ lb. flour	$\frac{1}{4}$ lb. butter
$\frac{1}{4}$ lb. maizena	1 teaspoon baking powder
$\frac{1}{4}$ lb. castor sugar	1 egg

Cream butter and sugar. Beat in eggs. Add flour, maizena and baking powder. Shape into small balls, and bake on a greased pan. Put two together with butter icing or jam.

*Mrs. L. Frank.*

★

**KICHLACH**

12 egg yolks	$\frac{1}{2}$ teaspoon baking powder
6 egg whites	pinch salt
5 tablespoons oil	enough flour to make soft dough

Beat yolks and whites well. Add oil, flour, baking powder and salt. Roll thinly and cut in rounds. Place on oiled baking sheet. Brush tops with oil. and sprinkle with sugar. Bake at 400° till light brown.

*Mrs. S. Eliasov.*

★

**BISCUITS**

6 ozs. butter	3 teaspoons baking powder
4 egg yolks	$\frac{1}{2}$ cup cream
2 egg whites	about 5 cups flour
1 cup sugar	salt

Cream butter and sugar. Add eggs one at a time. Add cream, flour, baking powder and salt. Roll out. Cut as desired. Beat up 2 extra whites slightly and brush biscuits with this. Sprinkle with chopped nuts. Bake on a greased pan at 350° till pale brown.

*Mrs. S. Eliasov.*

**BISCUITS**

$\frac{1}{2}$ lb. butter	2 eggs
2 large cups flour	vanilla essence
1 large cup sugar	pinch salt
2 teaspoons baking powder	

Sift flour, sugar and baking powder five times. Rub in butter and add well-beaten eggs, salt and vanilla. Put in refrigerator to chill. Can be used for biscuits or tarts.

*Mrs. M. Smith.*

★

**KICHLACH**

12 eggs (take off four whites)	6 tablespoons oil
$\frac{1}{2}$ teaspoon salt	enough flour to make a soft dough

Roll out and sprinkle with sugar. Cut and prick with a fork. Put an ungreased pan in a 500° oven to get hot. Then put kichlach on pan to bake.

*Mrs. J. Graham.*

★

**CHOCOLATE BISCUITS**

1 egg	3 ozs. butter
6 ozs. flour (12 tablespoons)	3 ozs. castor sugar
$\frac{1}{2}$ teaspoon baking powder	1 oz. cocoa

Cream butter and sugar. Add egg. Sieve dry ingredients into mixture. Roll out and cut into rounds and bake at 350°. When cool, put two together with the following filling:—

**Filling**

2 ozs. butter	1 oz. cocoa
4 ozs. icing sugar	vanilla essence

Cream butter and sugar and add cocoa and essence.

*Mrs. L. Gruber.*

★

**LEMON BISCUITS**

2 $\frac{1}{2}$ cups flour	grated rind of 1 lemon
1 cup icing sugar	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups maizena	$\frac{1}{2}$ lb. butter
3 eggs	lemon essence
1 teaspoon baking powder	

Crumb butter through sifted dry ingredients. Beat egg with rind and lemon essence. Add dry ingredients. Roll, cut into shapes, and bake on greased pan at 425°.

*Mrs. L. Gruber.*

★

**MARIE BISCUITS**

$\frac{1}{2}$ lb. butter	1 teaspoon baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon bi-carb.
2 well-beaten eggs	$\frac{1}{2}$ cup milk
2 tablespoons cornflour	

Cream butter and sugar well. Add beaten eggs, and mix. Beat till smooth. Sift cornflour and baking powder and add to mixture. Dissolve bi-carb. in milk and add to mixture. Roll out thin, cut into rounds and prick with a fork. Bake at 400° on a greased pan for 12 minutes.

*Mrs. I. Miller.*



FOR BETTER BAKING — USE RED SEAL FLOUR

CUSTARD MELTING MOMENTS

6 ozs. butter  
2 ozs. icing sugar  
2 ozs. custard powder

6 ozs. flour  
pinch salt

Cream butter and icing sugar. Add custard powder and flour and knead well till smooth. Roll into little balls about the size of a 20c piece, and press down with a fork on a buttered pan. Bake at 375° till yellowish and light brown underneath — about 15-20 minutes.

When cool stick two biscuits together with chocolate icing and if liked sprinkle with caster sugar.

*Mrs. Paula Fischer.*

★

CHOCOLATE BISCUITS FILLED

$\frac{1}{4}$  lb. margarine  
 $\frac{1}{2}$  cup sugar  
1 teaspoon vanilla essence

1 tablespoon cold water  
 $1\frac{1}{2}$  to 2 cups flour  
large slab chocolate — break into squares.

Cream margarine and sugar well. Add vanilla, cold water and flour. Knead well with K beater or Mixer, to a dough — which feels like putty — Roll a little dough around each square of chocolate, covering completely. Bake at 375° for 5 to 8 minutes, till they are set. Watch them and see that they are not over-baked as then they get hard. Decorate with icing on top.

*Mrs. L. Gruber.*

★

SCOTCH SHORT BREAD

$\frac{1}{2}$  lb. caster sugar  
 $1\frac{1}{2}$  lb. flour

1 lb. butter

Soften butter and add sugar, and beat well. Add flour and knead it well. Pat into biscuit trays. Sprinkle sugar over top. Before baking prick right through with fork; Bake for 1 hour at 350°. Cut when cold.

*Mrs. L. Gruber.*

★

CHINESE CHEWS

1 cup flour  
2 teaspoons Baking Powder  
pinch salt  
2 eggs  
2 teaspoons milk

2 ozs. melted butter  
 $\frac{1}{4}$  cup sugar  
 $\frac{3}{4}$  cup nuts — chopped  
 $\frac{1}{2}$  cup cherries — cut up  
 $\frac{1}{2}$  cup dates — cut up

Sift Flour, baking powder and salt. Add sugar. Add nuts, cherries and dates. Beat eggs with milk. Add to melted butter. Add flour mixture. A fairly dry mixture. Spread on a greased baking pan, and bake at 350° about  $\frac{1}{2}$  hour till brown. When cold, cut into squares.

*Mrs. I. Pogir.*

★

TASTY TEA BISCUITS

$\frac{1}{2}$  lb. butter  
1 cup caster sugar  
3 cups flour  
 $\frac{1}{2}$  cup custard powder

2 eggs  
pinch salt  
2 teaspoons baking powder  
1 teaspoon vanilla essence

Cream butter until soft. Add sugar a little at a time and beat in eggs, one at a time. Add essence. Sift flour and custard powder with baking powder and salt. Add to egg mixture, to make a soft dough. Roll out thickly and cut into shapes. Bake at 400° for 10 minutes.

For variety divide dough and add 1 tablespoon cocoa dissolved in hot water.

*Mrs. L. L. Owens.*

NUT AND DATE DROPS

1 lb. stoneless dates  
 $\frac{1}{2}$  lb. almonds  
white of 1 egg

juice of  $\frac{1}{2}$  lemon  
1 small cup sugar

Beat the egg white stiffly and add sugar and lemon juice. To this add the nuts and dates, which must be cut lengthwise. Leave in the oven for about 15 minutes. These will spread in the oven, so when you take them out push them together to form a good shape.

*Mrs. H. Banet.*

★

CUSTARD CREAM BISCUITS

4 ozs. butter  
2 tablespoons sugar  
1 egg

6 tablespoons flour (heaped)  
2 tablespoons custard powder (level)  
1 teaspoon baking powder

Cream butter and sugar. Add well-beaten egg. Then sift flour, custard powder and baking powder. Add to butter mixture. Roll out, cut and bake.

*Mrs. Arthur Kaplan.*

★

CINNAMON BISCUITS

6 ozs. sugar  
6 ozs. butter  
8 ozs. flour

2 teaspoons cinnamon  
2 egg yolks  
chopped almonds to trim tops

Rub butter into flour and sugar and add cinnamon. Add egg yolks. Pat dough into a greased swiss roll tin and sprinkle with almonds. Bake in a moderate oven and cut into squares when cool.

*Mrs. L. A. Rubinstein.*

★

CHEESE STRAWS

$\frac{1}{2}$  lb. flour  
 $\frac{1}{2}$  lb. butter  
 $\frac{1}{2}$  lb. cheese, grated

2 eggs  
 $\frac{1}{2}$  teaspoon cayenne pepper  
 $\frac{1}{2}$  teaspoon salt

Run butter into flour and cheese. Beat eggs and add to mixture. Leave a little of the egg to smear over the straws. Roll out and cut into straws. Bake in a hot oven.

*Mrs. L. A. Rubinstein.*

★

KISSES

$\frac{1}{2}$  lb. butter  
2 large cups flour ( $\frac{1}{2}$  lb.)  
2 teaspoons baking powder  
2 cups maizena

1 dessertspoon vanilla  
1 cup castor sugar  
2 egg yolks, with a little water

Rub all the dry ingredients with butter till in crumbs. Then add yolks and vanilla to form dough. Take a small teaspoon and with it break off pieces of dough and place on baking sheet. Bake at 350°. When cool, put two together with apricot jam or melted chocolate.

*Mrs. M. Sussman.*

★

AMERICAN NUT BISCUITS

$\frac{1}{2}$  lb. shelled pecan nuts  
 $\frac{1}{2}$  lb. butter  
2 teaspoons water

4 tablespoons powdered sugar  
2 cups flour  
1 teaspoon vanilla

Cream butter and sugar. Mix flour and nuts and add water and vanilla. Mix all together. Butter pan, make small balls of the dough and place on pan. Gently pat down. Bake in a medium oven but do not brown. Roll in sugar.

*Mrs. M. Sussman.*

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**COCONUT NESTS**

- |                 |              |
|-----------------|--------------|
| 1½ cups flour   | ½ cup butter |
| ¼ cup sugar     | 1 egg white  |
| ¼ teaspoon salt | coconut      |
| 1 egg yolk      |              |

Sift flour 3 times with salt. Cream butter and sugar and add beaten egg yolk. Combine well. Mix in dry ingredients about one-third at a time. Roll dough into tiny balls with floured hands. Beat egg white with a fork. Dip each ball into egg white then in coconut and place on greased pan. Indent in middle with finger. Bake 20 minutes at 350°. Fill with jam or cherries.

*Mrs. L. A. Rubinstein.*

★

**BUTTERSCOTCH BISCUITS**

- |                     |                          |
|---------------------|--------------------------|
| ½ lb. butter        | ½ teaspoon bicarb. soda  |
| 1½ cups brown sugar | ¼ cup chopped walnuts    |
| 2 eggs              | 3½ cups sifted flour     |
| 1 teaspoon vanilla  | 1 teaspoon baking powder |

Cream butter and sugar and beat well. Add eggs one at a time, beating all the time. Add essence and slowly add remaining ingredients and nuts. When well-mixed divide into four parts, make each into a long sausage. Wrap in greaseproof paper and put in refrigerator overnight. Next morning, cut into slices and bake in moderate oven.

*Mrs. L. A. Rubinstein.*

★

**ALMOND SLICES**

**Top Layer**

- |                          |                           |
|--------------------------|---------------------------|
| ½ lb. flour              | ½ lb. almonds and walnuts |
| ½ lb. butter             | chopped                   |
| ½ teaspoon baking powder | almond essence            |
| 1 egg yolk               | 1 cup castor sugar        |
| 1 oz. castor sugar       | 1 egg white               |

Rub butter into flour, sugar and baking powder and make into dough with egg yolk. Roll out and cut into fingers. Whip egg white stiff, add sugar and beat again. Fold in nuts and essence. Spread over each biscuit. Bake at 350°.

*Mrs. L. A. Rubinstein.*

★

**BISCUITS (or TARTLETS)**

- |              |                          |
|--------------|--------------------------|
| 1 lb. butter | 5 large eggs             |
| 1 lb. sugar  | 2 lb. self-raising flour |

Rub sugar and butter well. (If butter is hard, melt a little). Add to flour and throw in 1 egg at a time and stir well. Wrap dough in greaseproof paper and put in refrigerator. Take out a couple of hours before use, and use as much of the dough as required. Put rest back in refrigerator for further use.

**Note.**—Use "Ideal Biscuit Maker" gadget, which can be attached to your Milchidike Mincing Machine.

**Almond Paste.**—Beat 2 egg whites well with 1 teaspoon sugar. Add some ground almonds and a little almond essence, or add coconut, and flavour. Roll out biscuit dough, place in flat pan and spread with jam. Spread this almond mixture on top of jam, and sprinkle with chopped nuts. Bake in moderate oven. Cut when baked and put back into the oven for a little.

The same dough can be used for flan tarts and filled with the almond, or jam and cream.

Keep biscuits in tins for crispness.

*Mrs. M. Swiel.*

**POST TOASTIES COOKIES**

- |                     |                          |
|---------------------|--------------------------|
| ½ lb. butter        | ½ cup chopped nuts       |
| 3 tablespoons sugar | 1 cup flour              |
| 1 egg, beaten       | 1 teaspoon baking powder |
| 1 cup chopped dates | ¼ teaspoon vanilla       |

Cream butter and sugar. Add rest of ingredients. Drop 1 teaspoonful of this mixture into Post Toasties, roll into balls, and bake in a moderate oven of 350°.

*Mrs. O. Rosenberg.*

★

**DATE CRACKERS**

- |                          |                   |
|--------------------------|-------------------|
| ½ lb. dates              | ½ cup white sugar |
| 1½ cups oats             | ½ lb. butter      |
| 1½ cups flour            | ¼ cup cold water  |
| ½ cup brown sugar        | ¼ cup hot water   |
| ¼ teaspoon bi-carb. soda | pinch salt        |

Put dates, white sugar and cold water in pot and stir over stove till soft, and allow to cool. Cream butter and brown sugar well. Add oats, flour and salt. Lastly, add hot water to which you have added bi-carb. soda. Roll out and cut half. Spread one half with date mixture and cover with the other half. Cut into squares and bake in greased tins in moderate oven for about 20 minutes.

*Mrs. S. Herman.*

★

**RUSKS**

- |                              |                       |
|------------------------------|-----------------------|
| 4 cups flour                 | pinch salt            |
| 1 teaspoon bicarb. soda      | ½ lb. butter (melted) |
| 1½ teaspoons cream of tartar | 2 eggs                |
| ½ cup sugar                  | ½ cup milk            |

Put flour, bi-carb., cream of tartar, salt and sugar in a bowl. Beat eggs, add butter and milk and add to dry ingredients. Knead well, cut in rounds, fairly thick, and bake in a hot oven. When finished, take out. Cut in half like scones, and spread each half with mixed cinnamon and sugar and put back in the oven till light brown. This makes a big quantity, and can be halved.

*Mrs. S. Herman.*

★

**OAT CRISPIES**

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 cup each, oats, coconut and sugar | ½ lb. salt butter        |
| 2 cups flour                        | 1 teaspoon bi-carb. soda |
| pinch salt                          | 1 tablespoon syrup       |
|                                     | 1 tablespoon milk        |

Put all dry ingredients in bowl and add melted butter to which you have added syrup and milk with bi-carb. of soda. Knead and roll out in thin rounds or squares and bake in fairly hot oven.

*Mrs. S. Herman.*

★

**DATE FINGERS**

- |                   |                          |
|-------------------|--------------------------|
| <b>Filling</b>    | <b>Pastry</b>            |
| 1 lb. dates       | 2 ozs. butter            |
| 1 teaspoon butter | ½ cup sugar              |
| ¼ cup hot water   | 1 egg                    |
|                   | pinch salt               |
|                   | 1½ cups flour            |
|                   | 1 teaspoon baking powder |

**Pastry.**—Cream butter and sugar. Add egg. Then add rest of ingredients. Roll out and put half in a greased biscuit pan. Spread with the date mixture and put the other half on top. Bake in a moderate oven till light brown. When cold cut into fingers.

*Mrs. S. Herman.*



DATE AND NUT CAKES

1½ cups flour	1 egg
½ cup sugar	1 teaspoon cinnamon
½ lb. butter	½ teaspoon bi-carb. soda in
1 cup each chopped dates and nuts	1 tablespoon boiling water

Cream butter and sugar. Add egg, then bi-carb. in water, lastly chopped nuts and dates, flour and salt. Put spoonfuls in Post Toasties. Spread all over and bake in a fairly hot oven.

*Mrs. S. Herman.*

★

RICE CRISPIES

½ lb. butter	½ packet Rice Crispies
½ lb. slab milk chocolate	nearly ½ lb. marshmallows

Melt butter, chocolate and marshmallows in top of double boiler. When dissolved, add Rice Crispies and mix with a knife. Put on a greased pan in refrigerator and when cold cut into diamond shapes.

*Mrs. J. Graham.*

★

BISCUITS

½ lb. butter	½ cup milk
½ cup sugar	2 teaspoons baking powder
1 egg	about 2½ cups flour
1 teaspoon vanilla essence	

Cream butter and sugar. Beat egg and add vanilla. Add to butter mixture. Add milk, then flour and baking powder, to make a soft dough. This can be used to make various biscuits as follows:—

**Fruit Fingers.**—Roll out dough thinly, spread with a smooth jam. Sprinkle one half with cinnamon, sultanas, cherries and nuts if liked. Fold other half over. Roll slightly and cut into fingers. Bake at 400° for about 10 minutes.

**Coconut.**—Add 1 cup coconut to above mixture.

**Ginger.**—Add 1 tablespoon syrup, 1 level tablespoon ginger, and 1 dessertspoon cinnamon.

*Mrs. P. C. Ralstein.*

★

UJALDRES

2 cups flour, heaped	enough iced water to make a
1 teaspoon salt, level	soft dough

Sift flour and salt and add water to make a soft dough. Divide into about 10 portions. Knead each portion thoroughly and place in refrigerator for a couple of hours.

Sprinkle a board with flour and roll each portion very thinly. With hands, stretch dough very finely over a cushion. Replace on board and dot with blobs of butter (or fat). Cut into two-inch strips. Fill with mincemeat or the following nut filling and fold strips over and over to form triangles. Bake in buttered or fatted pan at 400° for about 20 minutes.

**Nut Filling.**—Chopped nuts, ground almonds, cinnamon and a little golden syrup to bind.

*Mrs. Allegro Hassen.*

CRUNCHIES

2 cups oats	6 ozs. butter
1 cup flour	1½ tablespoons Golden Syrup
1 cup sugar	1 teaspoon bi-carbonate of
1 cup coconut	soda

Boil up butter and syrup. When boiling, add bi-carbonate of soda and mix well. Add to dry ingredients. Pack tightly into greased biscuit pan. Bake at 325° for about 15 minutes. Cut in pan while warm and lift out when cool.

*Mrs. E. Zacks.*

★

TEA CORNETS

1 egg	½ teaspoon baking powder
½ cup sugar	flavouring
½ cup flour	pinch salt

Beat eggs till very light. Add sugar little by little, beating well after each addition until quite thick. Sift together flour, baking powder and salt. Fold into egg mixture. Add few drops flavouring essence. Drop by teaspoons on well-greased pan several inches apart. Bake in moderate oven, 375° for 5 minutes. Loosen from pan and roll them around to resemble a horn. If they become too crisp to roll, put back in oven for a minute. Serve with whipped cream.

*Mrs. M. Berzack.*

★

SPANISH BISCUITS

1 lb. butter	1 lb. flour
3 tablespoons icing sugar	2 egg whites
1 teaspoon vanilla essence	

Melt butter, then stand it over ice. Add icing sugar and mix with wooden spoon till it thickens. Remove from ice and add egg whites, flour and essence. Roll in strips and cut. Bake at about 350°, moderate oven, till pale brown colour. Whilst still warm, roll in icing sugar. These can be put through the cookie machine in fancy shapes and trimmed.

*Mrs. M. Sussman.*

★

CREAM BISCUITS

2 cups flour	2 teaspoons baking powder
½ lb. butter	castor sugar
1 cup cream	

Rub butter into flour and baking powder. Add cream. Put in refrigerator for 15 minutes. Roll into strips and shape into wheels, round or twists. Bake in moderate oven about 375° till pale biscuit colour. While still warm, roll in castor sugar.

*Mrs. L. Greenspan.*



**EASY BISCUITS**

¼ lb. Jungle Oats                      ¼ lb. butter  
2 ozs. sugar                              ½ teaspoon baking powder

Mix oats, sugar and baking powder in basin. Rub in butter. Press into shallow buttered tin. Bake in moderate oven 20 to 30 minutes. Cut into oblongs then leave until cold before removing from tin.

*Mrs. S. Benyshai.*

★

**COCONUT SHORTBREAD**

2 tablespoons castor sugar              1 cup flour  
¼ lb. butter                                few drops almond essence  
1 cup dessicated coconut

Rub butter into all dry ingredients and add essence. Pat into a greased biscuit pan, prick with a fork and bake in a hot oven till golden brown. When baked, sprinkle with sugar and cut into slices while still warm.

*Mrs. W. Lobel.*

★

**COCONUT DAINTIES**

2 egg, whites only                      4 tablespoons coconut  
2 tablespoons sugar

Beat egg whites stiffly, sift in sugar and beat again until very stiff. Add coconut. Make into small cones, place on buttered paper and bake in a slow oven.

*Mrs. S. Benyshai.*

★

**BISCUITS**

¾ lb. butter                                2 ozs. ground almonds  
1½ cups flour                              little milk  
½ cup sugar

Mix butter and sugar. Rub well. Add almonds, flour and salt. Gradually add the milk. Cut into half-moons and bake in a hot oven. Whilst still hot roll in icing sugar flavoured with vanilla essence.

*Anonymous.*

★

**BRANDY SNAPS**

1 tablespoon syrup                      1 tablespoon sugar  
1 tablespoon flour                      pinch salt  
1 tablespoon butter                      1 teaspoon ginger

Mix all together and roll out very thin. Cut into shapes and bake.

*Anonymous.*

**ALMOND MACARON TARTS**

**Pastry**

1 large cup flour                      3 ozs. butter  
pinch salt                                1 egg  
2 tablespoons sugar                      little milk  
1 teaspoon baking powder

Sift flour, salt, sugar and baking powder and rub in butter. Add egg and enough milk to make a soft dough. Roll out and put into greased patty tins. spread with a little jam and put in each 1 teaspoonful of the following almond mixture:—

**Filling**

2 ozs. ground almonds                      1 small teacup sugar  
pinch salt                                2 egg whites

Beat egg whites stiffly with salt and sugar. Add ground almonds. Put this filling in tarts and bake in moderate oven till light brown.

*Mrs. S. Herman.*

★

**CHEESE STRAWS**

3 ozs. flour                                2 egg yolks  
2 ozs. butter                              pepper and salt  
2 ozs. grated cheese

Rub butter into flour. Add cheese and seasoning and mix with egg yolks to a stiff dough. Roll out and cut into strips and bake in a quick oven till a pale brown. (Add a little warm water to the egg yolks).

*Mrs. S. Benyshai.*

★

**STUFFED MONKEYS**

3 cups flour                                2 teaspoons baking powder  
½ lb. butter                                1 cup sugar  
2 eggs                                        salt

Rub butter into flour and salt. Add sugar, baking powder, and lastly, eggs. Roll out and fill with mixed fruit. Brush tops with egg white. Bake on a greased pan at 400° till light brown. (Same pastry can be used for cheese cake or any tart).

*Mrs. Faye Fredman.*

★

**VIENNA BISCUITS**

1 lb. flour                                ½ cup sugar  
1 lb. butter                                ½ cup ground almonds  
vanilla essence                      pinch salt  
1 egg

Mix all dry ingredients together. Add beaten egg and make into paste. Roll out and cut into shapes. Brush lightly with vanilla essence, then with egg and sprinkle with chopped almonds and sugar. Bake at 300° till light brown.

*Mrs. M. Sussman.*



**BISCUITS**

1 lb butter	6 eggs, beaten
1½ lb. flour	½ lb. sugar
3 teaspoons baking powder	pinch salt

Rub butter into flour. Add salt, baking powder and sugar. Add beaten eggs. Roll as required and cut into shapes or use for tarts.

*Mrs. A. Abrahamson.*

★

**CHOCOLATE PINWHEELS**

1½ cups sifted flour	½ cup butter
½ teaspoon baking powder	½ cup sugar
pinch salt	1 beaten egg yolk
1 teaspoon vanilla essence	3 tablespoons milk
1 oz. square chocolate, melted	

Sift flour, baking powder and salt. Cream butter and sugar. Add egg yolk and vanilla and beat well. Add dry ingredients alternately with milk. Mix well. Divide dough into two parts. To one part add melted chocolate, and blend. Chill until firm enough to roll. Roll each half and place plain sheet over the chocolate one, and roll together, like a Swiss roll. Chill till firm, then cut in slices. Bake in ungreased tin in a hot oven.

*Mrs. A. Abrahamson.*

★

**SPICED KISSES**

5 ozs. butter	3 tablespoons coconut
2 tablespoons sugar	1 tablespoon cocoa
1 egg	1 heaped teaspoon baking powder
1 teaspoon mixed spice	flour to make fairly stiff dough
1 teaspoon cinnamon	

Cream butter and sugar well. Add all other ingredients. Roll in strips and cut in about 1½-inch-wide lengths. Press with a fork. Bake at 400°. When finished jam two together and roll in castor sugar.

*Mrs. F. Sacks.*

★

**CORNFLAKE CRUNCHIES**

4 ozs. butter	1 cup chopped dates
2 cups flour	3 tablespoons sugar
2 eggs	2 tablespoons cream
1 teaspoon baking powder	Post Toasties or Cornflakes
1 cup chopped walnuts	

Sift all dry ingredients except Post Toasties. Rub in butter. Beat eggs and add cream to them, then add this mixture to dry ingredients. Add nuts and dates and mix well. Take teaspoonsful and roll in Post Toasties. Place on buttered pan far apart to allow for spreading. Bake at 375° for about 20 minutes.

*Mrs. L. A. Rubinstein.*

**JAM BISCUITS**

¼ lb. butter	2 teaspoons baking powder
1 cup sweet cream	1 teaspoon vanilla essence
1 egg yolk	enough flour to make a soft dough

Mix butter and cream well. Add egg yolk, baking powder, vanilla and enough flour to make a soft dough. Roll out thinly. Cut in rounds and place a little jam in the centre of each round. Fold in half and press edges down. Beat 1 egg white and paint over tops of biscuits and sprinkle with sugar. Bake in greased pan at 400° till done.

*Mrs. Weinblum*

★

**STRUDEL**

¼ lb. Stork margarine	vanilla essence
¼ teacup sugar	1 level teaspoon baking powder
2-2½ cups flour	3 eggs

Cream margarine and sugar. Add eggs one at a time. Add 1 cup flour sifted with baking powder. Add essence. Add rest of flour a little at a time to make a soft dough.

Take about one cup of the dough and roll very thinly. Spread with a little smooth jam, then sprinkle with 1 cup each sultanas and currants, 1 tablespoon mixed peel, few chopped nuts. Sprinkle with a little sugar and 1 teaspoon ground mixed spice. Put pats of margarine all over. Roll up and brush with beaten egg and sprinkle with sugar. Bake on greased pan at 350°. Slice when cold.

The rest of this dough can be used for tarts, cheesecake, etc.

*Mrs. D. Middledorf.*

★

**MAZARINES**

Pastry	Filling
4 ozs. flour	raspberry jam
1 oz. cake crumbs	1 egg white
1 oz. ground almonds	4 ozs. castor sugar
2 ozs. sugar	1 tablespoon grated chocolate
3 ozs. butter	1½ ozs. chopped almonds
egg yolk and water to mix	vanilla essence (1 teaspoon)

Sift flour. Add cake crumbs, ground almonds and sugar. Rub in butter. Mix to a stiff dough with egg yolk and water. Roll out into a long strip about 4 inches wide and ¼-inch thick. Cut a strip ½-inch wide off each long side, wet them and stick them on to each long side of the strip to form an edge. Prick pastry and bake at 375° for about 10 minutes.

Spread raspberry jam along centre. Partly beat egg white, add castor sugar, grated chocolate, chopped almonds and bring to boil. Add vanilla essence. Spread over the jam. Return to oven till set. Cut into fingers.

*Mrs. L. Creewel.*



## KICHLACH

1 doz. eggs  
1 doz. yolks

salt  
enough flour to make a firm  
dough

Mix all above and roll out thinly. Sprinkle with sugar. Prick with a fork. Cut and bake at 450° on an ungreased tin till done (about 5 minutes).

*Mrs. Ch. Miller.*

## ALMOND RINGS

¼ lb. butter  
1½ cups flour  
2 egg yolks  
1 egg white (for top)

¼ cup sugar  
¼ cup ground almonds  
pinch salt  
¼ cup chopped almonds (for top)

Cream butter. Add sugar and cream well. Add egg yolks, beating well after each addition. Add rest of the ingredients and mix well. Place in refrigerator for a few minutes. Roll out thinly on a slightly floured board. Cut into rounds and remove centres with a thimble. Brush over with beaten egg white and sprinkle with chopped almonds. Bake at 400° for 10 minutes.

*Mrs. N. Barnett.*

## CHEESE STRAWS

4 heaped tablespoons cheese  
2 ozs. butter  
4 ozs. flour (1 cup)  
pinch cayenne pepper

½ teaspoon salt  
½ teaspoon baking powder  
milk to mix

Roll out and cut into strips and twist.

*Phyllis Sussman.*

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## COFFEE BISCUITS

2 coffee cups sugar  
2 coffee cups oil  
1 coffee cup milk

2 teaspoons coffee essence  
2½ cups flour  
1 teaspoon baking powder

Mix all ingredients together. Roll into little balls, and put on a baking pan. Bake at 350° for 10 to 15 minutes.

*Mrs. L. L. Owens.*

## SPONGE BISCUITS

6 tablespoons oil  
6 tablespoons caster sugar  
2 eggs  
1 cup chopped nuts, ground  
almonds, etc.

grated rind of lemon  
1 teaspoon baking powder  
1 cup flour — or little more to  
to make soft dough

Beat eggs, sugar and oil; add dry ingredients, to form soft dough. Scoop ½ teaspoon dough onto baking sheet, not too close as they spread, and bake for a few minutes till golden brown, at 350°.

**Filling.** — Join two biscuits together with — Margarine, nescafe and icing sugar. Rum can be used instead of nescafe.

*Mrs. Lily Gruber.*

## SPICE BISCUITS

1 cup syrup  
1 cup sugar  
3 eggs  
4 cups flour  
a few grated nuts

2 teaspoons mixed spice  
1 teaspoon ground cloves  
1 teaspoon ground cinnamon  
1 teaspoon bi-carb soda  
1 soup spoon cocoa

Mix all dry ingredients together, add the syrup and eggs, and mix well. Wrap in greaseproof paper, and leave in Frig overnight. Make into shapes (or little balls) and bake at 420° for only 5 minutes, and watch them carefully as they burn easily.

When taken out of oven, pour over a mixture made of icing sugar and lemon juice.

*Mrs. Cilly Langberg.*

## TEIGLACH

**Dough**  
4 eggs  
1 teaspoon ginger  
1½ tablespoons oil  
1 tablespoon brandy  
about 2 cups flour

**Syrup**  
2 lb. syrup  
2 cups water  
2 cups sugar

Beat eggs very well, add other ingredients and mix thoroughly. Dough must be wet and fairly sticky. If necessary add a little more flour. Then take pieces of dough and roll on board in little flour and make thin rolls, which you cut in lengths to go round 2 fingers, to make a ring. Place each on greased paper or board, and turn over once.

Put all ingredients for syrup into large pot, and when syrup is boiling, drop teiglach in and boil on high (covered) for good 5 minutes. Then lower heat to medium and after 20 minutes, open pot quickly and stir well. Re-open after further 20 minutes, and add 1 heaped teaspoon ginger, and stir well. Close, and re-open after further 20 minutes. Possibly all done by then.

Have ready 1 cup boiling water and move pot to side of stove, and slowly add in boiling water, and cover. Then pour all through colander and remove teiglach, and roll in sugar or sugar and ground ginger. Syrup may be used again or used to make tzimmes or added to potato pudding.

*Mrs. Anne Moss.*

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**GINGER BISCUITS**

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 egg                      | 4 teaspoons preserved ginger    |
| 1 cup sugar                | (cut small)                     |
| $\frac{1}{2}$ lb. butter   | 12 cherries, cut up             |
| 2 tablespoons ginger syrup | $\frac{1}{2}$ cup chopped nuts  |
| 1 teaspoon baking powder   | 3 level teaspoons ground ginger |
|                            | (or more)                       |

Beat egg and sugar. Melt butter with ginger syrup, not too runny, and add to eggs and sugar.

Add preserved ginger, cherries, and nuts to the flour, sifted with baking powder and ginger. Mix all together well.

Put into 12 x 9" tin, about 1" deep, and bake at 350° for 20-25 minutes. Cool, and cover biscuits with following icing, and then put back in oven for 1 minute; remove and cut.

**Icing.**— Mix 1 cup icing sugar with lemon juice and a drop of water.

*Mrs. Anne Moss.*

★

**ORIENTAL FINGERS**

- |                  |                                     |
|------------------|-------------------------------------|
| 4 ozs. margarine | 2 ozs. glace cherries, cut up       |
| 3 ozs. sugar     | 2 ozs. chopped nuts                 |
| 8 ozs. flour     | 2 ozs. dates, cut into small pieces |
| milk             | 2 ozs. sultanas                     |
| icing sugar      |                                     |

Rub 3 ozs. of the margarine into the flour. Add 2 ozs. of the sugar, and enough milk to make a firm dough.

Roll out half of the dough into a neat oblong about  $\frac{1}{4}$ " thick, and put on an ungreased baking sheet.

Put rest of the margarine and sugar into a saucepan. Heat until the margarine has melted. Stir in the cherries, nuts, dates and sultanas, and mix well. Spread over dough. Then roll out rest of the dough, and cover the filling. Place in the centre of a 375° oven, and bake for 25-30 minutes. Mark into fingers while warm, but cut when cool. Sprinkle top with icing sugar, or make water icing and ice top.

*Mrs. Helen Schur.*

★

**QUICK BISCUITS**

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 2 cups flour                | 3 teaspoons baking powder         |
| $\frac{1}{2}$ lb. margarine | $\frac{1}{2}$ cup sugar           |
| 2 eggs                      | 1 cup raisins and sultanas, mixed |
| $\frac{1}{2}$ cup milk      |                                   |

Rub margarine into flour. Beat eggs and add milk. Mix all ingredients together well. Drop in teaspoonful on greased pan or patty tins, and sprinkle sugar on top. Bake at 450° for 5-10 minutes.

*Mrs. Anne Moss.*

★

**BRANDY SNAPS**

- |                       |                          |
|-----------------------|--------------------------|
| 4 ozs. flour          | 1 teaspoon ground ginger |
| 4 ozs. butter         | 1 teaspoon lemon juice   |
| 4 ozs. demarara sugar | 4 ozs. golden syrup      |

Warm gently the butter, sugar, syrup, and ginger in a saucepan until butter is melted.

Sift in the flour, and add the lemon juice. Grease a baking tin and pour in teaspoonsful of the mixture at a good distance apart, to form rounds. Bake for 15 minutes at 300° F.

Lift the snaps off the tin and roll them up quickly. If the snaps get too stiff to roll, pop them back in the oven to warm and soften. Fill with whipped cream.

*Mrs. Avril Lasker.*

**CHOCOLATE CRUNCHIES**

- |                             |                    |
|-----------------------------|--------------------|
| 8 ozs. margarine            | 2 ozs. coconut     |
| 4 ozs. sugar                | 2 cups flour       |
| 2 teaspoons baking powder   | 1 tablespoon cocoa |
| $\frac{1}{2}$ teaspoon salt |                    |

Cream margarine and sugar. Add baking powder, salt, cocoa, coconut and flour, and mix well.

Spread about  $\frac{1}{4}$ " thick in a greased biscuit pan, and pat in. Bake in a moderate oven for 25 minutes. Ice when hot, and cut into squares when cold. Can be sprinkled with coconut.

- Icing:**
- |                           |
|---------------------------|
| 6 ozs. sifted icing sugar |
| 1 oz. cocoa               |
| 2 tablespoons hot water   |
| 2 ozs. melted margarine   |
| few drops vanilla essence |

*Mrs. Sarah Joffe.*

★

**RADIO TAIGLACH**

- |                     |                                  |
|---------------------|----------------------------------|
| 4 eggs plus         | flour                            |
| 3 yolks             | 2 heaped teaspoons baking powder |
| 2 tablespoons cocoa |                                  |

Mix the above, to form dough. Roll out 1" thick, and cut into squares.

**Boil in the following syrup:**

- |                    |
|--------------------|
| 2 lb. sugar        |
| 1 teaspoon syrup   |
| 1 teaspoon ginger  |
| 1 teaspoon vanilla |

Rolling in syrup for 20 minutes.

*Mrs. Edith Levin.*

★

**SPICE BISCUITS**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 2 cups flour                          | 1 egg                                |
| 6 ozs. shortening                     | $\frac{1}{2}$ teaspoon ground cloves |
| 2 teaspoons baking powder             | 1 teaspoon cinnamon                  |
| $\frac{1}{2}$ cup brown sugar         | $\frac{1}{2}$ teaspoon mixed spice   |
| $\frac{1}{4}$ teaspoon almond essence | $\frac{1}{2}$ teaspoon ground ginger |

Rub butter into flour. Beat egg and sugar, add spices and stir into butter and flour. Add baking powder and essence. Roll dough out thinly after chilling. Can be used in cookie maker. Bake at 350°

★

**BISCUITS FOR SAWA COOKIE MAKER**

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| $\frac{1}{2}$ lb. butter             | 2 cups flour                     |
| 1 cup sugar                          | pinch salt                       |
| 1 egg yolk                           | 1 tablespoon ground almonds      |
| $\frac{1}{2}$ teaspoon brandy or rum | almond essence and lemon essence |

Cream butter and sugar, add brandy and other ingredients, lastly flour. Bake at 275-300°. If you wish to roll biscuits out, instead of using cookie maker, add extra flour.

★

**BISCUITS (Easy and suitable for bulk baking)**

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 $\frac{1}{2}$ lb. plain flour | $\frac{3}{4}$ cup white sugar |
| 1 lb. margarine or butter       | 4 teaspoons baking powder     |
| flavouring                      | 1 large tin condensed milk    |
| pinch salt                      |                               |

Rub dry ingredients and butter all together. Blend with milk and flavouring. Either roll into shapes, or use cookie maker. Bake at 350°



NOTES

**BREADS and SCONES**

**CRUMPETS**

- |                      |                           |
|----------------------|---------------------------|
| 1 heaped cup flour   | 1 teaspoon butter         |
| 1 egg                | 1 teaspoon baking powder  |
| 1 dessertspoon sugar | $\frac{3}{4}$ -1 cup milk |

Rub butter into flour, add sugar, baking powder, egg and enough milk to make a slightly lumpy, stiff dough. Drop on to greased hot plate in spoonful and turn when bubbles appear.

*Mrs. Faye Fredman.*

★

**CHEESE SCONES**

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 cup grated cheddar cheese | 4 level teaspoons baking powder |
| 2 cups flour                | 2 ozs. butter                   |
| $\frac{1}{2}$ teaspoon salt | 1 egg                           |
| $\frac{1}{2}$ cup milk      |                                 |

Sift flour, salt and baking powder into a bowl. Rub in the butter and add grated cheese. Beat egg and add to milk. Then blend into very soft dough. Turn on to floured board, toss with floured hands. Pat out to  $\frac{3}{4}$ -1 inch thick. Cut into rounds, brush tops with beaten egg. Place on to lightly greased baking sheet and bake in hot oven, 475-500°, for 10-12 minutes.

*Mrs. Thelma Eliasov.*

★

**CHEESE MUFFINS**

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 cup flour                 | 1 egg                           |
| 2 ozs. butter               | 2 level teaspoons baking powder |
| 1 cup grated Cheddar cheese | $\frac{1}{4}$ cup milk          |
| salt                        |                                 |

Rub butter into sifted flour, baking powder and salt. Add beaten egg, then cheese and milk. (Must be fairly loose consistency). Bake in greased patty tins at 425-450° for about 8 minutes.

*Mrs. Ann Fischer.*

★

**CHEESE SCONES**

- |                                |                           |
|--------------------------------|---------------------------|
| 2 cups flour                   | 2 teaspoons baking powder |
| 1 egg                          | 2 ozs. butter             |
| little salt and cayenne pepper | large cup grated cheese   |

Rub butter into flour. Add baking powder, cheese, salt and cayenne pepper then well beaten egg and little milk to mix well. Roll out about  $\frac{1}{2}$ -inch thick and cut into shapes. Bake at 400°.

*Mrs. F. Salmon.*

★

**DROPPED SCONES**

- |                             |   |
|-----------------------------|---|
| 1 cup flour                 | 1 teaspoon baking powder                |
| 2 ozs. butter               | little less than $\frac{1}{4}$ cup milk |
| 1 egg                       | pinch salt                              |
| 1 cup grated Cheddar cheese |   |

Rub butter into sifted flour, salt and baking powder. Add 1 egg well beaten with milk, add cheese. Pour the batter by spoonfull into small patty tins and bake at 350° for 20 minutes. Serve hot

*Mrs. Ray Rabinowitz.*



SCONES

1 egg  
1 tablespoon sugar  
4 teaspoons baking powder

2 cups flour  
 $\frac{1}{4}$  lb. butter  
 $\frac{3}{4}$  cup milk

Crumb sugar and flour, baking powder and butter. Take 1 egg and beat well. Take off part of egg for brushing. Take balance of egg and add to  $\frac{3}{4}$  cup milk and add to mixture. Cut and bake in hot oven for a few minutes

Mrs. Pauline Nosel.

REFRIGERATOR ROLLS

1 cake Anchor Yeast  
 $\frac{1}{4}$  cup sugar  
5 ozs. butter  
1 cup mashed potato (about 3 or 4)

2 well-beaten eggs  
1 heaped teaspoon salt  
1 cup milk  
enough flour to make a stiff dough (about 7 cups)

Put yeast into  $\frac{1}{2}$  cup luke warm water. Put milk in saucepan and bring nearly to boil. Add butter, sugar, salt and potato. Leave to cool. Beat eggs well. Add yeast and eggs to cooled mixture. Then add flour and knead well. Put in refrigerator in a large basin, allowing for rise. Leave overnight. Pinch off as needed. Make into very small rolls and leave to rise for 1 hour, out of refrigerator. Bake at 425° for 7 to 8 minutes.

Mrs. C. I. Jacobs.

GRANNY LOAF

8 ozs. self-raising flour  
pinch salt  
mixed spice  
1 oz. butter

1  $\frac{1}{2}$  ozs. sugar  
1 oz. each currants, raisins and cut peel  
1 gill milk

Sift flour, salt and spice. Rub in butter. Stir in sugar, fruit and peel and make into dough with the milk. Turn on to a floured board and form into a round. Place in a well-greased cake-tin, brush over with milk and bake in a moderate oven for about 30 to 40 minutes. Slice and butter.

Mrs. N. Blake.

WAFFLES

2 cups flour  
1 teaspoon salt  
1  $\frac{1}{4}$  cups milk  
2 eggs, beaten separately

$\frac{1}{2}$  cup melted butter  
4 level teaspoons baking powder  
2 teaspoons sugar

Mix and sift dry ingredients. Add milk gradually, yolks well-beaten, then melted butter and lastly, stiffly-beaten egg whites. Meanwhile, heat Waffle Iron, and before putting in mixture, brush over with melted butter. Mixture is best used from a jug and it can be stored in the refrigerator and used next day.

Mrs. P. Taub.

KUCHEN

$\frac{1}{2}$  lb. butter  
2 whole eggs and 4 extra yolks  
2 cups milk  
2 cakes yeast

1 teaspoon salt  
1 cup sugar  
flour to make soft dough

Put yeast with a little sugar in  $\frac{1}{2}$  cup warm water to rise. Warm milk and add butter to it. Beat eggs and sugar well. Put flour in bowl with salt. Add yeast, eggs and milk mixtures. Knead well to a soft dough. Cover and leave overnight to rise. In the morning, make into shapes. Place on buttered pan, and leave to rise for half an hour. Paint with egg, sprinkle with cinnamon and sugar and bake at 350° for about half an hour.

Mrs. B. Lange.

MILK LOAF OR BUNS

8  $\frac{1}{2}$  cups flour  
3 cakes yeast  
1 cup sugar  
4 egg yolks  
2 egg whites

$\frac{1}{2}$  pint cream  
 $\frac{1}{2}$  lb. butter  
1 cup milk  
1 teaspoon salt  
and if you fancy it, 1 cup sultanas

Sift flour. Mix yeast with 1 cup lukewarm water. Add the salt and sugar to the flour. Warm the butter and milk and add to the flour mixture with the yeast. Add the cream and eggs. Knead well to a soft dough. Put in a dish, cover well and leave in a warm place to rise for 3 to 4 hours. Knead again and make into any shapes required, putting layers of cinnamon and sugar, and sultanas if used. Place in buttered tins and allow to stand for half an hour. Paint tops with beaten egg and bake for 25 minutes at 400°.

Mrs. M. Watkins.

SOUR MILK SCONES

2  $\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon salt  
2 ozs. butter  
2 dessertspoons sugar

3 teaspoons baking powder  
1 egg  
1 cup sour milk

Sift dry ingredients together and rub in butter. Beat up egg and mix it with the sour milk. Add this to mixture. Knead lightly and roll to  $\frac{1}{4}$ -inch thickness. Cut into rounds and paint the tops with milk. Bake for 10 minutes at 450°.

Mrs. M. Watkins.

DROP SCONES

2 oz. butter  
8 tablespoons flour  
1 egg  
2 tablespoons cream

pinch salt  
1 tablespoon sugar  
 $\frac{1}{4}$  cup warm milk  
2 teaspoons baking powder

Sift all dry ingredients together and rub in butter. Beat together egg, milk and cream. Mix. Half-fill greased patty tins. Paint scones with egg yolk. Bake in oven at 450°.

Mrs. R. Lonstein.

ALL-BRAN SCONES

2 tablespoons butter  
 $\frac{1}{2}$  cup sugar  
1 egg  
1 cup milk

1 cup All-Bran  
1 cup flour  
3 teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt

Cream butter and sugar. Beat in egg. All-Bran and milk. Sieve flour, salt and baking powder and add to mixture. Roll and cut and bake on greased pan at 400° for about 20 minutes.

Mrs. E. Zacks.

SCONES

$\frac{1}{2}$  lb. butter (little less)  
2 large cups flour  
1 large egg  
2 heaped tablespoons sugar

$\frac{1}{2}$  cup milk (little less)  
2 teaspoons baking powder  
pinch salt

Rub butter into flour and sugar with fingertips. Add baking powder. Make well in middle. Beat egg well with the milk and add. Must not be a stiff dough. Pat on board and cut into shapes. Brush tops with egg. Bake in hot oven.

Mrs. Ethel Margolis.



**BANANA BREAD**

½ cup butter	½ teaspoon baking powder
1½ cups brown sugar	½ teaspoon bi-carbonate of soda
2 cups flour	½ teaspoon salt
2 eggs	1 cup mashed bananas (3 or 4)

Cream butter and sugar well together and add well-beaten eggs. Add sifted dry ingredients and add to mixture with bananas and a little milk if too stiff. Put mixture into a lined bread tin and bake in a moderate oven for about 1 hour.

*Mrs. L. Gruber.*

**MILK LOAF**

¼ lb. butter	½ teaspoon salt
½ large cup sugar	1 cup warm milk
1½ eggs	½ square Anchor Yeast
4½ cups flour	

Cream butter and sugar well. Add eggs and salt. Add milk, flour and yeast dissolved in ½ cup warm water, alternatively. Mix through well and cover warmly with blankets. Leave overnight.

Next morning, cut into shapes on floured board, place on buttered pans and allow to rise in a warm place. Then paint with egg yolk and milk and sprinkle with sugar. Bake at 400°.

*Mrs. S. H. Wolffe.*

**CRUMPETS**

1 egg	2 cups flour
½ cup sugar	pinch salt
2 oz. melted butter	2 heaped teaspoons baking powder
1 cup milk	

Beat egg well and add sugar. Add melted butter and milk. Then add flour, salt and baking powder. Mix all well together and put in spoonfuls on greased girdle or electric stove. Turn when brown.

*Mrs. S. Herman.*

**KUCHEN**

1 cake yeast	1 cup sugar
6 large cups flour	1 dessertspoon salt
½ lb. butter	3 eggs
warm milk	

Put yeast in 1 cup warm milk and mix with 1 cup flour, 1 teaspoon salt and 1 teaspoon sugar. Leave about half an hour.

When ready, put into rest of flour. Add eggs, salt and sugar and knead well. Melt butter in 1 cup warm milk and add. Leave to rise overnight. In the morning, knead and roll. Place into greased pans and leave to rise for half an hour. Bake at 400° for about 45 minutes.

*Mrs. C. M. Harris.*

**BAGLES**

6 cups flour	salt
1 tablespoon baking powder	warm water to make a biscuit dough
2 eggs	

Mix all ingredients well to a consistency of biscuit dough. Roll out about ¼-inch thick in strips. Form rings. Boil water with salt or sugar to taste. Add bagles to water for only two seconds. Take out and bake in hot oven.

*Mrs. M. Berzack.*

**BOSTON BREAD**

2 breakfast cups flour	1 egg
1 teaspoon bi-carbonate of soda	2 tablespoons Golden Syrup
2 tablespoons sugar	milk
1 saltspoon salt	sultanas, currants, chopped peel

Sift all dry ingredients together. Add egg, syrup and milk to make a loose dough. Add the fruit. Grease tins with oil. Half fill and steam for about 2 hours. To vary the Fruit Boston, make a Ginger Boston by omitting the fruit and adding 1 dessertspoon ground ginger and small pieces of crystallised ginger. To make a Raisin Boston, omit fruit and add mixed spices and who'e seedless raisins.

*Mrs. A. J. Lassman.*

**KUCHEN**

2½ lb. sifted flour	6 egg yolks
1 oz. yeast	6 oz. butter
1 cup sugar	about 1½ cups warm milk
1 dessertspoon salt	

Dissolve yeast in ½ cup warm water, 1 teaspoon sugar and leave to stand for 5 minutes.

Melt butter in warm milk. Pour the yeast into all the other ingredients and beat well into a stiff dough. Leave overnight to rise.

In the morning, roll and leave for 30 minutes to rise. Bake at 350° for about 45 minutes. (Paint top with beaten egg).

*Mrs. L. Brenner.*

**CRUMPETS**

1 tablespoon water (or little more)	¼ teacup flour
pinch salt	1 dessertspoon Golden Syrup
1 dessertspoon sugar (heaped)	½ cup milk
1 egg	1 teaspoon baking powder
	1 dessertspoon melted butter

Beat together the water, salt, sugar and egg. Add flour, Golden Syrup and milk. Don't make mixture too thin or too stiff. Add baking powder and when the mixture bubbles add the melted butter. Cook in spoonfuls on a hot girdle.

*Mrs. M. Sussman.*

**SCONES**

6 heaped tablespoons flour	1 tablespoon butter
1 tablespoon sugar	1 egg
4 teaspoons baking powder	½ cup milk
pinch salt	

Sift flour, salt and sugar. Rub in butter and then add baking powder. Make a well in the centre, break in the egg, add the milk and mix well to a soft dough. Pat on to a floured board and cut into rounds. Bake on a greased pan for 5 minutes in a very hot oven.

*Mrs. L. A. Rubenstein.*

**FLAPJACKS**

8 tablespoons flour	2 teaspoons baking powder
1 tablespoon sugar	salt
2 eggs	enough milk to make a medium batter

Beat eggs and sugar well. Leave to stand a while. Add flour, salt, milk and baking powder. Drop by spoonful on to a buttered girdle or on to a plate of stove and turn when brown. Butter while hot.

*Mrs. J. Graham.*



**TO MAKE MELBA TOAST**

Sliced bread (used toast-sliced, as it is thicker than sandwich)  
Toast slices of bread in a toaster. While still hot, cut off crusts, and with a very sharp knife, cut each slice through the middle carefully. Now scrape all the untoasted bread off each side, and place the untoasted sides up under the grill till golden brown. Will keep in a tin for weeks.

*Mrs. Jenny Keet.*

★

**FRIGIDAIRE YEAST DOUGH**

½ lb. butter	1 cup milk
½ teaspoon sugar	2 cakes yeast
4 eggs, well beaten	4½ cups flour
½ teaspoon salt	

Scald milk, add butter, salt and sugar, and boil till melted. When lukewarm add yeast softened in lukewarm water. Add eggs. Beat flour into mixture. Let mixture stand for 6 hours. Chill till ready to use. Bake in hot oven.

*Mrs. I. Goldschmidt.*

★

**SCONES WITH A DIFFERENCE**

2 cups flour	¼ cup oil
4 teaspoons baking powder	1 egg
½ teaspoon salt	Milk and water

Sift flour, baking powder and salt. Into a measuring jug put oil and egg, and enough milk and water to make a cup full. Beat well, and add to dry ingredients. Mix well. Turn on to a floured board; press flat to ¼" thick. Cut into desired shapes, brush over with a little milk, and bake at 350° to 400° for 10 minutes. Add ½ cup cheese, if wanted.

*Mrs. L. L. Owens.*

★

**HOT GARLIC BREAD**

1 Long French Loaf	1 or 2 cloves garlic, minced
½ cup butter or margarine	

Slash bread on bias in ¼" slices, but do not cut quite through bottom crust. Cream garlic into butter. Spread generously between slices. Wrap in foil. Heat in hot oven — 400° — for 15-20 minutes, or until piping hot.

★

**CHEESE PUFFS**

1 cup flour	1 cup grated cheese
nearly 1 cup milk	salt
little dry mustard	

Mix all ingredients well, and drop spoonfuls into greased patty tins. Bake at 425-450°.

*Mrs. Anne Moss.*

★

**BROWN BREAD (2 loaves)**

7 cups unsifted boermeal	4 cups water
or Wholemeal flour	3 level teaspoons salt
3 tablespoons oil	2 tablespoons syrup
1 cake yeast (or equivalent in dry yeast)	(reduce if too sweet)

Dissolve yeast in lukewarm water (3 cups). Dissolve syrup in 1 cup boiling water. Add flour, etc. to liquids, mix very well with wooden spoon. Put in tins to rise (till nearly full). Cover with a damp cloth — 2 hours. Bake in a hot oven — 425°, and lower heat to 350° when inserting bread. If baking too quickly lower heat still more, and switch off for last 10 minutes

**CRUMPETS**

2 eggs	¾ cup milk
2 tablespoons water	2 teaspoons baking powder
pinch salt	1 tablespoon melted butter
1½ cups flour	2 teaspoons sugar
1 tablespoon golden syrup	

Beat eggs, and add rest of ingredients, and beat well. Drop on a very hot pan to make crumpets.

*Mrs. Helen Schur.*

★

**SCONES**

2 cups flour	¾ cup milk
1 egg	pinch salt
4 tablespoons butter	2 tablespoons sugar
4 teaspoons baking powder	

Rub butter into dry ingredients. Beat egg and milk and add. Bake at 450°.

*Mrs. Helen Schur.*

★

**CHEESE PUFFS**

**Filling:**

2 cups grated cheese
salt, pepper cayenne, and a pinch of dry mustard
3 eggs, separated
3 dessertspoons cream

Beat whites separately and fold in after other ingredients have been mixed well. Using ready made puff pastry, cut into round ¼" thick, and place in cookie cups. Fill these cups with cheese mixture, and bake at 400° till golden brown.

*Mrs. Heleen Graham.*

★

**KRANZ KUCHEN AND BULKES (Yeast Dough)**

(If possible, use an electric mixer)

½ cup milk	½ oz. (1 cake) compressed yeast
1 cup flour, sifted	1 teaspoon sugar
¼ teaspoon salt	

Scald milk, and cool to lukewarm. Dissolve in it the yeast. Place sifted flour in a bowl with sugar and salt, and add dissolved yeast. Make into a sponge. Put in a warm place to rise to double in bulk — from 1 to 2 hours.

When double in bulk, cream together thoroughly:—

1 cup sugar	6 ozs. butter or substitute.
Add 3 well beaten eggs,	5 cups sifted flour,
1 cup milk,	1 teaspoon salt and
1 tablespoon cream.	

Mix thoroughly together, then add the yeast sponge. With a spoon work for 10 minutes then set aside to rise again overnight. Cover with a blanket. The dough should not be stiff.

Next morning make into shapes, paint with melted butter, and sprinkle with cinnamon and sugar, and sultanas if preferred. Place on tins, and leave to rise again till double in size. Then paint with beaten egg yolk, and sprinkle with cinnamon and sugar. Bake in moderate oven — 350° for about 20 minutes. Makes 1 large Kranz Kuchen and about 20 bulkes.

*Mrs. Ann Gotz.*



**CRUMPETS**

1 large cup flour	2 dessertspoons sugar
2 eggs	1 tablespoon butter
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup water
1 tablespoon honey	2 heaped teaspoons baking powder

Sift flour and sugar. Add eggs, melted butter, milk, water and honey. Lastly add baking powder.

*Mrs. Barbara Sher.*

★

**BAIGEL**

6 cups flour	1 egg
1 cake yeast	1 dessertspoon sugar
$1\frac{1}{2}$ teaspoons salt	1 egg cup oil

**Method.**— Mix yeast well with 1 cup lukewarm water, and leave to rise about 10 minutes. Then add rest of ingredients and knead well. Allow to stand 20 minutes. Knead, and take pieces of dough, roll like sausage, and fold around your four fingers, sealing end to form a ring. Leave on floured greased paper. Boil a pot of water fiercely, and drop a few in at a time, and boil till it rises and remove, drain; then put on a greased baking tin, and bake at 450°.

*Mrs. Anne Moss.*

**NOTES**

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**PAMPLEMOES MARMALADE**

Slit 2 Pamplemoes fruit. Soak in water 3-4 days. Renew water daily—then boil up till skin is soft (to test pierce with match stick). While fruit is boiling make a syrup of: 4 lb. sugar and 8 cups water. Pour water off fruit, add syrup and boil until it jells.

*Sister A. Tomlinson.*

★

**FUDGE**

$\frac{1}{4}$ lb. butter	$1\frac{1}{2}$ lb. sugar
4 tablespoons water	4 tablespoons syrup
1 teaspoon vanilla essence	2 tins condensed milk

Put sugar, butter, water, syrup and condensed milk in a heavy saucepan, stir continuously for about 30 minutes. Take pan off stove and add vanilla. Pour on to buttered pan and allow to cool before cutting into squares.

*Mrs. R. Salmon.*

★

**PRESERVED GRAPEFRUIT**

Cut 3 grapefruit in halves. Squeeze out juice. Soak in lime water (1 tablespoon lime to 1 gallon water) overnight. In morning, pour off. Add fresh cold water and repeat for 3 nights (change water also during day). Use limewater only the first time. Remove fruit from water, drain well, and rinse. Put on to boil until tender, but not broken up. Remove from stove. Rinse with cold water, squeeze out all water. Peel very finely.

To the 6 halves grapefruit take 8 cups sugar and 6 cups water, and boil, and squeeze in juice of 1 lemon. Boil fast till it becomes transparent. Slice if required and bottle. If preferred dry, use 2 cups sugar to 1 cup water and drain on wire tray. Chop nuts and roll in the skins, then slice.

*Anonymous.*

★

**TEIGLACH**

$1\frac{1}{2}$ cups egg yolks	enough flour to make a soft dough
1 tablespoon ginger	

**Filling:** minced raisins and prunes  
**Syrup:** 4 cups Golden Syrup  
2 cups sugar  
2 cups water

Make dough of egg yolks, ginger and flour. Roll out, cut into squares, place a little filling on each and roll up to form balls. Put syrup on to boil and when boiling, add the teiglach and boil on medium till brown. Ten minutes before taking off, add 1 tablespoon more ginger to syrup. Remove from fire and pour over  $\frac{1}{4}$  cup boiling water. Take out of syrup and roll in sugar and a little ginger.

*Mrs. L. Brenner.*

★

**COCONUT ICE**

2 cups sugar	5 tablespoons milk
about $\frac{1}{4}$ lb. coconut	

Bring to boil the sugar and milk and boil hard for 3 minutes. Take off stove and add sufficient coconut to make a happy medium mixture. Separate and colour one half pink and place on plates covered with greaseproof paper.

*Mrs. C. Whiteson.*



**TEIGLACH**

6 egg yolks	minced dried fruits (not wet),
3 egg whites	prunes, raisins, apricots, etc.
2 dessertspoons oil	2 cups Golden Syrup
1 dessertspoon brandy	2 cups water
2 heaped teaspoons ginger	2 cups sugar
	flour

Make a dough of yolks, whites, oil, brandy, ginger and enough flour to make fairly hard dough for rolling, but not too stiff. Roll out thinly, cut in squares, fill each square with minced fruit and close up.

Boil in a large pot, syrup, water and sugar. When boiling, throw in teiglach and cover pot. Allow to boil quickly for 20 minutes without uncovering pot. Boil further until golden brown, mixing carefully with a wooden spoon. When right colour, add further 2 teaspoons ginger and mix again.

Remove from stove, push teiglach to one side, and pour against side, 1 cup water to loosen syrup. Take teiglach out and roll in coconut or leave plain.

*Mrs. D. Charney.*

★

**TEIGLACH**

6 eggs	4 teaspoons ground ginger
4 dessertspoons oil	filling of mixed orange and
2 lb. Golden Syrup	lemon peel, seedless raisins
2 lb. sugar	and nuts
grated rind of 4 oranges	flour
	4 cups water

Beat eggs, oil, half the orange rind, half the ginger, with an egg-beater. Then add enough flour to make a soft dough. Divide into three portions. Roll each into oblong and sprinkle with the filling. Roll up and seal the ends well. Roll into long strips and then cut to the required sizes.

Boil together sugar, syrup and water. When it comes to the boil, put in the teiglach. Boil on high for first 15 minutes, then lower to medium and boil about 1½ to 1¾ hours, stirring occasionally. Must be kept covered. When nice chocolate brown colour, take off fire and add rest of orange peel and ginger and pour on about 1½ pints boiling water. Stir while adding water. Cover and leave to cool.

*Mrs. S. Favish*

★

**COCONUT ICE**

9 tablespoons milk	½ lb. coconut
2 teacups sugar	vanilla and cochineal

Put milk and sugar into saucepan and let it come to the boil. Remove from stove, add coconut and mix with wooden spoon. Divide and add vanilla to one half and cochineal to the other. Pour on greased plate to set.

*Mrs. Becky Marks.*

★

**MARMALADE**

Shred fruit and allow 2 pints water to every 1 lb. fruit and soak overnight. Keep pips and hard membranes separate and cover with a little of the measured water.

Next day, boil fruit and water from membranes, etc. for 1 hour. Let stand overnight. Now weigh the pulp. Allow 1 lb. sugar to every 1 lb. fruit. Bring fruit to the boil till tender, add sugar and boil fast till it jellies.

*Mrs. A. J. Lassman.*

**CANNING GUAVAS (Method 1)**

Peel the guavas, using a silver fruit knife, or else they will turn black. Pack them nicely into bottles, allowing the cut side to show. Pour prepared syrup (made of 1 cup sugar to 2 cups water) over.

*Mrs. Golub.*

★

**CANNED APRICOTS**

Never peel apricots for canning. They can be left whole, or to remove the stones, split them. Prepare syrup by boiling 1 cup sugar to 2 cups water. Pack the apricots in jars and pour over the boiling syrup.

*Mrs. Golub.*

★

**CANNED PEACHES**

Boil the peaches either whole or halved in a syrup made of 1 cup sugar to 3 cups water. When soft enough, place fruit in jars and pour the boiling syrup over.

*Mrs. Golub.*

★

**ORANGE JAM**

Take about 22 oranges and squeeze out the juice into a large pot. Add 1½ lb. sugar and let it boil a nice brown colour. Then add juice of 3 or 4 lemons to taste. Test this mixture by putting a teaspoonful on to a plate and try and roll it. When it rolls easily it is ready to be removed from the stove. Cool, and put in jars.

*Mrs. S. Benyshai.*

★

**GRAPEFRUIT MARMALADE**

Shred 4 grapefruit and to every pound of fruit add 3 pints cold water. Leave to soak for 24 hours. Then boil till tender. Pour into a dish and stand again overnight. Weigh, and to each pound of fruit add 1 lb. sugar and boil about 2 hours.

*Mrs. J. Graham.*

★

**APRICOT JAM**

1 lb. dried apricots
3 pints water
3 lb. sugar

Wash fruit. Soak in the 3 pints water for 12 hours. Boil in the same water for 1 hour, or until fruit is soft. Add sugar and boil another hour. Cool and bottle.

*Mrs. L. A. Rubinstein.*

★

**LEMON CURD**

¼ lb. butter	5 eggs
6 ozs. castor sugar	juice of 6 medium lemons

Melt butter in double boiler. Add sugar and lemon juice. Add slightly-beaten eggs and cook until thick, stirring constantly. Strain and bottle.

*Mrs. B. Goldstein.*

★

**POMERANTZEN**

6 thick-skinned grapefruit	5 lb. sugar
4 lemons	

Cut grapefruit in halves and remove centre with pips, leaving half the pulp in. Put on to boil in water for 6 hours. Then remove from stove and wash in five fresh waters (cold). Peel skin off very thinly. Put back in pot with 1 glass water and the sugar and boil again. When nearly ready, peel the lemons, slice and remove pips and add. Almonds can also be added if liked.

*Mrs. D. Bernic.*



## ORANGE MARMALADE

3 oranges ½ lemon

Peel oranges very finely. Remove white pulp (do not use). Shred peel finely and shred oranges and lemon. Take 1 pint water to each orange. Soak overnight. In the morning, boil about 10 minutes. Then leave again overnight. Then take 1 lb. sugar to each pound of fruit and boil until it jells. (When putting on to boil, add juice of an extra lemon).

*Anonymous.*

## STUFFED DATES

Stone dates. Whip white of an egg stiffly. Add a little icing sugar and a good handful of ground almonds. The mixture must not be too stiff. Stuff the paste into the date and put a walnut on top.

*Mrs. Ben Baron.*

## EASY LEMON CURD

2 ozs. butter 2 eggs  
4 ozs. sugar 2 lemons

Grate rind and squeeze juice of lemons. Mix these together. Melt butter and add sugar, rind, juice and well-beaten eggs. Cook gently all together in top of double boiler until mixture is thick.

*Mrs. Ben Baron.*

## PINEAPPLE PLETZLACH

2 pineapples 2 cups sugar  
1 packet jelly

Grate pineapple and strain off all juice. Boil for 10 minutes, add sugar and boil for another 10 minutes. Add jelly and boil 10 minutes. Boil another few minutes and keep at low temperature. Pour into a wet dish and allow to set. Cut into shapes and dip into icing sugar.

*Mrs. F. Reiff.*

## GINGERS

2 cups grated carrots (packed tight) grated rind of 1 orange  
2 cups sugar chopped nuts  
1 heaped dessertspoon ginger

Put all together and boil till it sets. Pour on to a damp board, flatten out and cut into squares.

*Mrs. A. L. Rubinstein.*

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## ROSELLA JELLY

Remove Red leaves from pods and weigh the leaves, then rinse them in cold water, shake well and place in pot with fresh water. (2 breakfast cups water to each 1 lb. leaves.) Boil for 20 minutes, stirring often, as it burns easily. Strain through a wire sieve, using a wooden spoon to rub mixture through. Then measure cup by cup of juice, allowing 1 cup sugar to each cup of juice. Place mixture in saucepan again, and boil for another 20 minutes, or until it jellies when a little is run on to a cold plate. Cool and bottle.

If you want to make the residue leaves into jam, measure 1 cup sugar to each cup of leaves, add a bit of the juice from the jelly, a few cut up apples, some sultanas, cinnamon and sugar and ginger to taste — delicious.

*Mrs. Paula Fischer.*

## ORANGE AND CARROT PLETZLACH (Pesach)

4 large Navel oranges 4 large carrots  
juice of 1 lemon 2 teaspoons ginger

Squeeze juice and mince orange with pith and skin; mince carrots. Now throw in orange and lemon juice into minced orange and carrots. Measure, and add 1 cup sugar to each cup of pulp, then add little extra sugar (½ cup). Boil for 1½ hours on low, then on high for 1 hour — watch that it does not burn. Mixture must come away from bottom of pot. Then add ginger, and stir. Put on to a wet board, and spread about ½" thick, and when cold, cut and dry and turn over the next day.

*Mrs. L. Gruber.*

## ORANGE AND CARROT PLETZLACH

1½ lb. oranges 1½ lb. carrots

Boil together till soft, in a little water — then mince. Measure, and add 1 cup sugar to 1 cup pulp, plus 1 extra cup of sugar. Then boil well, for at least 2½ hours — medium heat — till it comes away from the sides, then add 1 packet lemon jelly powder. There should be no liquid left. Put on to a wet board, and cut into pieces. If liked it can be rolled in sugar or coconut.

*Mrs. L. Fredman.*

## PRESERVED WHOLE GREEN FIGS

Take about 100 figs, and wash and scrape off skins, and make a cross on bud end. Soak in 6 pints water mixed with 2 tablespoons bi-carb. (or can be soaked in 6 pints water with 1 tablespoon lime). Next day, rinse over very well, and put in clean water and boil until soft, when tested with knitting needle. Strain and put over colander. Make a syrup of 1 lb. sugar for 1 lb. fruit and 2 cups water. When boiling strongly, drop fruit in. Add root ginger and vineleaves. Test for syrup on cold saucer in fridge. Syrup will cook down to almost nothing. About 1½-2 hours.

## FRIANDISES

1 lb. granulated sugar dissolved in  
1½ gills water — add  
½ teaspoon cream of tartar  
a squeeze of lemon juice

Boil above ingredients till a brittle syrup when tested in a saucer of cold water. To make this caramel more accurately, use a candy thermometer and boil to 208° F. Remove saucepan from stove and place on a wooden board. Dip the prepared fruits into the caramel with 2 forks. Remove fruit and place on a piece of oiled greaseproof paper. When set remove the fruit and put in small paper cups. Wash and dry the fruit well before dipping in the caramel. Use grapes, naartjies, gooseberries, strawberries and cherries. Dried fruits such as stuffed dates and prunes are also good.

*Mrs. Anne Moss.*



**GOOSEBERRY JAM**

1 lb. gooseberries and  $\frac{3}{4}$  lb. sugar. Wash fruit and prick some and place in greased pot with very small amount of water. Boil till berries are soft and 25 minutes. Add juice or sliced lemon. Then add sugar and boil till it jells. Allow to cool a bit before bottling or else fruit rises to top.

★

**STRAWBERRY JAM**

1 lb. strawberries to  $\frac{3}{4}$  lb. sugar. Wash fruit and boil it up for about 10 minutes in a little water with juice of 1 lemon. Then grease pot and add sugar, stirring well till dissolved before allowing to boil up. Stir often and test on cold plate.

★

**SLICED PEACH JAM**

Using local peaches. Peel peaches and slice in long strips and crack some of stones and use the kernels, first removing skin. Weigh peaches, and place in pot with a little cold water, kernels, juice of lemon and a piece of root ginger, and boil. Best to use peaches which are still green. When fruit is soft, remove and grease pot and add  $\frac{3}{4}$  lb. sugar to each lb. of fruit, and continue using same method as above to test, etc.

★

**PLUM JAM**

Cut fruit in half, and remove stones. First weigh before placing in pot with a little water. Use 1 lb. sugar for 1 lb. fruit and juice of 1 lemon. Continue in same way as above.

★

**MARMALADE**

Use Grapefruit on its own. Seville Oranges in proportion of 6 to 2 sweet oranges and 2 lemons. Pampelmoos to be cooked on its own. Navel or Valencias to have 2 lemons to 4 oranges. A family marmalade can be made of 1 grapefruit, 1 large orange and 1 large lemon. Wash all fruit, and cut in  $\frac{1}{2}$  and  $\frac{1}{4}$  and remove all pith and pips which are placed in a small bowl covered with water till following day. FIRST of course weigh all fruit, and for every lb. of fruit add 3 pints water. After removing pips etc. you either slice fruit very thinly, or mince it and place in a large pot and add measured water, allowing it to stand till following morning. Then boil it for about 1 hour or more. Add the water strained out from the bowl of pips. The measure all the fluid and pulp, and for every pint of fluid, weigh 1 lb. of sugar. Grease pot, add fluid and sugar, stirring well till all sugar is dissolved. Do not put to boil until all sugar is dissolved. Better marmalade is made if pulp and fluid are left to stand for 1 day before adding sugar. Test jam constantly, not forgetting to remove scum, and boil with sugar minus a lid, fairly quickly, else it becomes too dark.

★

**NAARTJIE MARMALADE**

Take 6 naartjies and 2 lemons — peel naartjies by taking off skins in 4 sections and removing all pith from inside of skin and all threads from fruit. Slice fruit and remove pips, which you soak with all pith till next day. The skins are then cut into very thin strips with sharp knife or scissors. Use same method as above prepare fruit and leave to soak till next day. Continue in same way and same amount of sugar as well.

*Mrs. Anne Moss.*

**COCONUT ICE**

2 lb. sugar  
 $\frac{1}{2}$  teaspoon cream of tartar

$\frac{1}{2}$  pint water  
2 lb. coconut

Boil sugar, cream of tartar and water fast for 12 minutes from the time it starts to boil. Let it cool. Whip till cloudy. Add coconut quickly. Grease a flat tin and pour in. Cut when cold.

*Mrs. L. Michaels.*

★

**FUDGE**

2 cups sugar  
1 tablespoon butter  
 $\frac{3}{4}$  cup milk

2 heaped tablespoons cocoa  
vanilla essence

Boil sugar, milk and butter. Add cocoa and stir until granulated. Add vanilla. Beat till creamy and pour into a buttered dish. Mark when cool.

*Mrs. L. Michaels.*

★

**STUFFED PRUNES**

1 lb. prunes. Stone the prunes and put in an almond instead. Put a little water and 2 tablespoons sugar and 1 teaspoon citric acid into a small pot and bring to the boil. Taste and add sugar or acid to taste. Put prunes in and boil them for a few minutes. Baste them continually.

*Mrs. Ben Baron.*

★

**APRICOT PLETZLACH (MEBOS)**

Soak 1 lb. dried apricots in hot water. Remove and pour fresh boiling water over and allow to stand for 2 hours. Then mince apricots and squeeze in juice of 2 or 3 lemons. Put on to boil and keep stirring till it forms a jelly (about 30-40 minutes). While cooking, add 2 lb. sugar and boil all together. Remove from fire, put on to a board and allow to cool. Then cut into shapes and roll in sugar.

*Mrs. S. Herman.*

★

**FUDGE**

2 cups sugar  
 $\frac{3}{4}$  cup milk  
1 level tablespoon butter

2 rounded tablespoons sifted  
cocoa  
 $\frac{1}{2}$  teaspoon vanilla

Heat sugar, butter and milk to boiling point. Add cocoa and stir till melted. Keep stirring till mixture granulates against side of pot. Remove from stove, add vanilla and beat until smooth. Pour into a buttered dish and mark squares when set slightly.

*Mrs. H. Stern.*

★

**MARZIPAN**

$\frac{1}{2}$  lb. grounds almonds  
 $\frac{1}{2}$  lb. icing sugar  
1 whole egg

a few drops each vanilla and  
almond essence  
a few drops lemon juice

Knead all well together and put in refrigerator for  $\frac{1}{2}$  hour. In the meantime, melt some plain chocolate for icing. Roll the marzipan into 4 or 5 long sticks, about 1 inch thick. Spread tops with chocolate and leave to set. Cut into slices as required. Can be kept for weeks.

*Mrs. S. Israel.*



## MATZOH SWISS ROLL

4 eggs  
½ cup sugar  
½ cup Matzoh Meal

Beat yolks well. Stir in sugar and beat again. Add Matzoh Meal finely-sifted. Fold in stiffly-beaten egg whites. Spread in paper-lined tin and bake for 10 minutes at 400°. Turn on to a board sprinkled with castor sugar, remove paper, spread with lemon honey or jam and roll up. Sprinkle with sugar.

*Mrs. Rose Rubin.*

★

## BISCUITS

1½ cups cake meal	3 eggs
1½ cups potato flour	½ teaspoon lemon juice
½ lb. butter	1 teaspoon brandy
1 cup sugar	

Rub butter into flour and sugar. Beat in eggs one by one. Add other ingredients. Roll out to about ¼ inch only, cut and prick biscuits. Bake at 300°. (After 5 minutes, look at them, as they burn easily).

*Mrs. P. C. Ralstein.*

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## PASSOVER RECIPES

### KARTOFFEL TORTE

3½ ozs. sugar	juice and grated rind of one lemon
6 egg yolks	3½ ozs. boiled, grated potatoes

Mix for half an hour (if done by hand). Add potatoes, lastly the stiffly whisked egg whites. Bake for ½ of an hour.

*Mrs. A. Ullman.*

★

### MANDELAUFLAUF

6 eggs (separated)	½ lb. blanched ground almonds
½ lb. sugar	juice and grated rind of 1 lemon

Whisk 6 whites of eggs very stiff. Add the egg yolks carefully, then the sugar and the almonds, and the juice and grated rind of 1 lemon. Grease a hinged side cake tin (Springform). Bake in slow oven to a nice golden colour. Remove from tin. Can be served hot or cold.

*Mrs. A. Ullman.*

★

### BISCHOFSKUCHEN

8 whole eggs	4 egg yolks
1 lb. sugar	1 handful ground almonds
1 handful currants	1 handful sultanas
1 lb. Matzomeal	juice and grated rind of 1 lemon

Cream egg yolks, eggs and sugar very well. Add other ingredients gradually. Grease cake tin with fat or oil and sprinkle with matzomeal. Slow baking.

*Mrs. A. Ullman.*

★

### PASSOVER WINCREME

1 tablespoon potato flour	2 glasses white wine
5-6 yolks	4½ ozs. sugar
juice of 2 lemons	grated rind of 1 lemon

Put all the ingredients in a double boiler and keep on stirring until it comes to the boil. Pour into a dish or glasses. Serve cold. You can use as many as 15 egg yolks.

*Mrs. A. Ullman.*

★

### PRUNE AND APPLE DEEP DISH PIE

In a greased baking dish place alternate layers of sliced apples and stewed prunes drained and broken into pieces. Heat ½ cup prune juice and ½ cup water and in it melt 1 tablespoon fat and ½ cup sugar. Pour a little of this over each layer of fruit. Add a little nutmeg and cinnamon.

Crumble some Matzoh coarsely over the top layer of fruit. Pour a little melted fat on top. Sprinkle with cinnamon and sugar and bake in a moderate oven of 350° till browned and the apples tender.

*Mrs. Rose Rubin.*



### PASSOVER SPONGE CAKE

10 eggs  
10 tablespoons sugar  
10 tablespoons potato flour  
juice of  $\frac{1}{2}$  lemon or  
1 tablespoon brandy

Beat egg yolks and sugar well till thick and creamy. Fold in potato flour. Add lemon or brandy and lastly, fold in stiffly-beaten egg whites. Pour into large tin, and bake at 350° for about 45 minutes.

**Note.**—Instead of 10 tablespoons potato flour, you can use 5 tablespoons potato flour and 5 tablespoons cake meal.

★

### BISCUITS

6 ozs. cake meal  
 $\frac{1}{2}$  lb. potato flour  
 $\frac{1}{2}$  lb. sugar  
2 eggs  
 $\frac{1}{2}$  lb. butter  
3 tablespoons almonds (heaped)

Cream sugar and butter. Add eggs, then almonds and flour. Roll and cut, sprinkle with almonds and sugar and bake at 350°.

*Mrs. J. Blumenthal.*

★

### MATZOH PUDDING

2 Matzohs  
1 egg, beaten  
1 tablespoon fat, or little more  
1 teaspoon sugar  
2 tablespoons syrup  
salt, cinnamon, sultanas and cherries

Soak Matzoh in water and squeeze out. Add all other ingredients and mix well. Grease a Pyrex dish or basin with fat and a little syrup. Pour in pudding and bake about 1-1 $\frac{1}{2}$  hours.

*Mrs. P. C. Ralstein.*

★

### MATZOH FRITTERS

4 eggs  
3 tablespoons Matzoh Meal  
1 oz. ground almonds  
ground cinnamon

Beat up eggs very lightly. Add meal and ground almonds and beat again for 5 minutes. Fry a spoonful at a time in boiling oil till brown on both sides. Drain well and dust with cinnamon and sugar.

*Mrs. Magidson.*

★

### NUT CAKE

$\frac{1}{2}$  lb. sugar  
 $\frac{1}{2}$  lb. ground almonds (wipe almonds, do not wash, then grind). If white cake preferred, take skins off almonds)  
8 eggs  
1 tablespoon Matzoh Meal

Beat yolks and sugar well. Add almonds and Matzoh Meal. Fold in stiffly-beaten egg whites. Bake at 350° for 30-35 minutes.

*Mrs. J. Fabian.*

★

### PASSOVER NOODLES

Beat up 2 eggs slightly, add a pinch of salt and 2 tablespoons Matzoh Meal. Melt a little fat in a frying pan and pour in little mixture. Cook on both sides, roll up each pancake and slice finely. Drop into boiling soup.

*Anonymous.*

### PASSOVER SHORTBREAD

6 ozs. Cake Meal  
3 ozs. sugar  
4 ozs. butter or margarine  
1 egg

Cream meal, butter and sugar well. Add egg and bind into a firm dough. Press into greased tin and bake at 350° about  $\frac{1}{2}$  hour. Cut into strips and sprinkle with caster sugar.

*Mrs. Anne Moss.*

★

### PASSOVER MACAROONS

whites of 2 eggs  
 $\frac{3}{4}$  cup caster sugar  
2 teaspoons lemon juice  
1 cup grated almonds  
pinch salt

Beat egg whites till stiff. Sift in sugar. Beat in almonds, lemon juice and salt. Drop spoonfuls on a well greased baking sheet, and bake in a slow oven (300°) for 25 minutes. Chopped nuts and fruit or coconut can be substituted for almonds.

*Mrs. R. Zwebner.*

★



## INVALID COOKERY

### BEEF TEA

$\frac{1}{4}$  lb. beef  $\frac{1}{2}$  pint cold water

Shred the meat finely. Rub it into cold water with a little salt and allow to stand 30 minutes. Place it in a pot of boiling water. Cook it gently for 3 hours. Pour the liquid off without straining. Season and serve.

*Mrs. O. Lowenstein.*

### GRUEL

$\frac{1}{2}$  oz. oatmeal  $\frac{1}{2}$  pint cold water  
sugar

Mix the oatmeal with a little cold water. Boil  $\frac{1}{2}$  pint water and pour over the oatmeal mixture, hot. Put back into the pot and boil for 15-20 minutes, stirring constantly. Season with sugar or salt. (Milk can be used instead of the cold water).

*Mrs. O. Lowenstein.*

### MILK JELLY

$\frac{1}{2}$  pint milk flour  
 $\frac{1}{2}$  oz. gelatine lemon or vanilla  
1 teaspoon sugar

Dissolve gelatine in 2 tablespoons water. Melt on stove, stirring till clear. Add the milk, sugar and little flour. Cool. Put into a wet mould and set in refrigerator.

*Mrs. O. Lowenstein.*

### BARLEY WATER

2 ozs. barley 1 pint boiling water  
juice of  $\frac{1}{2}$  lemon and rind 3 teaspoons sugar

Put barley into some cold water, bring to the boil and pour off the water. Put barley into a jug. Add sugar, boiling water and lemon rind. When cold, add the lemon juice and strain.

*Mrs. O. Lowenstein.*

### APPLE WATER

2 apples 1 pint water  
3 teaspoons sugar  $\frac{1}{2}$  lemon (do not peel)

Wash the apples but do not peel. Cut into slices. Place in a jug with lemon, sugar and add 1 pint of boiling water. Leave to cool. Then strain and use.

*Mrs. O. Lowenstein.*

### EGG JELLY

1 egg  $\frac{1}{2}$  lemon (juice)  
2 ozs sugar  $\frac{1}{2}$  pint water  
 $\frac{1}{2}$  oz. gelatine

Put all ingredients except egg into a pot and simmer gently for 10 minutes. Cool and strain. Add to the beaten egg. Put into a mould and set in refrigerator.

*Mrs. O. Lowenstein.*

### WINE WHEY

1 teaspoon sherry  $\frac{1}{2}$  pint milk

Mix the sherry and milk and if it does not curdle, add a little vinegar. Boil the milk and sherry and when it curdles, strain through muslin.

*Mrs. O. Lowenstein.*

## MR. KING'S RECIPES

Mr. J. C. KING, F.C.F.A., M.H.C.I., A.R.M.S.H.

*Master Craftsman of the Craft Guild of Chefs (London)*

I was very pleased when I was asked by your organization to contribute some recipes to your excellent cookery book and hope the following will be of some help.

★

### BASIC SAUCES

Most sauces are liquids thickened by some agency.

★

### WHITE ROUX

2 ozs. margarine 2 ozs. flour

Melt the margarine in a thick bottomed saucepan and add the flour. Cook gently stirring with a wooden spoon for five minutes. Do not colour.

★

### BLOND ROUX

2 ozs margarine 2 ozs. flour

As for White Roux but cook a little faster to make a blond colour. Cook for 10 minutes.

★

### BROWN ROUX

2 ozs. margarine 3 ozs. flour

As for White Roux but the heat increased during cooking until the roux becomes a nice golden brown.

★

### BASIC WHITE SAUCE

1 pint milk 1 small peeled white onion  
2 ozs. of white roux with a clove pushed into it.

Boil the milk. Make the roux slowly and add the milk to it making sure it is stirred. smooth all the time. When all the milk is added stir until it boils, and add the onion, reduce the heat, cover with a lid and allow to gently simmer for 25 minutes. Remove the onion. Use as required.

**Note.**— No seasoning has been used in the basic sauces as this varies according to taste.

★

From this basic sauce a variety of sauces can be produced. Here are just a few to 1 pint of sauce:

**Parsley Sauce.**— Teaspoon chopped parsley, seasoning.

**Anchovy Sauce.**— Tablespoon Anchovy (No salt).

**Onion Sauce.**— 3 ozs. chopped pre-cooked onion, seasoning.

**Cheese Sauce.**— 2 ozs. grated cheese, yolk of an egg, seasoning.

**Mustard Sauce.**— Teaspoon of English mustard diluted, seasoning.

**Cream Sauce.**—  $\frac{1}{2}$  pint fresh cream.

**Egg Sauce.**— 2 diced hard-boiled eggs, seasoning.

All these sauces must have the consistency corrected with a little more milk if necessary.



FOR BETTER BAKING — USE RED SEAL FLOUR

**ITALIAN SAUCE** (½ pint)

2 ozs. chopped mushroom trimmings	½ oz. finely chopped onions
2 skinned tomatoes	1 oz. margarine
parsley	½ pt. Brown sauce
tarragon	chervil
	seasoning

Gently cook the chopped onion for 5 minutes in the margarine add the mushroom and cook on for a further 5 minutes. Add the tomato cut into dice. Cook for a few minutes and add the rest of the ingredients. Cook for 15 minutes. Season and serve as required.

★

**BROWN ONION SAUCE**

½ pint Brown sauce	4 ozs. sliced onion
1 oz. margarine	2 tablespoons vinegar
seasoning	

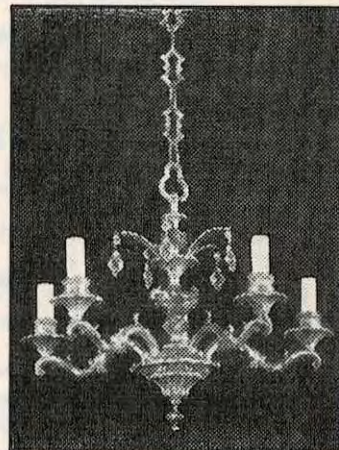
Cook onion gently for 10 minutes in the margarine. Add the vinegar and reduce until all has gone. Add the rest of the ingredients and cook for 15 minutes. Season.

★

**WINE SAUCES (Madeira, Sherry and Port Wine)**

Put ½ pint brown sauce in a saucepan. Add ½ pint water, boil until the correct consistency has been obtained. Reduce heat and add wine to taste, i.e. about 2 tablespoons. Pass through sieve. Reboil and remove from the heat. Mix in 1 oz. margarine. Season

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**PIQUANTE SAUCE**

2 ozs. chopped onion	2 tablespoons vinegar
½ pint Brown sauce	2 ozs chopped gherkins and capers
seasoning	with chopped parsley, tarragon and chervil

Place vinegar and onions in a saucepan and reduce the vinegar by ½. Add brown sauce and cook for 15 minutes. Season and correct consistency. Add the rest of ingredients and serve.

★

**SOUPS**

**GREEN PEA SOUP**

8 ozs. green split peas	3 pints water
2 ozs. carrots (whole)	Bouquet Garni
2 ozs. smoked brisket	1 oz. green leeks
salt and pepper	

Croutons should be served cut into ¼ inch dice and fried to golden brown. Pick and wash peas. Place in thick bottomed pan, cover with water. Bring to boil — skim off. Add remainder of ingredients and seasoning. Simmer until peas tender. Pass through sieve. Return to clean saucepan; reboil, correct seasoning and consistency.

★

**HARICOT BEAN SOUP**

8 ozs. Haricot beans	2 ozs. carrots
2 ozs. smoked brisket	2 ozs. onion
3 pints water	salt and pepper

**Method:** As for Green Pea Soup.

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### TOMATO SOUP

2 ozs. Holsum  
1 oz. smoked brisket  
2 ozs. flour  
2 ozs. tomato puree

2½ pints stock or water  
Bouquet Garni  
4 ozs. carrots

Melt Holsum in thick bottomed pan. Add smoked brisket — rough cut onions and carrots. Brown lightly. Mix in flour and cook to sandy texture. Add tomatoes and/or puree. Gradually add water. Stir to boil — add seasoning and bouquet. Simmer approximately 1 hour. Pass through sieve. Return to clean pan — reboil — correct seasoning. Bring to boil and serve with croutons.

★

### POTATO SOUP

1 oz. margarine  
2 pints milk  
1 lb. peeled potatoes  
salt and pepper

2 ozs. white of leek  
2 ozs. onion  
Bouquet Garni  
chopped parsley

Melt margarine in saucepan. Add peeled, washed sliced onion and leek. Cook for a few minutes without a lid. Add water and the peeled, washed, sliced potatoes and the Bouquet Garni, skim. Simmer approximately 30 minutes. Pass through a sieve. Return to clean pan and reboil, correct seasoning. Sprinkle with chopped parsley — serve with croutons.

*Our grateful thanks to Mr. George Knight of the School of Catering, who assisted Mr. King in compiling this section.*

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## BEVERAGES

### PINEAPPLE BEER

1 Pineapple with the skin (not  
the top!)  
2 cups sugar

1 teaspoon ginger  
3 pints water

Wash the pineapple very well and grate on a coarse grater. Then add 2 cups sugar and the ginger and pour the water over. Let stand in a large pot for 24 hours, out of the refrigerator. Strain, and stand for another 2 hours out of the refrigerator. Bottle, and keep in the refrigerator. Use as required.

*Mrs. Becky Marks.*

★

### COLD WATER GINGER BEER

7 bottles cold water  
3 cups sugar  
1 tablespoon ground ginger

12 large raisins  
2 tablespoons liquid yeast  
½ packet cream of tartar

Stir all ingredients together till sugar is dissolved. Put away until the raisins float on top. Remove raisins. Bottle, and tie corks down very securely. Can be used after 3 days.

*Anonymous.*

★

### LEMON SYRUP

Juice and rind of 4 oranges  
Juice of 8 lemons  
1 packet tartaric acid

½ packet Epsom salts  
6 teacups sugar  
6 breakfast cups boiling water

Put all ingredients together and bring to the boil. Boil for a few minutes. Allow to cool. Strain and bottle and close the bottles the following day.

*Mrs. J. Graham.*

Page sponsored by: Mesdames Dora Lazarus, Faye Broomberg



## The Enjoyment of Wine

### SHERRY

Before the meal as an  
aperitif  
Cheese

*Served at room  
temperature or cooled  
in summer*

### DRY WHITE

During the meal  
White Meats and Fish

*Served cold but not  
iced: ideal 55°F*

### DRY RED

During the meal  
Red Meats

*Served at room  
temperature*

### SWEET WINE

During the meal  
Sweets

*Served at room  
temperature*

### LIQUEUR

After the meal  
With Coffee

*Served at room  
temperature*

### BRANDY

After the meal  
With Coffee

*Served at room  
temperature*

### CHAMPAGNE

At anytime  
With anything

*Served cold and in  
an ice bucket*

### PORT

After the meal  
Cheese and nuts

*Served at room  
temperature*

## Some useful Hints

To remove a too salty flavour in soup, etc., add sugar.

To prevent fruit juices soaking into pastry in tart, sprinkle about 1 teaspoonful flour over the bottom of the tart before adding fruit.

To measure lemon juice when 1 lemon is called for in recipe, 1 lemon reckoned at 3 tablespoons.

To remove scorch marks on furniture, rub with Silvo.

When a custard is hot and you want to prevent a skin from coating the top, sprinkle it generously with sugar while still hot.

To remove smell of cabbage while cooking, place a slice of brown bread on top of the cabbage.

If apples and tomatoes are scalded with boiling water they skin very easily.

Mix  $\frac{1}{4}$  part pepper to  $\frac{3}{4}$  part salt and keep mixture in a shaker in kitchen. This is a time saver.

When threading beads, run thread or silk across a piece of soap; this doubles the strength of the thread.

For washing white woollies and Fair Isle woollies, put 1 teaspoon blue ink in Lux water and rinsing water. The colours will not run.

Use 1 teaspoon olive oil in water for washing white woollies.

Lemon juice or vinegar can be added to water when washing baby woollies to prevent them turning yellow.

ALWAYS sift flour once before measuring.

To remove stains such as beetroot, etc., mix together strained juice of  $\frac{1}{2}$  lemon, 1 tablespoon cold water,  $\frac{1}{4}$  tablespoon ammonia. Wet stains, using clean rag dipped in liquid. When stained material is half dry dip rag into liquid and repeat process.

To remove tea stains from inside of silver teapot, fill with boiling water and add a lump of washing soda. Allow to stand overnight. Rinse and clean out.

To wash woollen socks without shrinking, put  $1\frac{1}{2}$  tablespoons coarse salt in basin of cold water. Put socks in and soak 3 hours, rubbing occasionally. Rinse in clean, cold water.

When cooking white vegetables, such as cauliflower, put 2 lumps of sugar in the water. This will keep them a good colour.

Heat lemons thoroughly before squeezing and you will get double the amount of juice.

When peeling oranges for fruit salad, put in a bowl, cover with boiling water and leave for a few minutes. The oranges will then peel quite easily and all the pith will come away with the peel.

Dry mustard rubbed on the hands will remove any disagreeable odour.



## LIFESAVERS: by a Mere Man

*When the family have gone for a holiday, and father is alone.*

### STEAK A-LA-BACCHUS

Take a piece of steak, size immaterial, on a hot pan, and pour on finest old brandy—1 tot, add 1 tot of sherry and 1 tot of good Port. Now pour 1 beer on steak, which should be turning brown. Allow to cool slightly and pour off gravy. Give steak to dog, and drink gravy. Serves one.

*Mr. E. Eliasov.*

★

### ANOTHER LIFESAVER

**Equipment:** 1 tin opener  
1 big saucepan

**Ingredients:** 1 lb. tin Liebig's Bully Beef  
1 lb. tin Hugo's Baked Beans (no pork)  
1 bottle ketchup  
salt and pepper to taste

Use tin-opener and open all the tins and bottle of ketchup. Mix up well with fresh tomatoes, if available, and as much water as is required to feed the unexpected guests, and allow for second helpings—if they can take it. Serve piping hot in soup-plates.

*Mr. E. Eliasov.*

★

### VETKOEKIES

**Equipment:** 1 whisky bottle, cleaned on the outside  
1 top of 1 lb. baking powder tin  
1 smooth piece of plank  
1 large frying-pan

**Ingredients:** flour, water and 1 teaspoon baking powder

Mix all ingredients to the right consistency of dough. Roll out with bottle and re-roll until comparatively weary. When nice and smooth, use top of tin to cut rounds of dough. Put fat or butter in frying-pan, and fry dough. Serve with butter, jam or syrup, and Bismints!

*Mr. E. Eliasov.*

★

### WEST AFRICAN WAFFLES

When those unexpected guest arrive, and you've followed any one of the previous "Lifesavers" and you're stuck for a sweet, or lost the tin-opener. Take one packet of Marie Biscuits (army or dog type better), soak in milk, but don't let them lose shape, fry in butter and serve with jam.

*Mr. E. Eliasov.*

## WEIGHTS and MEASURES

### LIQUIDS

2 teaspoons	=	1 dessertspoon
2 dessertspoons	=	1 tablespoon
2 tablespoons	=	1 oz. or 28.4 grams
1 cup liquid	=	2½ decilitres

1¾ pints	=	1 litre
1 pint	=	570 millilitres
½ pint	=	285 millilitres
3 large egg whites	=	½ cup

### SOLIDS

3 cups icing sugar	=	1 lb. or 454 grams
2 cups sugar	=	1 lb. or 454 grams
3 tablespoons gelatine	=	1 oz. or 28.4 grams
2 tablespoons butter	=	1 oz. or 28.4 grams
3 tablespoons cocoa	=	1 oz. or 28.4 grams
1 cup butter	=	½ lb. or 225 grams
1 cup flour	=	4½ ozs. or 125 grams
1 cup sugar	=	7 ozs. or 200 grams

2 lb. 3 ozs.	=	1 kilogram
1 lb.	=	454 grams
½ lb.	=	227 grams
¼ lb.	=	113 grams
2 ozs.	=	57 grams
1 oz.	=	28.4 grams



NOTES

After Your Cooking Spree

Dress Up

*for*

Your Party



Look Your Loveliest

*in a*

Very Special Gown

*from*

**meikles**