

What's Cooking?

RECIPES
for
EVERY OCCASION

Compiled by
MRS. RAE KONVISER

IN AID OF THE "J.N.F."

Foreword

I OFFER you this Booklet with the hope that those who possess it will derive great pleasure from its contents. My thanks are due to all those who so willingly contributed their favourite recipes. I trust that the "Jewish National Fund" will benefit greatly by this effort.

RAE KONVISER.

"HATIKVAH,"

10 Harvey Brown Ave.,
Salisbury, S. Rhodesia.

October, 1950.

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Hors d'Oeuvres

PICKLED HERRING

6 herrings
6 bay leaves
2-3 onions
1 doz. peppercorns
enough vinegar and water solution to cover herrings (about 2 cups)

Soak herrings overnight. Next morning, clean and cut into portions. Put alternate layers of sliced onions and herrings in a jar. Boil vinegar solution with bay leaves and peppercorns. When cool, pour over sliced herrings, etc. Leave for 2-3 days.

—Mrs. BEN YEHUDA.

Alternative suggestions: The herrings can be cleaned first, then soaked for a shorter period. Vinegar solution need not necessarily be boiled. Sugar may be added to vinegar solution, if preferred. The miltz (milky part) may also be used by mashing well with sugar and adding to vinegar solution, straining same before pouring over herrings. A couple of slices of lemon may be added.

HERRING ROLLMOPS

12 herrings
onions
2 teaspoons sugar
cloves
peppercorns
bay leaves
1 cup vinegar, or more, if necessary.

Soak herrings overnight in fridg. Next morning, fillet. Make two rollmops out of each herring or four if herrings are large. Roll on strip of onion (spring onions preferred) clip with cloves. Arrange layers of sliced onion, few peppercorns, 3 crushed bay leaves, then herrings, until jar is full. Take 1-2 of the miltz mash with 2 teaspoons sugar, add about 1 cup vinegar and pour over, adding more vinegar, if required.

—Mrs. M. BREST.

CHOPPED HERRING

2 herrings
1 onion
1 apple
1 Marie biscuit
1 slice bread soaked in vinegar
2 hard boiled eggs.

Soak herring in cold water for 3-4 hours. Then clean and fillet. Mince onion, apple, Marie biscuit and herring, to this add the bread soaked in vinegar solution and 1 mashed hard boiled egg. Garnish with hard boiled egg.

—Mrs. B. JOELSON.

Alternative suggestion: Bread may be omitted and extra Marie biscuit added. 1 teaspoon sugar may be added, if preferred.

HERRINGS IN MUSTARD SAUCE

6-7 herrings
onions
peppercorns and bay leaves
4 egg yolks
1 dessertspoon mustard
3 dessertspoons sugar
2 cups cold water
white vinegar essence.

Soak herrings overnight. Next morning clean and fillet. Chop onions finely and sprinkle on herrings, put peppercorn in each fillet of herring and roll, clip with cocktail stick or clove. Place herrings in pyrex dish and pour cool sauce over, leave till next day.

Sauce: Rub 4 egg yolks well with 1 dessertspoon mustard, 3 dessertspoons sugar. Boil 2 cups water with vinegar essence to taste, bay leaves and peppercorns. Pour this mixture slowly over egg mixture. When cool, pour over herrings.

—Mrs. C. WERNICK.

FRIED HERRINGS

4 herrings
2 eggs.

Soak herrings overnight. Next morning squeeze out water, clean and fillet herrings. Beat up eggs, add pinch salt and pepper. Roll herring fillets in flour, then beaten egg and fry in butter. Serve hot.

—Mrs. AARON LESSEM.

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PICKLED HERRINGS IN CREAM

3 herrings
onions
 $\frac{1}{2}$ apple
2 lemon rings
sweet or sour cream
lemon juice
sugar
bay leaves, peppercorns, mustard seeds.

Soak herrings overnight. (Do not remove skins.) Next morning, cut into portions, put in a dish with sliced onions, slices of apple and lemon rings. Pour over this a gravy made of cream, mixed with lemon juice and sugar to taste, bay leaves, peppercorns and mustard seeds. Leave for 1-2 days.

—Mrs. M. STEIN.

SWEET AND SOUR HERRING

4 herrings
1 sliced onion
peppercorns and 2 bay leaves
vinegar and sugar to taste
1 tablespoon golden syrup.

Soak herrings overnight, then clean and soak in hot water for a few minutes. Cook onion till soft, add peppercorns, bay leaves, vinegar, sugar and syrup. Put in sliced herrings and cook for a few minutes. Serve hot or cold.

—Mrs. AARON LESSEM.

HERRINGS AND CREAM

4 herrings
half sliced onion
pepper to taste
1 teaspoon butter
1 cup cream.

Prepare herrings as above. Cook onion in water, when soft, add sliced herrings, butter, pepper and cream. Boil for few minutes. Serve hot with boiled potatoes.

—Mrs. AARON LESSEM.

HERRINGS AND TOMATOES

3 herrings
bay leaves and peppercorns
2 tomatoes
1 large onion
lemon juice and sugar to taste.

Soak herrings overnight. Remove skin and cut herrings in half. Put in a dish, add a few bay leaves and

peppercorns. Boil two large tomatoes until soft. Put through a strainer, add sugar and lemon juice to taste and leave to cool. Fry one sliced onion in oil until brown, add to tomatoes. When cool put over herrings and put in fridg. for a day. Fresh herrings may be used instead of salted herrings.

HERRING RISsoles

2 herrings
1 onion
egg
flour
slice bread.

Soak and clean herrings. Mince with onion, add bread soaked in little water, bind with egg, form into cutlets, roll in flour and fry in butter.

—Mrs. TEPERSON.

DEVILLED EGGS

Boil eggs hard. Useful hint when boiling eggs, stir them occasionally, this keeps yolk to centre, when boiled put eggs in cold water, to simplify shelling.

Cut egg in half lengthwise. Remove yolks and mash, then mix with any of the following mixtures and refill whites:—

1. Mayonnaise, mustard, salt and pepper, mixed to smooth paste.
2. Sardines or anchovy paste, lemon juice and mayonnaise.
3. Diced anchovies mixed with minced parsley.
4. Chopped herring or chopped liver.
5. Tomato sauce, grated onion, mayonnaise and salt.

—Mrs. H. SHAPIRO.

CHOPPED LIVER

Grill liver until fairly dry, then wash in cold water and remove any crust which has formed. Fry onion in chicken fat, when brown, mince with liver, add 2 hard boiled eggs, season with salt and pepper to taste, if too dry, add more chicken fat. Garnish with egg. Chicken livers are preferred, otherwise calf's liver.

—Mrs. J. COHEN.

SOUPS

Peel and grate beets and cook in water until tender, add lemon juice and sugar to taste, gradually mix in well beaten egg yolks taking care not to allow soup to curdle, finally add cream. Can be served hot or cold, as preferred, with boiled potatoes. The egg yolks may be omitted if desired. Sliced cucumbers and hard boiled sliced eggs may be added to improve flavour.

CREAM OF CORN COUP

- 1 tin sweet corn
- 4 cups milk
- salt and pepper to taste
- 2 tablespoons butter.

Combine ingredients and heat. Serve immediately.

ONE-MINUTE FISH SOUP

Have ready some diced carrots, diced potatoes, green peas, which have been cooked together till soft, in 1 cup of water. To this liquid add 2 cups stock from Gefilte Fish, 1 large cup milk and $\frac{1}{2}$ cup cream or if no cream, 2 cups milk, bring to boil and serve hot. If desired, soup can be thickened with a little maizena or flour mixed to a paste with cold milk.

—Mrs. R. KONVISER.

FISH SOUP

Make a soup stock with the head of fish, little water, onion, salt and pepper to taste, carrots, peas and potatoes, add milk (3 cups) and $\frac{1}{2}$ cup cream.

SPINACH SOUP

Wash well 1 bunch spinach, then shred finely and put on to boil with $\frac{1}{2}$ cup water and $\frac{1}{2}$ teaspoon salt. When spinach soft add to the existing liquid the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup cream or 1 cup cream and no milk. If desired, add yolks of two well-beaten eggs gradually. Serve ice cold with sliced cucumbers, sliced hard boiled eggs and mashed cottage cheese.

MILK SOUPS

MIXED VEGETABLE SOUP

- $\frac{1}{2}$ cup grated carrots
- $\frac{1}{2}$ cup grated parsnips
- 1 cup grated potatoes
- $\frac{1}{2}$ cup green peas
- 1 pint milk
- salt and pepper to taste.

Boil vegetables in a little water for 30 minutes. Add the milk and seasoning and boil for an additional 10 minutes. Garnish with chopped parsley.

CREAM OF TOMATO SOUP

- 2 tablespoons flour
- 2 tablespoons butter
- 2 slices onion
- 2 cups sliced tomatoes
- 2 cups milk
- 1 teaspoon sugar
- salt and pepper to taste.

Prepare a white sauce of milk, flour and melted butter. Place tomatoes, onion and sugar in a saucepan and stew until tender. (If tomatoes are not very juicy, add about half a cup of water.) Rub through a sieve and combine the two mixtures just before serving. Season with salt and pepper. If desired a little whipped cream may be added before serving.

TOMATO SOUP

- 1lb. tomatoes
- pinch bicarb
- 1 pint milk
- little butter
- pinch salt, pepper.

Skin tomatoes with boiling water, cut up and simmer in little water until a pulp is formed. Add soda and seasoning. Strain and add milk and butter and bring to boil.

BEEF BORSCHT

- 3 bunches beets
- 2 quarts water
- $\frac{1}{2}$ cup lemon juice (or citric acid) to taste
- 2 egg yolks
- 1 cup cream
- sugar to taste.

MEAT SOUPS

CABBAGE SOUP

2lb. brisket
½ shredded cabbage,
1 sliced apple
1 tomato.

Make a soup with the brisket. One hour before serving, add the shredded cabbage which has been well rubbed with salt, add 1 sliced apple, 1 tomato. Ten minutes before serving add lemon juice and sugar to taste.

—Mrs. M. HORWITZ.

TOMATO SOUP

2lb. tomatoes
2 pints water
2lb. soup bones

Strain tomatoes through sieve and add to 2 pints water, soup bones and cook for 2 hours, skimming frequently. When ready, put in half cup cooked rice or matzo balls or two tablespoons semolina.

—Mrs. S. KING.

BEEF SOUP

10 beets
1 marrow bone
2 onions
salt
sugar
1lb. flank
8 cups water
2 egg yolks
lemon juice.

Peel and grate beets. Add to water, which has been cooked with meat and bone for half an hour. Add onions and continue cooking for another hour. Add salt, lemon juice and sugar and simmer a short time longer. Add beaten egg yolks very gradually, stirring constantly to prevent curdling. Serve hot with boiled potatoes, or if preferred, with mince meat balls.

OATMEAL SOUP

Cook soup in the ordinary way with meat, water and vegetables. One hour before serving add 4-6 tablespoons of Jungle Oats, ½ hour before serving add diced potatoes and peas.

—Mrs. D. NOAR.

Soup Accompaniments

KREPLACH

Dough:

1 egg
¼th teaspoon salt
¾rd cup flour (about).

Filling.

½lb. beef (cooked)
1 slice of onion (fried if desired)
salt, pepper, cinnamon to taste
1 teaspoon chicken fat
1 egg.

Mince meat with the onion and other ingredients and mix well. To make the dough, mix together the egg, salt and flour and knead until elastic. Roll out thin and cut the sheet of dough into two inch squares. Put a small ball of meat in the centre of each square, fold one corner over diagonally to form a triangle and press the edges firmly together. Work quickly or the dough will become too dry. Let the kreplach stand for about 10 minutes then drop them into boiling soup for half an hour. They may also be cooked in boiling salt water and drained or when cooked they can be sprinkled with a little chicken fat and slipped into the oven to brown slightly.

CROUTONS

Cut bread into ½-inch slices, trim off crust and cut into ½-inch squares, brown in oven or fry in hot oil.

LOKSHEN (NOODLES)

1 egg
¾rd cup flour (approx.)
¼ teaspoon salt
little cold water.

Beat egg and salt, add water and then enough flour to make dough of soft consistency. Roll out thinly on floured board, leave to dry, then fold into a tight roll, then cut into fine strips. Toss strips lightly to separate and spread out on board dry. Put in covered jars for future use. Drop by handfuls into boiling soup 5 minutes before serving.

—Mrs. P. BLOOM

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FARFEL

Using same recipe as above, omitting water, and knead into a hard ball of dough, then grate or chop dough to form little pebbles. Drop desired quantity into boiling soup 10 minutes before serving.

THIMBLES

- 1 cup flour
- 1 egg
- 1 eggspoon baking powder.

Mix together ingredients, roll out slightly thicker than lokshen, cut into rounds with a thimble, fry in hot oil and serve hot with soup.

—Mrs. I. LASOVSKY.

TRIFLACHS

- 1 egg
- 3 tablespoons flour
- little water.

Mix ingredients to smooth consistency, 10 minutes before serving add spoonfuls to boiling chicken soup or vegetable soup.

—Mrs. J. COHEN.

FISH

GELFILTE FISH A

- 2lb. stock fish
- 2lb. kabeljau
- 2 onions
- 1 slice bread soaked in water
- 2 eggs
- 1 tablespoon water.

Clean fish, slice and put in fridg. for 6 hours. Cook 3 onions (sliced) in a little oil. Cut out the inside of the sliced fish, mince with onions and bread, add seasoning to taste and $\frac{1}{2}$ teaspoon sugar, 2 beaten eggs, 1 tablespoon water. Put this mixture into the skins of sliced fish and place in water which has been boiled with two cut onions, 2 sliced carrots, cook fish for one hour.

—Mrs. AARON LESSEM.

GEPILTE FISH B

- 2lb. fish (1lb. stock, 1lb. silver fish preferred)
- small onion
- 2 eggs
- 2 large grated carrots
- 1 tablespoon matzo meal or breadcrumbs
- Salt, pepper, pinch sugar, to taste
- chopped parsley.

Remove fish from bones. Chop or put through a mincer. Add grated onion, eggs, half quantity carrots, 2

teaspoons chopped parsley, matzo meal, salt, pepper and sugar, add gradually 1 cup water. Put skins and bones of fish together with balance of carrots, small onion, salt and pepper, add fish rolled into balls and cover with water. Allow to boil for about 2 hours.

—Mrs. L. SCHRAGGER.

LEMON FISH

- sliced fish
- 3 tablespoons vinegar
- 1 sliced onion
- peppercorns
- 1 stick cinnamon (if desired)
- little water
- yolks two eggs,
- juice two lemons
- grated almonds (if desired).

Boil 3 tablespoons vinegar, with onion, peppercorns, cinnamon and little water. Add sliced fish. When fish boiled 20 minutes, remove and arrange on platter. Strain gravy and add well beaten yolks of eggs, lemon juice, sugar to taste and grated almonds. Let all come to the boil, then pour over fish. Sprinkle finely chopped parsley on top and garnish with sliced lemons.

—Mrs. H. ROBINSON.

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LEMON JELLY FISH

- 8 slices fish
- 1 dessertspoon vinegar essence
- 1 bayleaf
- 2 onions
- 2 peppercorns
- $\frac{1}{2}$ pkt. lemon or lime jelly
- 2 dessertspoons sugar.

Wash and salt fish. Allow to stand for a few hours. Boil enough water (to cover fish) with sliced onion. Place fish in boiling water; add essence and sugar and boil for $\frac{1}{2}$ hour. Add bayleaf, peppercorns and jelly, and boil another five minutes. Put into glass dish with a slice of onion over each piece of fish. Strain gravy over fish. Allow to cool and set in fridge.

CURRIED FISH

- 2lb. sliced fish
- 1 dessertspoon curry
- 2 breakfast cup vinegar
- 1 cup water
- 2 tablespoons sugar
- 4 large onions, sliced.

Fry fish in ordinary way. Boil onions with vinegar, water and sugar until soft. Mix curry with a little vinegar and add to liquid and onions. Bring to the boil. Pour this curry mixture over the fried fish which has been arranged in a pyrex dish. Leave for a day or so before using.

—Mrs. G. MEYERS.

BROWN STEW FISH

- 2lb. line fish
- 2 onions
- 9 ginger biscuits
- $\frac{1}{2}$ cup vinegar
- 1 tablespoon syrup
- bayleaves and allspice
- seasoning (salt and pepper).

Boil fish with sliced onions, seasoning, bayleaves and allspice. Meanwhile, soak the ginger biscuits in the vinegar. To this add the syrup. Mash to a smooth mixture. Add boiling stock to this mixture and return all to fish and allow to simmer for 15 minutes. When cold it will jelly.

BAKED FISH AND CHEESE

Bake fish in ordinary way with tomatoes, onions, milk and knots of butter. When ready, pour over the following cheese sauce.

Sauce: 1 tablespoon butter, 1 tablespoon flour, 1 cup milk, 1 cup grated stale cheese, cayenne pepper to taste.

Melt butter slowly, add flour, stirring with wooden spoon gradually, add milk, stirring continually. Finally add grated cheese.

—Mrs. M. LEWIS.

FISH AND POTATO CAKES

- 1 $\frac{1}{2}$ lb. fish
- 1 onion
- 2 mashed potatoes.

Boil fish with little water and onion, for one hour. Flake fish, mash onion and add the mashed potatoes. Make into rissoles and fry in hot oil.

—Mrs. N. ROSIN.

BAKED FISH WITH CUSTARD

- 1 $\frac{1}{2}$ lb. fish
- sliced potato
- tomato
- 1 onion
- seasoning
- 1 egg
- $\frac{1}{2}$ cup milk.

Grease pyrex dish and line with layers of sliced potato and tomato, add slices of fish, well seasoned, cover with tomato, onion and potato slices and top with knots of butter. Bake and, 10 minutes before serving, add egg which has been well beaten with milk. When set to a custard, serve.

—Mrs. L. GITTLESON.

MARINATED FISH

- 2lb. fish
- 2 sliced carrots
- 1 onion
- bayleaves and peppercorns
- 1 dessertspoon vinegar
- seasoning to taste.

Bring enough water to boil (to cover fish), with sliced onion and carrots, bayleaves and peppercorns. Add salt, pepper and vinegar to taste, then add fish, which has been sliced and salted. Boil for 15 minutes. Remove from stove, allow to cool, beat up an egg, add to the gravy and pour over the fish.

—Mrs. BUCHMAN.

BAKED FISH

- 2½ lb. fish
- ½ lb. butter
- 2 sliced tomatoes
- 1 onion
- 1½ cups milk
- 2 sliced potatoes.

Slice onion and put in buttered baking dish, then add tomatoes sliced, place fish on top, dot with butter and add another layer of onion and tomatoes, salt and pepper. Dot with butter, cover with milk and bake in 350 oven for three-quarters of an hour. The sliced potatoes may be added finally on top, dotted with knots of butter.

BAKED SALMON AND SWEET CORN

- 1 tin salmon
- 1 tin sweet corn
- butter
- potatoes
- white sauce.

Grease pyrex dish and put in alternate layers of sweet corn and flaked salmon. Top with knots of butter. Bake in 350 oven for ½ hour. Serve with white sauce (flavoured with lemon juice and chopped parsley) and mashed potatoes.

The above recipe may be used with cold flaked fish.

—Mrs. R. JACOBSON.

SALMON SOUFFLE

- 1 tablespoon butter
- 1 heaped tablespoon flour
- ½ cup hot milk
- 1 tin salmon
- grated onion
- salt and pepper to taste
- 2 eggs.

Make a white sauce by melting 1 tablespoon butter and adding 1 heaped tablespoon flour, mix well on stove and add ½ cup hot milk. Stir carefully till it forms a smooth paste. Mix with salmon, grated onion, salt and pepper and two egg yolks. Beat white and fold in lastly. Pour into large greased dish and bake in hot oven until set.

—Mrs. B. ANOLICK.

BAKED SOLE WITH ASPARAGUS

- 2 medium soles
- 1 tin asparagus tips
- little milk (¾ cup)
- butter, seasoning.

Fillet soles, cut tips off asparagus and roll two or three into each piece of sole and secure with match. Place in buttered pyrex dish. Mash asparagus tips into ¾ cup milk and pour over fish. Season well and add a few pieces of butter. Bake in moderate oven.

BAKED HADDOCK

- 1½ lb. haddock
- 1 cup milk
- butter
- 1 onion (sliced)
- 1 tomato (sliced)
- seasoning.

Soak haddock for several hours. Fry onion then tomato in butter, add milk and allow mixture to boil. When boiled add to haddock which has been removed from water and placed in a greased pyrex dish. Bake for ½ hour. Serve with mashed potatoes, or sliced potatoes may be added to haddock while it is baking.

HADDOCK WITH SCRAMBLED EGGS

- 1 lb. boiled haddock
- 1½ oz. butter
- 1 teaspoon chopped parsley
- pepper
- 3 eggs.

Flake the haddock and stir it into the melted butter in a frying pan. Add the parsley and a pinch of pepper. Stir in the beaten eggs and continue stirring until they scramble. Pile on hot buttered toast and serve at once.

HADDOCK AND CHEESE

- 1½ lb. haddock
- ¾ cup grated cheese
- 1 egg
- 1 cup milk
- 2 tomatoes
- butter.

Boil haddock for 5 minutes and then pour off liquid. Flake a little haddock into a buttered dish and put a layer of grated cheese and sliced tomato. Repeat this till all is used up. Beat egg with milk and pour over. Season with pepper. Put knots of butter on top and bake in moderate oven till set.

FISH SOUFFLE

- 1 cup flaked cooked fish or haddock
- 1 cup mashed potatoes
- 1 teaspoonful chopped parsley
- tomato ketchup
- 3 eggs, salt, paprika.

Mash potatoes with $\frac{1}{2}$ cup hot milk and 1 tablespoonful butter. Add fish and beaten egg yolks, parsley, and enough ketchup to give mixture a pink colour. Add salt and paprika to taste. Beat up whites and fold carefully into mixture. Place in buttered pyrex dish and bake at 375 till brown. Grated cheese may be sprinkled on top.

MEATS

SUBSTITUTE FOR FAT

Bring to boil 1 bottle Olivine; to this add 1lb. Pastrine, cut into four slices. Add 1lb. sliced onions. Continue to boil till the onions brown. Strain and bottle. This can be used in place of chicken or other fat.

BRISKET CARROT TZIMMES

- 4lb. brisket
- 1 onion
- salt and pepper
- 4 bunches sliced carrots
- few sliced potatoes
- 1 tablespoon syrup.

Boil 4lb. brisket with onion until soft, add the sliced carrots. When carrots nearly soft, add sliced potatoes. Remove brisket and put on roasting pan. Add 1 tablespoon syrup to carrot puree, then pour over brisket and leave in oven to brown slightly.

—Mrs. MIDDLEDORF.

KUGEL for CARROT TZIMMES—I

- 1 breakfast cup flour
- about 2 tablespoons raw chicken fat or 1 tablespoon ordinary fat
- (if chicken fat is used, cut into small pieces)
- salt and pepper to taste
- 1 grated potato.

Mix all well together, mould into a ball and drop into Tzimmes when it is ready and browning in the oven. Leave in oven for $\frac{1}{2}$ hour.

KUGEL for TZIMMES—II

A very delicious kugel can be made by using any knadel recipe and baking it with the Tzimmes, when it is browning in the oven.

BRISKET and PRUNE TZIMMES

- 1lb. brisket
- 6 large potatoes
- 2 cups prunes
- 1 teaspoon cinnamon
- 2 tablespoons sugar.

Cook brisket. When almost soft, put in potatoes. When these soft, add prunes, cinnamon and sugar.

—Mrs. J. PICHANICK.

1 tablespoon syrup may be added instead of the sugar.

MEAT OLIVES

- 2lbs. steak
- 1 cup breadcrumbs
- 2 tablespoons minced parsley
- 1 chopped onion
- salt and pepper to taste
- $\frac{1}{2}$ cup melted fat.

Cut steak into 3-inch-squares and spread with stuffing made of rest of ingredients. Roll steak and cover with water, simmer until meat is tender. Take meat from liquid, then brown in oven with the liquid which has been thickened with half cup flour, moistened with water to form a thin paste.

—Mrs. E. BUCHMAN.

MEAT PIES

Braise some stewing steak, mince and season. Boil a few potatoes and mash well, add beaten egg and little flour, pepper and salt. Form meat into small patties, cover over with potato mixture, put in greased dish, dot with knots of fat and bake in oven till slightly brown.

—Mrs. NOAR.

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MINCE MEAT IN CABBAGE LEAVES

- 1½ lbs. minced meat
- 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 cabbage leaves in water until fairly soft. Mix meat with bread and eggs. Fold into cabbage leaves, secure if necessary with cotton. Heat fat in shallow pan, add stuffed leaves, sliced apple, tomato, lemon juice and sugar. Cover pan and cook inside oven for 1½ hours, then add syrup mixed with 1 dessert-spoon flour mixed to a smooth paste with water. Cook for ½ hour uncovered, to brown.

—Mrs. ANOLICK, Sr.

If desired the above dish may be cooked on top of the stove by making a gravy of water, lemon juice, syrup, seasoning, tomato, 1 sliced onion. When this is boiling put in stuffed cabbage leaves and cook for about 1 hour. If desired they can then be put into oven to brown.

HAMBURGER STEAK

- 1 lb. chopped meat
- 1 slice bread soaked in water or medium grated potato
- 1 egg
- 1 small grated onion.

Mix above ingredients, form into cutlet and fry. Make a purée of fried onions and tomatoes and pour over steaks before serving.

MEAT BOSTON LOAF

Using same mixture as above, put the meat into greased coffee tins, cover top with greaseproof paper and steam for 2 hours. When ready put in oven for 20 minutes with little fat to brown.

BAKED MEAT LOAF

- 1½ lb. beef
- 1 slice bread soaked in water
- 1 small onion
- 1 tablespoon fat
- 2 eggs
- 4 hardboiled eggs
- 1 cup sliced tomatoes
- 1 onion
- salt and pepper
- cinnamon and ginger, if desired.

Mince meat fine, add bread, onion, then two well-beaten eggs. Arrange the hardboiled eggs end to end and fold meat mixture over eggs. Place in baking pan, pour over a sauce made of the tomatoes, onions, fat and water, which have been fried together. Cook for 1 hour in 350 oven, basting frequently. When serving cut roll crosswise.

MONKEY GLAND STEAK

- 2 lb. steak
- 4 sliced tomatoes
- 2 sliced onions

Sauce: 2 teaspoons Worcester Sauce, 1 teaspoon curry powder, 2 teaspoons H.P. Sauce, 2 teaspoons Chutney, 2 teaspoons Tomato Sauce, 2 teaspoons Heinz 57 Sauce.

Fry tomatoes to pulp, add salt and pepper, fry onions in fat until golden brown, fry steak and when nearly done pour over mixed sauces and allow to simmer for 2-3 minutes. Serve garnished with fried onions and tomato puree on top.

—Mrs. C. LANDAU.

BROWN STEW

Slice steak into small pieces. Cover with flour and fry till brown, put into pan and add water, salt and pepper, 2 diced potatoes, onion, peas, tomatoes and carrots. Allow to simmer 3-4 hours. About 1 hour before serving, add sufficient potatoes for the meal.

—Mrs. M. POKROY.

TOMATO BREEDIE

2 lb. mutton chops. Braise. Allow to simmer until tender, add 8 large potatoes. When latter soft, add 2 lb. tomatoes, quartered. Finally add salt and sugar to taste. Serve on mounds of rice cooked separately.

—Mrs. J. PICHANICK.

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TO PICKLE TONGUE OR BEEF

- 1lb. tongue or about 5lb. brisket
- 1½ tablespoons saltpetre
- ½ breakfast cup coarse salt
- 6 bayleaves
- 1 dessertspoonful peppercorns
- ½ head of garlic
- ginger, mustard, little sugar (if desired)
- ½ cup cold water (if desired)

Wash meat well and prick well with fork. Rub meat with all ingredients, put into a dish, place plate on top and leave in fridg. (if weather warm) from 5-7 days turning meat each morning and evening. After 7th day wash meat well and boil with a little of the spices, until meat is tender.

To improve the flavour of pickled tongue when serving hot, make a purée of fried onions and tomatoes, fried in fat, add a little tomato sauce, pour over the tongue which has been skinned, saute the tongue in this mixture for about ½ hour before serving.

—Mrs. R. KONVISER.

TONGUE IN SWEET AND SOUR SAUCE

- 1 small onion
- 1oz. fat
- ½oz. flour
- 1 pint stock
- 2 tablespoons vinegar
- ground cinnamon (½ teaspoon)
- 2 doz. raisins or sultanas
- 2oz. brown sugar
- 1 lemon
- 1 tablespoon golden syrup.

Melt fat in saucepan, add chopped onion and fry till golden brown then stir in the flour and 1 pint of liquor in which tongue was cooked. Bring to boil, then add syrup, sugar and vinegar, raisins or sultanas, cinnamon and lemon cut in thin slices. Simmer for 10 minutes. Pour sauce over tongue and simmer for 10 minutes.

—Mrs. B. GILL.

PIROGEN—I

Pastry—

- ½lb. Pastrine
- pinch salt
- iced water
- 1 breakfast cup flour.

Filling—

- Meat
- liver
- onion, salt.

stew all the above together.

To make the pastry rub Pastrine with the flour then add iced water and salt and mix together to form dough. Roll out and cut into squares, place a dessertspoon of the stewed meat mixture (minced) in the centre, fold to the centre and fry in hot fat (chicken fat preferred).

—Mrs. G. MEYERS.

Alternately the pirogen may be brushed over with an egg and baked in a medium oven with fat until browned.

PIROGEN—II

Dough

- 1½ cups flour
- 1½ teaspoons baking powder
- 1 egg
- ½ cup chicken fat or vegetable shortening
- a pinch salt
- ½ cup water (approx.)

Filling

- ½lb. cooked beef
- 2 broiled chicken livers
- 1 onion sliced and fried
- 1 egg
- salt, pepper, cinnamon.

Mince meat liver and onions, add egg and seasoning. Mix the ingredients of dough, adding just enough water to make soft dough. Roll out about one-eighth inch thick and cut in 3½ inch circles. Fill with 1 tablespoon of the meat mixture, fold in circle in half and pinch edges together. Bake on a greased pan in a hot oven (400) for about ½ hour until brown.

SWEET AND SOUR CABBAGE

Braise 2lb. of brisket. Meanwhile shred cabbage very fine, pour boiling water over cabbage allowing to stand for ½ hour; throw water off, put cabbage with brisket and simmer. Finally add pinch tartaric acid or lemon juice and sugar to taste. A handful of raisins may be added, if preferred.

—Mrs. J. PICHANICK.

BRAWN

2 ox feet
2 hardboiled eggs
garlic
onions
bayleaves and peppercorns
salt and pepper to taste.

Clean the ox feet. Chop into pieces and wash well again. Cover with water and boil, adding onion,

garlic, bayleaves, peppercorns until water is highly spiced. Allow to boil until meat falls off the bones. Keep adding little water if necessary. When meat is soft allow the water to simmer down to about 2 pints. Remove from pot and strain into a pyrex dish. Mince the meat, mix into the gravy, add salt and pepper to taste. Put sliced eggs on top and leave to set in fridg.

Veal and Poultry

VEAL AND CHICKEN BLINTZES

Brase chicken with piece of veal as follows: Brown onion with chicken fat and 2 small cloves of garlick. When brown, add chicken and veal and a little water until meat is done, mince meat and onions.

Pancakes:

3 tablespoons flour
1 egg
water.

Add the egg to the flour and very gradually enough cold water to form fairly thick consistency. Heat pan, wipe over with oil, cover pan with batter and fry until pancake is fried loosely, put on cooling tray, place minced meat in each pancake and roll. Put all pancakes in a greased pyrex dish, add little fat and bake $\frac{1}{2}$ hour until crisp.

—Mrs. J. COHEN

VEAL MARENGO

Veal cut into small pieces
1 tablespoon oil
1 tablespoon pastrine
seasoning
onions
1 tablespoon flour
2 glasses white wine
1 glass water.

Mix oil with pastrine, heat, add cut up veal and allow to simmer for 2 hours. Add chopped onions and 1 tablespoon flour. When light brown add two glasses white wine and 1 glass water, salt and pepper and boll together; $\frac{1}{2}$ hour before serving add mushrooms or olives.

—Mrs. DE HAAS (Snr.).

HUNGARIAN GOULASH

1lb. beef or veal cut into slices
3 large onions
carrots
pickled cucumbers
paprika.

Season meat. Fry onions till brown, add meat, stew slowly, adding gradually about $\frac{1}{2}$ teaspoon water every half hour. Before serving cut in carrots and small slices of pickled cucumbers. Use paprika liberally if procurable.

—Mrs. ABE LESSEM.

VIENNA SCHNITZEL

Veal cutlets
salt and paprika
beaten egg yolk
flour
breadcrumbs.

Season veal cutlets, beat until very thin. Have ready three plates containing beaten egg yolk, flour and breadcrumbs; dip meat in flour, then egg, then breadcrumbs and fry in deep hot fat

—Mrs. ABE LESSEM.

POT ROAST CHICKEN

Season chicken well with salt, pepper, little ginger, place in pot on stove containing one sliced onion slightly browned, brown chicken slightly, add about $\frac{1}{2}$ cup water and allow chicken to cook gently on stove, basting from time to time, $\frac{1}{2}$ hour before serving put in oven to brown. When chicken is cooking in pot, do not allow to be dry, add little water from time to time. If preferred, a small tomato, 1 parsnip and 1 turnip may be added to the pot roast to give chicken extra flavour.

CURRIED CHICKEN

Cut cooked chicken into suitable portions and cover with flour. Fry with little onion. Put in a saucepan and cover with water. Add a sliced potato, slices of banana, an apple, a few raisins, and allow to simmer slowly. Half an hour before serving add 1 tablespoon of curry powder mixed with a little brown vinegar and a tablespoon ghee. Serve with cooked rice.

—Mrs. M. POKROY.

CHICKEN A LA MARYLAND

- 1 roasting chicken
- matzo meal
- 2 tablespoons chicken fat
- 1 egg

Cut chicken into portions, dip in matzo meal, then in well-beaten egg, then in matzo meal again. Fry quickly in chicken fat until brown. Place in a roasting pan, pour over chicken fat. Roast for 3 hours in oven at 325 basting often.

FRIED CHICKEN

Cut chicken (cooked) into portions. Fry onion in chicken fat, then tomato, finally add cut up chicken and allow to simmer for a short time in this gravy, serve hot with boiled potatoes and green peas.

ROAST DUCK IN ORANGE JUICE

- 1 duck
- salt and pepper
- 2 sliced oranges.

Season duck and roast in oven till tender. Before removing from oven, drain off some of the fat and add the juice of two oranges also a few slices of orange. Baste well and leave in oven for 20 minutes.

The addition of orange juice ($\frac{1}{2}$ cup) to pot roast of chicken is also recommended.

ROAST TURKEY

Brush skin of turkey with melted fat. Place breast side down on shallow roasting pan, cover top and sides of bird with fat. Roast 300-325 oven allowing 15-18 minutes per pound for 14-18lb. bird. Turn turkey breast side up for the last quarter of the cooking period. Plan to take

the turkey out of the oven onto a warm platter about 30 minutes before it is used. This gives the meat a chance to absorb the juices. If a highly seasoned bird is desired, add to last hour of cooking salt, pepper, ginger and garlic.

EGG AND LEMON CHICKEN

Make some stock of chicken giblets. Cut chicken into quarters and add to giblet stock. Stew until tender. Take 3 egg yolks, mix with 3 tablespoons lemon juice, sugar to taste and add a little mustard. Strain a little stock and add slowly to egg yolk mixture. Pour over chicken and cook slowly for a short while.

—Mrs. H. ROBINSON.

RUMANIAN CHICKEN

- 1 chicken
- 4 tablespoons fat
- 1 cup water
- 1 medium-sized onion
- $\frac{1}{2}$ head of garlic
- 3 bay leaves
- little paprika
- 1 large sour apple,
- few blanched almonds,
- salt and pepper.

First prepare a basting consistency of 1 cup water to which has been added 4 tablespoons fat (melted), $\frac{1}{2}$ finely-chopped onion, 3 bay leaves and 3 pieces of finely-chopped garlic. Place these ingredients in a heavy deep saucepan and allow to boil for 2 minutes. Meanwhile the chicken, which has been prepared in the same manner as for oven roasting, is stuffed with a filling made from the finely-chopped apple mixed with the other $\frac{1}{2}$ of onion finely grated and the blanched almonds minced or finely grated. When the chicken has been filled and closed up, rub the outside well and add a little powdered paprika as a dusting. Place the chicken in the boiling basting and turn down the heat to low. Allow to simmer until nicely brown but keep adding $\frac{1}{2}$ cup water every $\frac{1}{2}$ hour to prevent the chicken from becoming too dry. When finished remove from saucepan and prepare a gravy from the basting by adding water and a little maizena according to the thickness required.

FILLING FOR KISKER AND POULTRY NECK

kisker, onion, salt and pepper
1 teaspoon sugar (if desired)
flour (or matzo meal).

Clean thoroughly and sew up one end of neck or kisker. Mince or chop up very finely raw fat (chicken

preferred) add 1 grated onion, salt and pepper, sugar and flour (or matzo meal). Rub all ingredients together and fill the neck loosely. Sew up and boil in chimmes or water for 5 to 6 hours. If desired, same can be browned in oven after boiling.

Sauces, Salads, Salad Dressings, Stuffings

APPLE SAUCE

Pare and quarter tart apples, put in saucepan with just enough water to keep them from burning, bring to a boil quickly and cook until pieces are soft. Then press through a sieve, if desired sugar to taste, cinnamon or grated nutmeg may be sprinkle over top or a stick of cinnamon or lemon peel may be cooked with the apples.

LEMON SAUCE

Boil some soup stock with a few slices of lemon, a little sugar and grated nutmeg, add chopped parsley, chicken with teaspoon flour or yolk of egg. Use with stewed poultry.

MINT SAUCE

Chop some mint fine, boil half a cup of vinegar with 1 tablespoon sugar, throw in the mint and boil up once. Cool off before serving.

SAUCE FOR FRIED FISH—I

Slice an onion, fry in butter, sprinkle a little flour, add 1 tablespoon sour cream. Let same boil. If desired add chopped parsley or capers.

SAUCE FOR FRIED FISH—II

1 small onion (chopped)
1 tablespoon Worcester sauce
1 tablespoon chutney
1 tablespoon brown vinegar
little thyme (if desired)
2 tablespoons butter.

Brown onion in butter then add rest of ingredients.

—Mrs. GERSOHN.

BRANDY SAUCE

1 cup water, $\frac{1}{2}$ glass brandy, 1 cup sugar, juice of $\frac{1}{2}$ lemon. Boil all in double boiler. Beat the yolks of 2 eggs lightly and add boiling sauce gradually to them, stirring constantly until thick.

LEMON SAUCE

Boil 1 cup sugar with $\frac{1}{2}$ cup water, rind of 1 lemon, juice of two, and $\frac{1}{2}$ teaspoon butter. When boiling stir in 1 teaspoon cornstarch dissolved in a little cold water.

CHOCOLATE SAUCE

Dissolve $\frac{1}{2}$ lb. of chocolate in 1 cup water, sugar to taste, boil till thick and flavour with vanilla.

JAM SAUCE

1 cup orange juice or $\frac{1}{2}$ juice and $\frac{1}{2}$ water
1 teaspoon lemon juice
2 tablespoons raspberry or strawberry jam
1 teaspoon cornflour made into a paste with cold water.

Boil together over low heat for 5 minutes. Add pinch of salt and castor sugar, if needed; strain.

WHITE SAUCE

2 tablespoons butter
 $1\frac{1}{2}$ tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper 1 cup milk.

Melt butter on slow plate, gradually add flour and stir until well blended, stir in milk, salt and pepper and continue to stir until thickened. An extra teaspoon of butter and 1 teaspoon boiling water added when sauce is done will give velvety texture. This recipe is for a thin sauce; add more flour if thicker sauce required.

BREAD STUFFINGS

- 1 large cup stale bread in pieces
- 1 egg
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon chopped parsley
- 2 tablespoons chicken fat
- 1 small onion (grated).

Soak bread in cold water, squeeze dry, add remaining ingredients and mix thoroughly.

APPLE STUFFING FOR DUCK

- 2 cups tart apple sauce
- 1 onion (grated)
- 1 cup breadcrumbs
- a little cayenne pepper and sage.

Mix all ingredients together thoroughly.

FISH STUFFING

- 1 cup stale breadcrumbs
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon chopped parsley
- 1 teaspoon chopped pickles or capers
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons melted butter
- 1 teaspoon grated onion.

Mix crumbs and seasonings, add melted butter, stir until thoroughly blended.

MAYONNAISE

- 1 egg
- 4 teaspoons sugar
- pepper
- salt,
- 1 cup oil
- 2 dessertspoons vinegar
- 1 heaped teaspoon mustard.

Put egg, pepper, salt, sugar and mustard in bowl and mix together well, slightly beating egg into ingredients, then add 1 tablespoon oil and beat well, add oil 1 tablespoon at a time until the whole cup is used up, beating all the time (beating in all about $\frac{1}{2}$ hour). Finally add the vinegar and mix together thoroughly.

SALAD DRESSING

- 3 eggs
- 1oz. castor sugar
- $\frac{1}{2}$ pint milk
- 1 teaspoon dry mustard
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoonful salt
- 2oz. butter
- $\frac{1}{2}$ pint oil
- $\frac{1}{2}$ pint vinegar.

Beat eggs and add the oil very slowly, add the rest of the ingredients and beat thoroughly. Put all into a double pan and cook until thick stirring continually. Keep in fridge. in a closed jar.

—Mrs. R. LIPTZ.

MAYONNAISE

- 3 eggs
- 3 tablespoons oil
- 3 tablespoons lemon juice
- 6 tablespoons water
- $\frac{1}{2}$ teaspoon prepared mustard
- pinch sugar, salt and pepper to taste.

Mix all ingredients well, place in basin. Put basin into a pot of hot water, stir well until mixture gets thick, take off the stove and when cool put into jar and keep in fridge.

CABBAGE SALAD I.

Soak a cabbage in ice water for a few hours to become crisp. Shred and mix together with grated pineapple, salt, orange juice, and mayonnaise and grated apple, if preferred. Soften shredded cabbage with boiling water before flavouring.

CABBAGE SALAD II.

Shred cabbage finely, soak for little while in cold water with sugar, drain, add chopped onion and mayonnaise.

—Mrs. I. PICHANICK.

BEANS IN TOMATO SAUCE

- Boil 1 cup butter beans until soft
- 1 teaspoon mustard
- $\frac{1}{2}$ teaspoon salt
- little pepper
- 1 tablespoon brown vinegar
- 1 tablespoon sugar

Mix all the ingredients (not beans) with a little Maizena, mixed to paste with water and bring to boil. Add two tablespoons tomato sauce and then put over beans and allow to simmer for a few moments.

RUSSIAN SALAD

- 1 cup cooked diced beetroot
- 1 cup cooked diced carrots
- 1 cup diced potatoes
- 1 cup cooked green peas.

Mix all the vegetables with mayonnaise and arrange in salad bowl.

PICKLED CABBAGE

Shred cabbage very fine and layer it with salt; leave for a few hours. Then pour boiling water over cabbage and leave till next day. Boil $\frac{1}{2}$ pint vinegar, 2 tablespoons sugar, bay leaves and peppercorns. Drain cabbage, dry, sprinkle with caraway seeds, put in a jar and pour the boiling vinegar mixture over. Let stand for a few days.

—Mrs. SUSMAN.

PICKLED CUCUMBERS

12 cucumbers
 $\frac{1}{2}$ cup salt
bayleaves, allspice, garlic, if preferred.

Wash and clean cucumbers and measure the amount of water required to cover cucumbers in a pot. To this water add the salt, other ingredients and if a sharp cucumber pickle is desired add 1 dessertspoon vinegar essence. Bring all to boil and pour hot over cucumbers. Cover with plate and keep down with stone and leave for a few days. When cucumbers are almost ready put in fridge.

PICKLED ONIONS

3lb. small onions
vinegar
pinch salt
bayleaves
peppercorns
2 chillies.

Peel and wash onions and leave in salt water for 24 hours. Drain onions and put into jar, cover with vinegar, add peppercorns, bayleaves and chillies. Leave for one week.

POTATO SALAD

2 cups cubed cooked potatoes
4 hardboiled eggs (diced)
1 cup cooked peas
2 small onions (diced)
 $\frac{1}{2}$ teaspoon salt
1 cup mayonnaise.

Combine potatoes, eggs, peas, onions and salt. Mix with mayonnaise. Chill thoroughly. Top with mayonnaise.

Egg and Cheese Dishes

CHEESE DISHES

BOILED CHEESE CANAPES

Combine 1 package cream cheese, or Cheddar cheese ($\frac{1}{2}$ lb.), with 1 raw egg and 1 teaspoon onion juice, season to taste. Blend well and pile a small amount in centre of rounds or toasts of bread, place under broiler for a few minutes before serving.

WELSH RAREBIT

1 tablespoon butter
 $\frac{1}{2}$ lb. grated cheese
1 teaspoon cornflour
 $\frac{1}{2}$ teaspoon mustard
 $\frac{1}{2}$ cup milk
salt and pepper.

Melt butter, add cornflour gradually forming smooth consistency, add milk gradually and cook 2 minutes. Add cheese, stir over gentle fire until melted. Season and serve on hot buttered toast.

CHEESE SOUFFLE

1 dessertspoon melted butter
2 tablespoons flour
pinch salt 1 cup milk
little cayenne pepper
3 eggs
 $\frac{1}{2}$ lb. grated cheese.

Make a white sauce with butter, flour, pinch salt, milk and pepper. To this beat in 3 egg yolks, and add cheese. Beat up whites and fold into mixture, put into a greased dish, then top souffle with breadcrumbs. Bake in 350 oven for $\frac{1}{2}$ hour. Serve immediately. —Mrs. M. STEIN.

CHEESE AND TOMATO SOUFFLE

Pour half a pint of boiling water added to $\frac{1}{2}$ oz. of margarine, over 3oz. breadcrumbs; leave to soak for $\frac{1}{2}$ hour. Add 1lb. skinned and chopped tomatoes, 1oz. grated cheese and two teaspoons chopped parsley. Two well-beaten eggs, salt and pepper. Bake till set. Decorate with slices of tomato and bake further 8 minutes.

CHEESE BLINTZES—I

Batter:

- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon sugar
- 1 cup water
- 1 cup flour
- $\frac{1}{2}$ teaspoon baking powder

Filling:

- $\frac{3}{4}$ lb. cottage cheese
- 1 egg
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon cinnamon
- pinch salt
- 1 tablespoon soft butter.

Press cheese through a strainer and mix thoroughly with other ingredients under filling. Beat eggs, add salt and sugar, water and flour sifted with baking powder, and beat to a smooth batter. Drop this batter (two tablespoons at a time) on to a small frying pan that has been slightly greased and heated. Work quickly. Bake on one side only until the top is dry and starts to blister. Turn out, bottom side up, on a board or clean cloth. When all the pancakes have been made, fill each with one tablespoon of the cheese mixture. Fold over the opposite sides to form little rectangles. Place in a well-greased baking dish pan, brush with melted butter and bake in a hot oven (400) until golden brown and crisp. If preferred, they may be fried instead of baked.

CHEESE BLINTZES (Pesach)—II

- $1\frac{1}{2}$ cups potato flour
- 3 eggs
- $1\frac{1}{2}$ teaspoons salt
- $1\frac{1}{2}$ cups water.

Beat eggs well, add salt and water, then stir in flour gradually and beat until batter is smooth and thin. Grease a small frying pan well. Pour in the amount of batter necessary for a thin pancake. Fry on one side till it blisters. Shake out of pan on a heavy dish towel. Place a heaped tablespoon of filling on each blintz, fold over from both

sides then fold over the top and fry on both sides in butter till golden brown. If desired blintzes may be baked in greased pyrex dish instead of fried.

Filling:

- 1 lb. cream cheese
- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt.

Mash cheese well, add well-beaten eggs and sugar and salt. Stir well.

CHEESE BLINTZES—III

Pancake:

- 3 eggs
- $1\frac{1}{2}$ cups flour
- $1\frac{1}{2}$ cups milk
- pinch salt.

Filling:

- 1 lb. cream cheese
- 1 egg yolk
- 2 tablespoons sugar
- $\frac{1}{2}$ cup cream.

Use the same method as given for Pesach Cheese Blintzes.

—Mrs. D. KLABER.

MACARONI CHEESE

- $\frac{1}{2}$ pkt. macaroni
- $\frac{1}{2}$ lb. grated cheese
- 1 tablespoon butter
- $\frac{1}{2}$ cup milk
- 2 tablespoons tomato sauce
- salt and pepper to taste
- cayenne pepper
- 1 tablespoon flour.

Make a white sauce by melting butter and adding gradually flour mixed with milk to smooth consistency, add salt, pepper and cayenne pepper and lastly grated cheese. Bring all to boil and add tomato sauce, if preferred. Have ready macaroni which has been boiled till tender in salted water, put macaroni in greased pyrex dish, add to this the boiled cheese sauce and top with grated cheese and little knots of butter. Bake for $\frac{1}{2}$ hour in 350 oven.

—Mrs. R. KONVISER.

SALTENOSSES

Pastry:

- 2 cups flour
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup water.

Cheese Mixture:

- 1 lb. cream cheese
- 1 egg
- pepper, salt and sugar to taste.

Make a fairly stiff dough and roll out thin. Cut into oblongs about $\frac{3}{4}$ x 4 in. Place dessertspoon of cheese mixture on this and roll up. Press down firmly. Put 2 pints of water, plus 1 teaspoon salt on to boil. When boiling, add saltenosses and allow to boil for 5 minutes. Drain and place in a buttered pie dish. Add $\frac{1}{2}$ cup milk, 3oz. butter, 1 cup cream, 1 tablespoonful sugar and cinnamon to taste. Bake in 350 oven for 1 hour.

CREAM CHEESE

Place one gallon of milk, or more, in an earthenware or enamel basin to turn thick. Cover the utensil with a muslin cloth in preference to lid. Leave milk for 2 days after it has turned thick, then take a ruler and cut through the curd three or four times. This has the effect of making the curd separate from the whey more easily. Leave one more day then pour all into a muslin or flour bag which has previously been well rinsed in cold water and wrung dry (never pour milk into a dry bag). Hang bag (with milk) tied up at the top in a cool place. Next day remove curd, wash bag well in cold water twice, then in hot water and lastly rinse in cold water, to which a little salt has been added. Return curd to bag, previously breaking it up to induce better drainage, then shake bag once or twice to shape curd again and leave to drain. When drained then turn into a glass dish, salt and pepper to taste, cream (if desired). Half a pint of cream can be added to the gallon of milk in the first instance. To obtain a nice smooth shape put cheese in bag in between two wooden boards and press down firmly with heavy weight.

EGG DISHES

CURRIED EGGS

- 5 eggs
- $\frac{1}{2}$ tablespoon curry powder
- $\frac{1}{2}$ tablespoon flour
- salt and sugar to taste
- $1\frac{1}{2}$ cups brown vinegar
- $\frac{1}{2}$ cup water
- 2 onions.

Boil onions in water until soft; when onions soft add vinegar, then mix flour, and curry powder with a little cold water to form a paste. Add to boiling liquid and allow to boil for 5 minutes. Pour over hard boiled eggs.

—Mrs. D. NOAR.

SCRAMBLED EGGS

- 2 eggs
- 2 tablespoons milk
- salt and pepper to taste

Beat eggs well, add milk and seasoning, pour into hot butter pan. Stir with wooden spoon until eggs are set.

PLAIN OMELET

- 6 eggs
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons butter
- 4 tablespoons milk or water
- $\frac{1}{2}$ teaspoon pepper.

Break eggs into bowl and beat well to blend yolks and whites, add milk and seasoning. Melt butter in frying pan, turn omelet into hot pan. Using a spatula lift the edge of the omelet and allow uncooked mixture to run under the raised cooked portion. Continue this until the mixture is all cooked and the omelet brown on the bottom. Fold.

SPANISH OMELET

Use recipe for either plain or fluffy omelet and fold in the following sauce before serving:—

- 1 onion (sliced)
- 3 tablespoons butter
- 3 sliced tomatoes
- $\frac{1}{2}$ teaspoon sugar
- salt and pepper to taste.

Fry onion in butter, add tomatoes which have been seasoned with salt, pepper and sugar and simmer for 15-20 minutes or until liquid has evaporated and mixture is consistency of thick pulp.

FLUFFY OMELET

Proceed as above only beat yolks separately, add seasoning and milk then fold in stiffly beaten whites.

EGG IN A HOLE

- 1 egg
- 1 slice bread
- butter
- salt and pepper to taste.

Cut day old bread about $\frac{1}{2}$ inch thick. Remove crusts, if desired. With a cookie cutter, cut 2 $\frac{1}{2}$ -in. circle from centre of slice. Melt butter in frying pan. Fry bread in melted butter, turn over and then drop egg in centre and fry until egg is set.

SPANISH RICE

- 1 cup rice
- 2 tablespoons oil
- 2 cups boiling water.

Soak rice in hot water (not boiling) for 10 minutes. Meanwhile heat oil to smoking point, drain rice, add pinch salt, take 1 tablespoon rice and put into hot oil stirring all the time till it is a dark brown, add 2 cups boiling water (2 tablespoons tomato sauce may be added if preferred). Add to this the balance of the rice, turn stove to low, cover rice mixture and allow to simmer without stirring. Serve hot.

—Mrs. A. NAIM.

FRENCH TOAST

- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- 4-6 slices of white bread.

Beat eggs well. Add milk and salt and soak the bread in the liquid until the liquid is taken up. Fry in hot pan with butter until golden brown. Sprinkle with sugar, if desired, and serve hot.

SAVOURY RICE EGGS

Cook 1 cup rice as follows: Wash rice thoroughly in wire strainer under cold water tap until water runs clear. Remove grit, etc. Have ready large saucepan containing 8 cups salted boiling water, sprinkle rice in slowly and boil uncovered without stirring about 12 minutes or until soft, remove, strain rice into strainer holding it under hot water tap until water is again clean. Then place in colander over saucepan of boiling water. Salt rice and cover with serviette. Steam for 15 minutes mixing periodically with fork. Place a layer of rice in bottom and a border around a pyrex dish; pour over some previously made tomato puree; make wells in the rice base and break an egg into each well. Grate cheese over top and bake in 350 oven for 40 minutes.

—Mrs. S. LEVY.

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BEIGEL

- 4 cups flour
- 1½ teaspoons salt
- 1 teaspoon sugar
- 1 tablespoon baker's yeast
- 1 egg.

Put 5 cups flour in a basin, add salt and sugar, put in yeast, which has been mixed with ½ cup warm water, and leave it to stand for about ½ hour. Cover well. When yeast is rising beat up egg and add to mixture and more warm water to make a firm dough, and the other cup flour. Knead very well and leave for about 3-4 hours (in warm weather 2 hours). Cover with blanket. When dough has risen, knead again and make into shapes. In the meantime boil water with pinch of salt and a few teaspoons of sugar, boil beigels for 1 minute and bake for ½ hour in 400 oven.

—Mrs. D. NOAR.

BEIGEL

- 4 cups flour
- 1 dessertspoon salt
- 1 dessertspoon sugar
- 1 egg-cup oil
- 2 cups lukewarm water
- 1 egg yolk
- 1 tablespoon yeast

Dissolve yeast in warm water. Add yeast to rest of ingredients. Knead very well and allow to rise. Have in readiness a saucepan of boiling water to which has been added 1 teaspoon sugar and ½ teaspoon salt. Form dough into beigel and drop a few at a time into the water. When they come to the top, take them out on a fish slice, place on buttered tin and bake at 400.

ROLLS WITHOUT YEAST

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 tablespoon vegetable oil.

Mix all well together, shape into rolls and bake in hot oven.

—Mrs. R. ANOLICK.

MILK BUNS

- 2lb. flour
- ½lb. butter
- 1 pint milk
- 2oz. yeast (baker's yeast)
- ½ cup sugar
- 3 eggs.

Commence at 9 a.m. and dissolve yeast in a little lukewarm milk. Melt butter with 1 pint milk. Put flour in dish, pour in the yeast, 1 teaspoon salt, ½ cup sugar, beat up 3 eggs, pour into flour, add lukewarm milk and melted butter. Mix well with spoon, knead and cover warmly, leave to rise. At 2 p.m. knead again with little flour (dough must be of soft consistency). Make into shapes and bake in 400 oven.

—Mrs. M. E. KAPLAN.

DANISH PASTRY

- 3 cups flour
- ½ teaspoon salt
- ½lb. butter
- 4 egg yolks, or two whole eggs
- 2 cakes yeast
- ½ cup milk.

Mix flour, salt and butter, add eggs and yeast which has been dissolved in milk. Knead well and let rise until double in bulk. Roll out dough on floured board and shape as desired. Spread with extra butter, fill with nuts, raisins or jam. Bake in 375 oven for 15 minutes or until golden brown.

FLAPJACKS

- 1 large cup flour
- 1 heaped tablespoon sugar
- 2 teaspoons baking powder
- pinch salt
- 1 egg
- 1 cup milk
- 1 tablespoon melted butter.

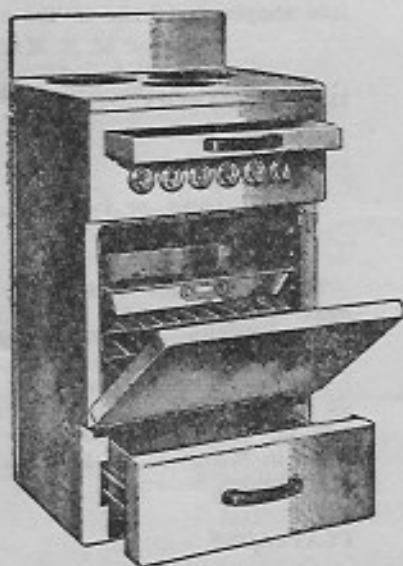
Sift together dry ingredients and put in a bowl, make a hole in centre and add egg, mix all together and then add milk gradually and lastly 1 tablespoon melted butter. If dough is too stiff, add little more milk. Grease oven plate and pour mixture on in spoonfuls. When bubbles appear turn over and brown other side.

—Mrs. A. LIDSKY.

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FLAPJACKS

Beat up well 1 large egg with 2 tablespoon sugar, add $\frac{1}{2}$ teacup milk, 1 large cup flour, beat well until air bubbles appear, then add 2 teaspoons baking powder. Cook as above.

—Mrs. R. KONVISER.

FLAPJACKS

- 1 cup flour
- 1 cup milk
- 1 egg
- 1 tablespoon sugar
- 2 heaped teaspoons baking powder.

Mix all ingredients together and drop by spoonfuls on to a hot plate. Turn over when bubbles appear on the sides.

—Mrs. M. POKROY.

DOUGHNUTS

- 1 tablespoon butter
- $\frac{1}{2}$ cup brown sugar
- 1 egg
- $\frac{1}{2}$ cup milk
- 2 cups flour
- 2 tablespoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon.

Cream butter, add sugar and beaten egg. Add milk and sifted flour, baking powder and salt. Mix as little as possible. More flour may be necessary to make dough stiff enough to roll. Roll half of dough on to a floured board; cut with doughnut cutter or ordinary cookie cutter using smaller one to cut out centre. Fry in deep fat, heated. Doughnuts should be turned only once in cooking. Lift out, drain on unglazed paper. Roll in sugar.

SCONES

- 2 small cups flour
- 2 full teaspoons baking powder
- 2 tablespoons sugar
- pinch salt
- 2oz. butter
- 1 egg
- lukewarm milk.

Mix flour with baking powder, add sugar, pinch salt, rub in butter, add egg and enough lukewarm milk to soften dough. Roll out thick and bake in 450 oven.

—Mrs. S. I. BLOOM.

SCONES

- 2 cups flour
- $\frac{1}{2}$ lb. butter
- 2 teaspoons baking powder
- pinch salt
- 1 tablespoon sugar
- 1 egg
- milk to mix.

Rub sifted flour and baking powder with butter. Add beaten egg and the rest of the ingredients. Add enough milk to make into a fairly stiff dough. Roll out $\frac{1}{2}$ inch thick, cut into shapes, brush with little egg and bake in 400 oven for 10 minutes.

SOUR MILK SCONES

- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- 2oz. butter
- 2 dessertspoons sugar
- 4 teaspoons baking powder
- 1 egg
- 1 cup sour milk.

Sift dry ingredients together and rub in the butter. Beat up egg and mix with sour milk. Add this to mixture. Knead lightly and roll out to $\frac{1}{2}$ inch thickness. Cut into shapes, paint top with milk. Bake in 400 oven for 10 minutes.

CHEESE SCONES

- 1 cup flour
- 1 cup milk
- 1 cup grated cheese
- 1 heaped teaspoon baking powder
- 1 pinch salt
- 1 egg.

Mix dry ingredients well in a bowl, then add the milk, beaten with egg, and cut into the dry ingredients with a knife combining all well together. Place the dough on a well-floured board and pat into about $\frac{1}{2}$ inch thickness. Do not roll. Cut in squares and bake in 450 oven for 20 minutes.

CHEESE SCONES

- 1 cup flour
- $\frac{3}{4}$ cup grated cheese
- 1 teaspoon baking powder
- 1 level tablespoon butter
- cold milk.

Sift together dry ingredients, add cheese, rub in butter, make into soft dough with milk, handling as little as possible. Press out dough and cut into shapes. Bake in floured pan at 500 for 5-8 minutes.

—Mrs. G. BERSIN.

BABKA (Coffee Cake)

Yeast Mixture:

- 1 piece baker's yeast $1\frac{1}{2}$ x $1\frac{1}{2}$ in.
- 2 tablespoons flour
- 1 teaspoon salt
- 2 teaspoons sugar
- $\frac{1}{2}$ cup warm water.

Put the above on side of stove to rise. When yeast is ready: Into a large basin place 6 cups flour, add 2 cups sugar, pinch salt. Melt $\frac{1}{2}$ lb. butter, add 2 beaten eggs, 2 cups warm milk and add to dry ingredients. Lastly add yeast and knead well. Place in warm place to rise. Cover with a blanket.

When risen re-knead and make into shapes. Sultanas, raisins, cinnamon and sugar can be used. Perhaps a little additional flour may be required. Allow to rise again for about 1 hour. Paint the tops of the cakes with melted butter or egg sprinkled with sugar before baking.

—Mrs. I. LASOVSKY.

Homontashen (Purim Cakes) can be made with the above dough.

HOMONTASCHEN—I

- 4 cups flour
- 1 cup sugar
- 4 tablespoons shortening
- 2 eggs
- 1 cup milk
- 1 cake yeast
- 1 teaspoon salt.

Warm milk with butter, let cool, make dough with the other ingredients, let rise. Roll out thin-cut medium squares or triangles. Place filling in middle, fold over dough pinching edges together and bake until brown in medium oven.

Poppy Seed Filling:

- 2 cups ground poppy seed
- 1 cup syrup
- 1 egg.

Poppy seeds to be boiled for 10 minutes and then well washed in several waters. Add the above ingredients after mincing the poppy seeds four times.

HOMONTASCHEN—II

- 4 cups flour
- 2 heaped teaspoons baking powder
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- grated rind of lemon or orange
- 4 eggs
- $\frac{1}{2}$ cup oil

Poppy Seed Filling:

- $\frac{1}{2}$ lb. poppy seeds
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup raisins
- 2 tablespoons honey
- 1 egg
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon grated orange rind.

Prune Filling:

- 1 lb sweet prunes
- 3 thin orange slices
- $\frac{1}{2}$ cup chopped walnuts
- rind and juice of half lemon
- $\frac{1}{2}$ cup sugar
- 1 tablespoon oil
- dash of nutmeg.

Sift all the dry ingredients into a bowl, break the eggs into the centre, add the oil and stir well. Mix all together and knead lightly until smooth. Roll out $\frac{1}{2}$ of an inch thick. Cut into $3\frac{1}{2}$ -inch rounds. Put a heaped teaspoon of the filling in the centre, draw up two sides and then the third across and pinch the edges together, to form a three-cornered pocket. Bake on a greased baking sheet in 375 oven for $\frac{1}{2}$ hour, until nicely browned.

Poppy Seed Filling: Clean the poppy seed carefully, wash with boiling water and drain. Add a cup of water, cover closely and allow it to steam for 2-3 hours on a very low flame. Add a little water if necessary. Drain, grind or pound in a mortar until grayish in colour. Mix with the rest of the ingredients and fill the dough.

Prune Filling: Cook the prunes and the orange slices in a small amount of water until they are tender and the water has evaporated. Stone the cooked prunes and chop them together with the rest of the ingredients. Fill the dough.

CAKES

WITH BUTTER

BUTTER CAKE

- ½ lb. butter
- 1 cup sugar
- pinch salt
- 4 eggs
- 8 tablespoons flour
- ½ cup boiling water
- 2 teaspoons baking powder.

Cream butter and sugar well, drop in whole egg and 2 tablespoons flour, mix well, then another egg and another two tablespoons flour, mix well, repeat this process until the 4 eggs are used up with the flour, finally add not quite a ½ cup boiling water and two teaspoons baking powder, bake ½ hour in 350 oven.

—Mrs. MELAMED.

BUTCH BUTTER CAKE

- ½ lb. butter
- 1 egg
- 6ozs. castor sugar
- 1 teaspoon ground cinnamon
- ½ lb. flour
- 1oz. almonds.

Mix flour, sugar and cinnamon together, rub in butter with fingers, add yolk of egg and knead till soft and pliable. Spread on well-greased flat tin, brush over with white of egg, sprinkle with chopped blanched almonds. Bake in moderate oven 30 minutes. While still warm cut into pieces.

—Mrs. L. E. BANET.

WHITE CAKE

- 3 eggs
- 1 cup sugar
- 2 teaspoons vanilla
- 2 cups flour
- 2 teaspoons baking powder
- ½ lb. butter
- ½ cup milk.

Beat butter and milk, beat eggs and sugar together well, add flour and baking powder and vanilla, then add hot milk with melted butter. Bake in 400 oven for 25 minutes.

—Mrs. M. LASOVSKY.

TALA CAKE

- 4ozs. butter
- 1½ cups sugar
- 4 eggs
- 3 cups flour
- 4 teaspoons baking powder
- 1 teaspoon vanilla,
- 1 cup milk
- 3ozs. melted chocolate (if desired).

Melt butter, add sugar, stir well, add eggs one at a time and continue heating eggs until well beaten, add flavouring, add milk and flour alternately. Bake in moderate oven for 20 minutes. This can be used either plain or as a sandwich cake.

—Mrs. D. NOAR.

WATER SPONGE SANDWICH

- 3 eggs
- 1 cup sugar
- 1 cup flour
- 1 teaspoon butter mixed with 3 tablespoons boiling water
- ½ teaspoon essence
- 1 heaped teaspoon baking powder

Cream eggs with the sugar, add flour gradually, then butter dissolved in hot water, essence, and lastly baking powder. Bake 12-15 minutes in 375 oven.

—Mrs. A. MIDDELDORF.

SPONGE SANDWICH OR SWISS ROLL

- 1 cup sugar
- 2 eggs
- 4 tablespoons cold water
- 1 cup flour
- 1 teaspoon baking powder
- pinch salt
- essence.

Cream sugar and yolks of eggs, add cold water, sift flour, baking powder and salt, mix in well a little at a time, add essence and finally egg whites stiffly beaten. Bake in 375 oven for 15 minutes.

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CHOCOLATE SPONGE CAKE

- 4 eggs
- 4 tablespoons sugar
- 4 tablespoons flour
- 2 level tablespoons cocoa
- 2 teaspoons baking powder
- $\frac{1}{2}$ egg shell water.

Beat eggs and sugar well, add sifted flour, cocoa and baking powder, then water. Bake in greased tins at 400. Fill with whipped cream.

—Mrs. SIMSON.

CHOCOLATE CAKE

Cream $\frac{1}{2}$ lb. butter, 1 cup sugar, thoroughly, beat in 3 eggs, one by one, beating after each addition. Add 2 tablespoons sifted cocoa, pinch salt, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla and $1\frac{1}{2}$ cups sifted flour. Stir well and lastly take 1 tablespoon iced water and two teaspoons baking powder—mix and add to mixture. Bake in greased sandwich tins at 400 for 30-40 minutes.

—Mrs. S. JONES.

CHOCOLATE CAKE

- $\frac{1}{2}$ lb. butter
- 4 eggs
- 1 cup sugar
- 2 teaspoons baking powder
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ cup cocoa
- $\frac{1}{2}$ cup milk
- pinch salt
- 1 teaspoon vanilla essence.

Cream butter with sugar, add one beaten egg at a time, sift flour, cocoa and salt, add alternately with milk (beating all the time), add essence, and finally baking powder. Bake in two sandwich tins at 350 for 25 minutes. When cool fill.

Filling: 1 tablespoon butter, vanilla essence, icing sugar. Mix with a little hot water. Middle filling leave white. Top icing, use a little less butter than for filling, add cocoa and decorate with chopped nuts, cherries or cocoanut.

—Mrs. M. FRIEND.

CHOCOLATE CAKE

- 1oz. butter
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 2 teaspoons baking powder
- 1 cup flour
- 2 dessertspoons cocoa.

Beat eggs and sugar well, mix in flour and baking powder. Boil milk, butter and cocoa and add to mixture whilst hot. Bake in 350-400 oven. Two layers take 10 minutes, 1 layer 20 minutes.

Double ingredients, colour layers as desired for an excellent Birthday Cake.

—Mrs. SCHRAGGER.

GINGER CAKE

- 3 tablespoons butter
- 3 tablespoons sugar
- 1 egg
- 4 cups flour
- 1 teaspoon bicarb
- 1 cup syrup
- 1 dessertspoon ginger
- 1 teaspoon cinnamon
- 1 cup milk.

Cream butter and sugar, add beaten egg, then syrup. Sift dry ingredients together and add alternately with milk, bake in moderate oven for 1 hour.

—Mrs. I. LASOVSKY.

GINGER CAKE

Cream 8ozs. butter, 5ozs. sugar well. Take two tablespoons syrup and dissolve in 4 tablespoons boiling water. Beat 4 eggs and add to above mixture. Sieve 10ozs. flour with two teaspoons ginger, 4 teaspoons cinnamon, a pinch salt and add to the butter mixture. Lastly take two teaspoons bicarbonate of soda dissolved in milk and add. Bake in sandwich tins at 375 degrees. Put together with desired filling.

—Mrs. SUSMAN.

GINGER SPICE CAKE

Sift together: $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 teaspoon ground ginger, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon mixed spice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking soda.

Cream: 3 tablespoons butter or shortening with $\frac{1}{2}$ cup sugar, add 1 egg beat in well. Add $\frac{1}{2}$ cup syrup and mix. Add flour mixture and beat well until smooth. Gradually add $\frac{1}{2}$ cup boiling water. Divide mixture between two sandwich tins, bake at 375 for 25-30 minutes. When cold put layers together with butter icing. Spread icing on top.

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COFFEE CAKE

- 4 eggs
- 1 cup flour
- 1 cup sugar
- 1 teaspoon baking powder
- 3 tablespoons milk
- 1 teaspoon butter
- 3 teaspoons Nescafe or other coffee essence.

Boil milk with butter, add Nescafe. Beat up whites stiffly, still beating, add sugar, then each yolk separately. Lastly, fold in flour with baking powder, and finally milk and melted butter. Bake for $\frac{1}{2}$ hour in two sandwich tins in 350 oven, then fill with cream or other preferred filling.

—Mrs. W. STEIN.

RAINBOW CAKE

- 6ozs. butter
- $\frac{1}{2}$ cup sugar
- 3 eggs
- 2 cups flour
- $\frac{1}{2}$ cup each milk and water
- 2 heaped teaspoons baking powder
- 1 teaspoon grated orange rind.

Cream butter and sugar. Add eggs singly, beating after each egg. Add sifted dry ingredients alternately with milk and water. Add rind. Divide batter into 3 parts, colouring one pink, one chocolate and leaving one white. Bake in layer tins at 375 for 30 minutes. Put together with desired filling.

MARBLE CAKE

- 5oz. flour
- 1 $\frac{1}{2}$ oz. ground almonds
- 3oz. butter
- 3oz. castor sugar
- 1 teaspoon baking powder
- 2 eggs
- 1 extra egg white
- little milk
- essence
- 2 tablespoons cocoa.

Cream butter and sugar, add each egg separately, stirring quickly and beating each egg in well. When both eggs beaten stir in the ground almonds, flour and baking powder, the latter two ingredients having been well sifted together. Add flavouring and little milk, as required, then fold in the stiffly-beaten egg whites. Separate portion of this mixture and colour with two tablespoons cocoa; put alternate layers of white and cocoa mixture in baking tin. Bake in 400 oven till done.

—Mrs. LAWSON.

STREISEL CAKE

- $\frac{1}{2}$ lb. butter
- 1 cup sugar
- 2 eggs
- 2 cups flour sifted together with 2 teaspoons baking powder
- $\frac{1}{2}$ cup milk.

Cream butter and sugar together, add eggs one at a time, beating well. After each addition add flour, sifted with baking powder, alternately with milk. Put into two greased sandwich tins, top with top mixture and bake at 350 for half an hour.

Top mixture: 1 tablespoon butter, 1 tablespoon sugar, 2 tablespoons flour. Work together with fingertips to texture of coarse breadcrumbs.

—Mrs. S. HARRIS.

MARBLE CAKE

- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ lb. sugar
- $\frac{1}{2}$ lb. flour
- dessertspoon baking powder
- 2 tablespoons cocoa
- $\frac{1}{2}$ cup milk.

Cream butter, add sugar, add egg yolks, then add flour and baking powder sifted together, alternately with milk, and lastly fold in beaten egg whites. Divide mixture into two, colour one chocolate and put spoonfuls of white and chocolate mixtures into greased baking tin and bake at 375 for half an hour.

—Mrs. L. DE HAAS.

GRANADILLA CAKE

- $\frac{1}{2}$ lb. butter
- 1 $\frac{1}{2}$ large cups flour
- $\frac{1}{2}$ cup sugar
- heaped teaspoon baking powder
- 3 eggs
- vanilla essence.

Cream butter and sugar, add yolks then stiffly-beaten whites and vanilla and lastly sifted flour and baking powder. Bake at 450.

Icing: 1 tablespoon butter, yolk of eggs, small cup icing sugar, and pulp of 6 granadillas. Split cake and put layer of icing between and on top.

MACAROON CAKE

First Part: $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar; cream well together, add 3 egg yolks well beaten, 1 teaspoon vanilla, $\frac{1}{2}$ cup milk, 1 cup flour, 2 level teaspoons baking powder, pinch salt.

Second Part: Whites of 3 eggs beaten stiff, $\frac{1}{2}$ cup sugar folded in, 1 cup shredded coconut. Spread second part over first batter; bake for 40 minutes. Oven 350.

—Mrs. S. BERSIN.

FRUIT CAKE

11oz. flour
11oz. butter
10oz. sugar
4oz. peel
1lb. currants
1lb. sultanas
1lb. raisins
 $\frac{1}{2}$ lb. ground almonds
 $\frac{1}{2}$ teaspoon spice
 $\frac{1}{2}$ teaspoon baking powder
wine-glass brandy
6 eggs.

Mix all ingredients together, bake in 350 oven for 5 hours.

—Mrs. I. R. ROSIN.

CHOCOLATE CAKE

3 eggs
2 cups flour
1 cup sugar
3 dessertspoons cocoa
3 teaspoons baking powder
small cup milk
6oz. butter.

Cream butter and sugar, add egg yolks, then milk and flour alternately; then baking powder, and lastly well-beaten whites. Bake in 375 oven for $\frac{1}{2}$ hour.

—Mrs. A. SHALOVSKY.

FRUIT CAKE

5oz. flour
4oz. sugar
4oz. butter
2 eggs
1oz. chopped peel
grated rind of 1 lemon
4oz. sultanas
2oz. currants
 $\frac{1}{2}$ teaspoon baking powder.

Cream butter and sugar, add beaten eggs gradually then other ingredients. Bake in moderate oven for $1\frac{1}{2}$ to 2 hours.

—Mrs. J. PERLMUTTER.

DATE CAKE

$\frac{1}{2}$ lb. dates
1 cup currants and raisins
1 cup chopped nuts
1 teaspoon bicarb
pinch salt
1 cup sugar
1 cup boiling water
2 cups flour
1 teaspoon butter
2 teaspoons baking powder.

Take dates, salt, bicarb, sugar, butter, raisins and mix well in dish. Cover with cup boiling water; when cool, add well-beaten eggs. In separate dish take flour and nuts, mix well and stir in wet mixture. Lastly, add baking powder. Bake in greased dish at 375 for 1 hour.

ORANGE CUSTARD SANDWICH CAKE

4 eggs
5 tablespoons sugar
5 tablespoons flour
4 teaspoons custard powder
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ cup orange juice.

Separate eggs, add 4 tablespoons sugar to yolks and 1 tablespoon to whites. Beat up yolks and whites with sugar added, very well; add orange juice to yolks and beat well, add well-beaten whites to yolks. Sift add dry ingredients together, add to eggs. Put in greased tins, bake at 350 for 10 to 12 minutes. Fill and top with whipped cream and grated chocolate.

—Mrs. KOPMAN.

WALNUT CAKE

3oz. shelled walnuts
 $\frac{1}{2}$ lb. flour
5oz. butter
6oz. castor sugar
2 eggs
4 dessertspoons milk
 $\frac{1}{2}$ teaspoon vanilla
2 teaspoons baking powder.

Chop up walnuts, beat sugar and butter to a soft cream, beat in eggs adding each separately; when well beaten in, sift the flour and baking powder and stir in gradually with the chopped nuts. Add milk to moisten and vanilla. Mix all together and bake in 350 oven.

—Mrs. BERSIN.

FRUIT CAKE

- ½ lb. butter
- ½ lb. sugar
- 8 eggs
- 1½ lb. flour.
- 1 lb. currants
- ½ lb. sultanas
- ½ lb. raisins
- ½ lb. mixed peel
- a few cherries and almonds
- 1 teaspoon bicarbonate soda dissolved in a little milk
- 1 teaspoon mixed spice
- ½ teaspoon cinnamon
- pinch salt
- 3 tablespoons brandy.

Cream butter and sugar, beat in eggs very well, mix fruit with flour, then brandy and finally bicarb. Bake in moderate oven for 4½ hours.

Half this amount may be used for a good-sized cake.

—Mrs. A. SHALOVSKY.

COCONUT CARAMEL CAKE

- 3 egg yolks
- ½ cup butter
- ½ cup sugar
- ½ cup milk.

Rub all well, mixing with the milk. Add ½ teaspoon vanilla, 1 cup flour, 2 teaspoons baking powder. Put mixture in tin, beat up the 3 egg whites fold in ½ cup sugar and 1 cup coconut and add to the top of cake. Bake in moderate oven for half an hour.

—Mrs. L. NATHAN.

FRIGIDAIRE CHOCOLATE CAKE

- 6 tablespoons flour
- 4 heaped dessertspoons butter
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1 egg yolk.

Mix dry ingredients, rub in butter, drop in egg, add cream, if any, otherwise iced water to form soft consistency. Roll out and make 7 or 8 strips 3 in. by 6 in. put on a baking pan, perforate slabs with fork. When baked, put chocolate filling in between jam, or both, and cover with a chocolate icing. Leave in frigid.

—Mrs. J. COHEN.

CHOCOLATE CAKE

- 3 eggs
- 5 tablespoons castor sugar
- 4 tablespoons flour
- 1 tablespoon cornflour
- 1½ teaspoons baking powder
- 1½ ozs. butter
- 4 tablespoons boiling water
- 1 teaspoon vanilla
- 1 tablespoon cocoa.

Beat the eggs and sugar together until creamy and thick, fold in sifted cocoa, flour, cornflour, baking powder and a pinch of salt, lastly add the butter melted in the boiling water. Put into paper-lined sandwich cake tins and bake at 400 for 20 minutes. Turn out onto wire sieve and when cold fill and ice.

Filling: ½ cup finely chopped nuts, ½ cup finely chopped preserved ginger, ½ cup lemon curd. Mix all together and spread between the two cakes. Cover with a chocolate icing.

—Mrs. L. NATHAN.

PINEAPPLE SPONGE

- 4 eggs
- 4 tablespoons sugar
- 4 tablespoons flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- pinch salt.

Beat eggs with sugar until stiff, fold in flour, add baking powder and salt. Bake in sandwich tins at 370 for 25 minutes.

Filling: Whip cream with sugar, spread on both sandwiches with chopped-up canned pineapple. Garnish top with slices of pineapple and whipped cream.

—Mrs. M. FRIEND.

CHERRY CAKE

- 6oz. sugar
- 6oz. butter
- 2 cups flour
- 4 eggs
- 5oz. cherries
- 2 tablespoons milk
- 1 teaspoon baking powder.

Cream butter and sugar, add eggs then flour alternately with milk; finally cherries. Bake in 350 oven for 45 minutes.

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CHOCOLATE CAKE

- 2 eggs
- 5ozs. sugar
- 4ozs. milk
- 4 heaped teaspoons cocoa
- 1oz. Olivine
- 6ozs. flour
- 2 heaped teaspoons baking powder.

Beat eggs well, beat in sugar, beat half the milk and dissolve the cocoa with this, add the cold milk, then add cocoa and milk to mixture. Beat in the Olivine, then the flour with the baking powder added to the last of it. Just before putting in tins add 1 tablespoonful boiling water. Bake in two greased sandwich tins in 400-450 oven for 10 minutes.

—Mrs. ANOLICK.

FRIGIDAIRE CAKE

Separate 6 eggs, add 6 tablespoons sugar to yolks and rub well. Beat whites until stiff and add to yolks and sugar mixture, add 6 tablespoons flour, 2 teaspoons custard powder, 1 flat teaspoon baking powder, fold in lightly. Have ready shallow greased biscuit tin, spread mixture thinly on tin and bake at 350 till slightly brown. Add layers of custard to this cake which has been sliced into portions and top with dry biscuit or cake crumbs.

—Mrs. M. E. KAPLAN.

GINGERBREAD

- 2 cups flour
- 1 cup sugar
- 1 tablespoon Olivine
- 2 tablespoons golden syrup
- 1 dessertspoon ginger
- 1 egg
- 1 teaspoon mixed spice
- 1 teaspoon bicarb mixed with $\frac{1}{2}$ cup milk.

Mix ingredients together and bake in moderate oven for $\frac{1}{2}$ hour. Sultanas, dates or other fruit may be added, if preferred.

—Mrs. ANOLICK.

CHOCOLATE CHIFFON CAKE

Sift flour before measuring and spoon into cup. Sift again twice with other ingredients.

Mix together into paste: $\frac{1}{2}$ cup cocoa in 1 tablespoon cold water, $\frac{1}{2}$ cup boiling water.

Sift: $\frac{1}{2}$ cup sifted flour, 2 tablespoons cornflour, $\frac{3}{4}$ cup sugar, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt.

Make a well and add $\frac{1}{2}$ cup oil, 4 egg yolks (unbeaten), 1 teaspoon vanilla, cold cocoa mixture. Beat with large metal spoon till smooth. Beat in large bowl 4 egg whites, $\frac{1}{2}$ teaspoon Cream of Tartar.

Beat until stiff and dry. It must be so stiff that the peaks remain when bowl is inverted. Pour yolk mixture over whites. Fold in with rubber dish scraper until blended. Do not mix, just keep folding. Pour into large loaf tin or tube pan ungreased. Bake at 325-350 about 50 minutes. Invert until cold.

ORANGE CHIFFON CAKE

Step I:

- 2 $\frac{1}{2}$ cups flour
- 1 $\frac{1}{2}$ cups sugar
- 2 teaspoons baking powder
- 1 teaspoon salt.

Make a well and add in order.

- $\frac{1}{2}$ cup oil
- 5 unbeaten egg yolks
- juice of two medium-size oranges
- grated rind of two oranges.

Beat with a spoon until smooth.

Step II. Measure into large mixing bowl:

- 1 cup egg whites (7-8)
- $\frac{1}{2}$ teaspoon cream of tartar.

Whip until whites form very stiff peaks.

Step III. Pour egg yolk mixture gradually over whipped egg whites, gently folding with rubber scraper just until blended. Do not stir. Pour into ungreased pan immediately. Bake in 350 oven from 45-50 minutes.

—Mrs. S. SINGER.

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FRUIT CAKE

- ½ cup Olivine
- 1 cup sugar
- 1 cup sultanas
- 1 cup currants
- ¼ cup candied peel
- 2 cups flour
- 1 teaspoon baking powder
- 4 eggs
- ½ cup milk.

Sift baking powder with flour three times. Cream oil and sugar, add eggs one at a time and beat well. Add other ingredients, lastly milk and beat well. Bake in moderate oven 1½ hours.

—Mrs. ANOLICK.

FRIGIDAIRE CHOCOLATE CAKE

- 1 packet tennis biscuits
- 1/- slab plain milk chocolate
- 1 egg
- 1 dessertspoon icing sugar.

Melt chocolate in double boiler. Add egg and icing to smooth consistency. Place 5 biscuits on board and spread mixture over and repeat layers and coat with balance of mixture and leave to freeze in fridge.

—Mrs. J. SALOMAN.

HONEY CAKE OR LEKACH

- 4 eggs
- ½ cup coffee or tea
or
- 6 eggs
- 1 cup sugar
- 1 cup honey
- 2 tablespoons oil
- ½ cup raisins
- ½ cup chopped walnuts
- ¼ cup chopped citron or mixed
candied fruit
- ½ teaspoon allspice
- 1 teaspoon cloves
- 2 teaspoons apricot or plum
brandy
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- 3½ cups flour.

If a sponger cake is preferred, use the six eggs and omit the coffee.

Beat the eggs well, add the sugar gradually and continue beating until light. Stir in the honey, the oil, the coffee or tea, and then the rest of the ingredients. Sift the flour, baking powder and soda together and add last. Pour into a paper-lined and oiled pan and sprinkle a few blanched halved almonds on top. Bake in 310 oven for one hour. Invert the pan and allow the cake to cool before removing.

COOKIES

FAIRY CAKES

- 4ozs. butter
- 1½ cups flour
- ½ cup sugar
- 2 eggs
- 2 teaspoons baking powder
- ½ cup milk
- ¼ teaspoon salt
- ¼ teaspoon vanilla essence.

Cream butter and sugar well, beat in eggs one at a time, beating well after each addition. Add vanilla essence. Sift dry ingredients together, then add to mixture, alternately with milk, until the mixture is of the consistency of cream. Bake in 420 oven for 10-15 minutes.

—Mrs. L. HARRIS.

RAINBOW COOKIES

- 8 tablespoons butter
- 1½ cups sugar
- 1½ cups milk
- 2 eggs
- 4 cups flour
- 6 teaspoons baking powder
- ¼ teaspoon salt
- 2 teaspoons vanilla.

Cream butter, add sugar slowly beating well, add milk a little at a time, add beaten eggs, sift flour, baking powder and salt together and add to mixture. Add flavouring, mix well. Divide the mixture into 3 parts, colouring one chocolate, one any preferred colour and leave the remainder white. Drop teaspoons of each colour into greased and floured patty tins and bake in 380 oven for 15-20 minutes. (This recipe can be halved if a large quantity is not required.)

—Mrs. R. KONVISER.

ECLAIRS

- 1 cup boiling water
- ½ cup butter
- 1 cup flour
- ¼th teaspoon salt
- 3 eggs
- 2 teaspoons baking powder.

Heat water and butter in saucepan until it boils up well, add all at once flour sifted with salt, and stir vigorously. Remove from fire

as soon as mixed (take care not to burn flour), cool, mix in unbeaten eggs, one at a time; add baking powder, mix, and drop mixture by dessertspoonful 1½ inches apart on greased tin; shape into circular form with wet spoon. Bake in hot oven at 450 and after 10 minutes reduce heat to 400. Bake for 25 minutes, or until puffs are light brown and thoroughly cooked. Cut with sharp knife and fill with cream or custard. Top with chocolate icing.

DATE DAINITIES

- 1lb. stoned and chopped dates
- 1 cup chopped nuts
- 5 tablespoons flour
- ½ cup sugar
- 2 teaspoons baking powder
- ¼th teaspoon salt
- 1 teaspoon vanilla
- 3 eggs.

Sift flour and then measure. Sift a second time with baking powder. Combine all the other ingredients, the eggs unbeaten. Bake in shallow greased pan at 325 for 45 minutes. Cut into squares and sprinkle with powdered sugar.

ALMOND SLICES

Pastry:

- 2 cups flour
- 3ozs. butter
- 3ozs. sugar
- 1 egg
- 2 teaspoons baking powder
- little water, milk or lemon juice.

Filling:

- Raspberry jam
- 1 egg
- 3 tablespoons sugar
- 2ozs. ground almonds
- 1 tablespoon water.

Make a pastry by cutting butter in dry ingredients then adding egg and water. Line a greased and floured tin with dough spread with jam, then filling which is made by beating egg, folding in sugar, ground almonds and water, and decorate with split blanched almonds, bake in 400 oven for 20 minutes. Cut into slices when cool.

—Mrs. L. STERN.

COCONUT SLICES

Top Mixture:

- 1 cup milk
- 1 teaspoon butter
- enough coconut to form thick paste
- 2 eggs
- sugar to taste
- vanilla essence.

Pastry

- $\frac{1}{2}$ lb. butter
- 2 tablespoons castor sugar
- 1 egg yolk
- 2 tablespoons water
- 1 teaspoon baking powder
- $1\frac{1}{2}$ cups flour.

Pastry: Rub dry ingredients with butter, whip yolk with water and add to mixture, roll out dough and put into a greased and floured flat baking dish, spread with jam and cover generously with coconut filling, bake in 375 oven. Cut into slices when hot.

Filling: Boil milk with butter, when boiled add sufficient coconut to make a stiff paste, add 2 well-beaten eggs, sugar to taste and 1 teaspoon vanilla.

—Mrs. D. JOFFE.

ROCK BUNS

- 16 tablespoons flour
- 1 cup coconut
- 1 cup sultanas and currants
- 2 eggs
- 2 teaspoons baking powder
- 1 cup sugar
- 6 tablespoons oil
- $\frac{1}{2}$ cup milk.

Mix dry ingredients, beat up eggs and add oil, $\frac{1}{2}$ cup milk and bake at 400 for 15 minutes.

—Mrs. J. HARRIS.

BANANA COOKIES

- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ lb. sugar
- 1 egg
- 2 well-mashed bananas
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon vanilla essence
- 2 tablespoons milk in which 1 teaspoon bicarbonate of soda has been dissolved

Cream butter and sugar, add egg, beat well. Add mashed bananas, flour, vanilla and milk with bicarb. Half fill patty tins and bake in 400 oven.

—Mrs. J. PERLMUTTER.

CHOCOLATE COCONUT SLICES

- 7oz. flour,
- 4 full tablespoons sugar
- 3 tablespoons milk
- 2 eggs
- $\frac{1}{2}$ lb. butter
- 1 teaspoon vanilla
- 1 teaspoon baking powder.

Bake in square dish.

Cream butter and sugar, add small quantity of flour and yolk of 1 egg and milk, beating all the time, add the rest of ingredients. Beat the whites very stiffly and fold in. Bake in 350-375 oven for 25 minutes. Allow to stand for 12-14 hours then cut into diamond shaped slices. Dip slices in under-mentioned mixture and roll in coconut.

Mixture: 3oz. butter, 6oz. icing sugar, $\frac{1}{2}$ breakfast cup boiling water, 1 full tablespoon Red label chocolate, 1 teaspoon vanilla. Mix together all ingredients until smooth.

—Mrs. TREVIS.

GINGERBREAD MEN

- 6oz. flour
- 2oz. butter or margarine
- 4oz. golden syrup
- 1 level teaspoon ground ginger
- $\frac{1}{2}$ level teaspoon bicarb
- little pieces glace cherry, almond and prune
- 1 tablespoon sugar
- 1 beaten egg.

For icing: 2oz. icing sugar and about $1\frac{1}{2}$ teaspoonsful warm water.

From stiff paper cut out little men-shaped patterns about 4 inches high before you begin to make the dough.

Put the golden syrup and butter into a saucepan and heat slowly until dissolved, then remove from stove. Sift flour with the bicarb and the ground ginger. Add to melted fat and syrup and mix to a stiff paste. Mix it well until smooth, then take about $\frac{1}{2}$ of the dough and roll to $\frac{1}{4}$ inch thick, lay the paper shapes on the rolled out dough and cut round them with a sharp knife, continue until all dough has been used up. Bake in moderate oven until golden brown, after having decorated the men with the cherry, etc. Decorate with icing afterwards.

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BOSTON BREAD

- ¾ cup boiling water
- 1 cup dates
- 1 teaspoon bicarbonate of soda
- 2 tablespoons butter
- ½ cup sugar
- 1 egg
- 1½ cups flour
- 1 teaspoon vanilla essence
- 1 teaspoon baking powder
- ½ cup chopped walnuts.

Add bicarb to boiling water and pour over dates, allowing same to soak for a few minutes. Cream butter and sugar, beat in egg, add vanilla. Sieve in flour and baking powder and lastly add date mixture and ½ cup chopped walnuts. Put into round greased tins and bake in 375 oven for ¾ hour.

—Mrs. L. STERN.

CURRENT COOKIES

- ½ lb. butter
- 1 cup sugar
- 2 cups flour
- 3 eggs
- 2 teaspoons baking powder
- ½ cup milk
- 1 teaspoon vanilla
- raisins, nuts.

Cream butter and sugar, add egg yolks and mix. Beat whites stiffly and add, then flour, milk, baking powder, vanilla, raisins and nuts and mix all well together. Put small amount in cookie cases or buttered floured patty tins. Bake at 350 for 15 minutes.

—Mrs. L. FERERA.

TARTS

FLAKEY PASTRY

- 3oz. butter
- 1 cup flour
- ½ teaspoon baking powder
- ½ cup sour cream.

Cut butter with knife into flour and baking powder. Add cream and mix well. Put in fridge overnight and bake in 400-450 oven. (Handle as little as possible.)

FRENCH PASTRY

- 1 cup butter
- ½ lb. cream cheese
- 1½ cups flour
- pinch salt.

Cream cheese and butter, add salt and flour. Mix well and freeze overnight. Roll out and cut into different shapes. Fill with jam, press edges together, brush with egg white or milk and sprinkle with nuts and sugar. Bake in 375 to 400 oven for 10 minutes.

PASTRY

- ½ lb. butter
- 2 cups flour
- 2 tablespoons sugar
- ½ teaspoon salt
- 2 eggs
- 1 teaspoon baking powder.

Rub butter into dry ingredients with fingertips, add two eggs and 1 teaspoon baking powder.

PUFF PASTRY

- ½ lb. butter
- ½ lb. flour
- 1 tablespoon vinegar or lemon juice
- 1 glass iced water.

Using knife, cut butter into flour. When mixture finely cut add vinegar and water and mix well. Roll out 3 times, leave in fridge until ready to use.

—Mrs. S. LEVINSON.

PUFF PASTRY WITH PASTRINE

- 1 lb. flour
- 1 dessertspoon salt
- 1 teaspoon baking powder
- 1 lb. Pastrine.

Sift dry ingredients together, grate ½ lb. Pastrine finely into flour, etc., add 1 egg yolk and sufficient water to make a stiff dough. Roll out thinly, cut thin slices from remainder of Pastrine and place on top of dough. Fold over and knead several times. Bake when required, in hot oven.

PUFF PASTRY

- 2½ cups flour
- ½ lb. butter
- ½ pint cream.

Rub butter into flour with fingertips. Add cream to mix into a dough. This dough can be kept in fridge and used when required.

BOILING WATER PASTRY

- 6oz. butter or shortening
- $\frac{1}{2}$ cup boiling water
- 2 cups flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt.

Pour boiling water over shortening and beat until creamy and quite cold. Add flour, which has been sifted with salt and baking powder. Mix well and place in fridge. When firm enough to handle roll out thinly using as little flour as possible.

—Mrs. TAYLOR.

APPLE TART

- $\frac{3}{4}$ lb. flour
- $\frac{1}{4}$ lb. sugar
- $\frac{1}{4}$ lb. butter
- 1 egg.

Knead all ingredients into a stiff dough. Peel and core 8 apples, stew lightly with 1 tablespoon butter, 1 to 2 tablespoons sugar, little cinnamon, and then roll out dough into baking tin, fill with apples, then cover again with dough and bake for about $\frac{1}{2}$ hour.

—Mrs. DE HAAS (Sr.).

APPLE TART (enough for two tarts)

- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ cup sugar
- 1 lb. flour
- 2 teaspoons baking powder
- 2 well-beaten eggs
- juice of $\frac{1}{2}$ lemon and water.

Rub butter into flour, add sugar and baking powder, then eggs, lemon juice and water to mix. Roll out and put into pans. Add same filling as above. Bake in moderate oven for 20 to 25 minutes.

CRUMB APPLE TART

- 2 cups flour
- 2 tablespoons butter
- 2 tablespoons sugar
- 1 well-beaten egg
- 1 teaspoon baking powder.

Mix dry ingredients with tips of fingers. Add sufficient egg to make crumbs. Put half in pie-dish. Spread with a thick layer of stewed apples. Cover apples with balance of crumbs. Bake in moderate oven for 30 minutes.

—Mrs. BENJAMIN.

PINEAPPLE TART

Make any preferred pastry and line dish with same and top before baking with the following filling:—

Filling: 1 pineapple and 1 large apple (grated). Add two table-spoonfuls sugar and 1 dessertspoon custard powder. Simmer on stove, stirring until it thickens. Cool. When tart has been baked with the pineapple filling, cover it with a meringue made of stiffly-beaten egg whites and sugar (2 tablespoons to each egg white) and bake in cool oven until light brown.

ORANGE TORTE

- 5 eggs
- 1 cup sugar
- $\frac{3}{4}$ cup matzo meal
- $\frac{1}{2}$ cup ground nuts
- 2 teaspoons orange juice
- grated rind of 1 lemon and 1 orange
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon cloves.

Beat together egg yolks and sugar until light. Add grated rinds, orange juice and nuts; mix, add meal, baking powder and spice. Lastly, fold in stiffly-beaten egg whites. Line pan with waxed paper, put in pastry mixture, then add filling and bake at 325 for an hour.

ALMOND TART

- $\frac{1}{2}$ lb. butter
- 1 egg
- 4 tablespoons sugar
- almond essence
- 1 teaspoon baking powder
- $1\frac{1}{2}$ cups flour
- little iced water.

Cream butter, egg and sugar well together, add almond essence, baking powder and flour. If the dough is too stiff add little iced water. Roll out and put into a greased baking dish, add filling and bake in moderate oven for $\frac{1}{2}$ hour.

Filling: $1\frac{1}{2}$ cups ground almonds, 1 egg, 3 tablespoons sugar, 2 table-spoons cold water, little almond essence. Mix all ingredients together to form a smooth paste. When pastry in baking dish add blobs of jam (strawberry preferred) then filling, and decorate top with cut blanched almonds.

—Mrs. C. NEGIN.

ALMOND TORTE

2oz. butter
2oz. sugar
1 egg
5 tablespoons milk
6oz. flour
2 level teaspoons baking powder
pinch salt.

Make pastry of above ingredients by creaming butter and sugar; add well-beaten egg, milk and flour alternately, until dough is pliable. Lastly, add baking powder. Pat and spread on to a greased baking tin, then top with the following filling:

Filling: 3oz. melted butter, 3oz. ground almonds, tablespoon castor sugar, 1 tablespoon milk, vanilla essence.

Mix these ingredients together, pat over dough in the greased pan, bake for 25 minutes in 400 oven.

—Mrs. GERSHON.

LEMON MERINGUE TART

1½ cups flour
½lb. butter
pinch salt
½ cup cream.

Rub flour with butter, add salt and cream; when dough ready, put in fridge for 10 minutes. Then bake shell.

Filling: 1 tin condensed milk, yolk 2 eggs, juice 2 small lemons and rind.

Mix the above well, pour into baked shell, whip up the two whites stiffly with 2 tablespoons sugar, spread over lemon filling and bake in slow oven till meringue set.

—Mrs. I. PICHANICK.

MILK TART

2 cups milk
2 heaped tablespoons flour
½ tablespoon butter
½ cup sugar
½ teaspoon almond essence
2 eggs.

Boil 1½ cups milk. Beat yolks of eggs well and add ½ cup cold milk. Mix flour and sugar and add to egg yolks and milk. Stir in boiling milk, then add butter. Take off fire and allow to cool. Put in stiffly beaten egg whites and almond essence. Then put mixture in a tart plate lined with pastry and bake in hot oven 450. If desired, sprinkle a little powdered cinnamon on top.

—Mrs. L. SANDERS.

LEMON TART

1 cup sugar
3 eggs
3 lemons
1½ cups cold water
2 tablespoons corn starch, dissolved in 2 tablespoons cold water.

Separate eggs and put aside whites for meringue. Mix sugar thoroughly with egg yolks. Add 1 tablespoon cold water. Add lemon juice and remainder of cold water. Add juice and water to yolk mixture. Mix well. Bring all to boil, stirring constantly. When it begins to boil add the dissolved corn starch gradually. When thick, remove from fire. Pour lemon mixture into baked crust and cover with meringue made of 3 egg whites beaten stiffly with 2 tablespoons sugar.

PALESTINE TART

3 tablespoons flour
3 tablespoons milk
3 tablespoons sugar
2 tablespoons butter
3 eggs
2 teaspoons baking powder
1 teaspoon vanilla essence.

Rub yolks with sugar and butter to a cream, slowly add milk, and mix in flour and baking powder. Finally add vanilla essence. Grease tins, line with pastry and bake shell for 20 minutes in 400 oven. Beat egg whites to stiff froth, add gradually 1½ tablespoons sugar and a little vanilla essence, put layer of strawberry jam on flan, then white meringue and bake for 3 minutes.

—Mrs. BERMAN.

CUSTARD TART

½lb. butter
½ cup sugar
2 cups flour
1 egg
1 teaspoon baking powder.

Make dough by cutting butter into dry ingredients until very fine; add egg. Roll pastry into 4 separate pieces about 4in. by 9in. and bake side by side in flat baking tin. Prepare some thick custard and when cold place between the three layers of pastry. Mince the fourth piece and sprinkle on top and all sides of the cake, which should have custard on top and on each side, in order to hold crumbs.

—Mrs. I. LASOVSKY.

PASTRY FOR MEAT DISHES OR PIES

- 3/4 lb. Pastrine
- 1 lb. flour
- 1 teaspoon cream of tartar
- little salt.

Cut Pastrine into flour well, add cream of tartar and proceed as for recipe given for puff pastry.

—Mrs. S. LEVINSON.

POST TOASTY TART

- 1 heaped cup Post Toasties
- 2 tablespoons butter
- 1/2 teaspoon cinnamon
- 2 tablespoons sugar.

Crush above ingredients with fork, mix well and mould into a Pyrex dish to form a flan.

Filling:

- 2 cups milk
- 3 egg yolks
- 1/2 cup sugar
- 2 dessertspoons malzena
- vanilla essence.

Make a custard of the above ingredients; when cooked, mix well, add 1 dessertspoon butter, mix and pour over the Post Toasty flan. Make a meringue of the 3 egg whites and 1 cup sugar, cover custard with meringue, crumb Post Toasties and sugar on top and bake in 250 oven till meringue is set.

—Mrs. GERSHON.

CHEESE CAKE

- 2 cups flour
- 1 teaspoon baking powder
- 2 eggs
- 2 tablespoons butter
- 2 tablespoons sugar
- 1 teaspoon vanilla essence
- 8 Marie biscuits.

Rub butter and sugar until creamed, add eggs one at a time, then flour and baking powder. Line dish with pastry.

Filling: 2 packets cream cottage cheese, cream with small teacup sugar, 1 teaspoon vanilla essence, 2 eggs (yolks only) lastly egg whites stiffly beaten. Crush Marie biscuits and spread over filling. Bake for 1/2 hour at 400.

CRUMB TART

Filling:

- 2 cups milk
- 2 tablespoons flour
- 3 egg yolks
- 1/2 cup of sugar
- 1 teaspoon essence

Pastry:

- 14 Marie biscuits
- 2 tablespoons butter
- 1/2 teaspoon cinnamon.

Pastry: Roll Marie biscuits with rolling pin until fine, rub butter into biscuits and add cinnamon. Pat into Pyrex dish and add following filling.

Boil all ingredients, stir well and when thick take off stove and cool. Meanwhile beat 3 egg whites with five dessertspoons extra sugar, fold in cool custard, pour mixture into Marie biscuit pastry and bake in moderate oven.

MOCK STRUDEL

- 2 eggs
- 1/2 lb. melted butter or other shortening
- 1 1/2 cups flour
- 2 heaped teaspoons baking powder
- 1 teaspoon salt
- 1 cup ground mixed nuts
- 1 cup raisins
- 1 cup jam
- 1 teaspoon cinnamon
- 1 heaped tablespoon sugar.

Mix eggs with 3 tablespoons melted butter, flour and baking powder. Knead well and roll out fairly thin, as thin as it will roll, without breaking. Spread dough with a little of remaining butter, then sprinkle nuts, raisins, jam and cinnamon and sugar over entire surface of dough; then roll dough over and over as for jelly roll. Place the roll in a long buttered tin. Pour over it the remaining melted butter, place in medium oven and bake 1 hour. When cool slice into 1-inch slices. Grated apple may be added to the filling if preferred and 1 tablespoon syrup may be poured over when baking.

APPLE CAKE

- 3 eggs
- 2 cups Marie biscuit crumbs
- 2 cups stewed apple (mashed finely)
- 2 tablespoons melted butter
- 1½ cups Nestles sweetened condensed milk
- 2 tablespoons lemon juice
- ½ teaspoon ground cinnamon.

Add butter and cinnamon to biscuit crumbs. At the bottom of buttered baking dish spread a thick layer of crumbs. Beat egg yolks and add condensed milk, lemon juice and apple. Beat the egg white stiffly and add. Pour into baking tin and cover with layers of biscuit crumbs. Bake in 350 oven for about 45 minutes.

BISCUITS

WITH BUTTER

STANDARD BISCUIT OR TART RECIPE A

- 3 cups flour
- 1 cup sugar
- 3 teaspoons baking powder
- 3 eggs
- ½ lb. butter flavouring.

Cut butter into sifted flour, sugar and baking powder until texture of fine breadcrumbs, beat up eggs and add to mixture to form smooth dough of pliable consistency, do not use all the eggs but leave a little to brush over biscuits before putting into oven which should be 400.

—Mrs. J. COHEN.

POST TOASTY BISCUITS

- 2 eggs
- 1 cup sugar
- ½ lb. butter
- 1 cup chopped walnuts
- 1 cup minced dates
- 2 teaspoons vanilla
- 2 teaspoons baking powder
- enough flour to make a dough suitable for rolling (about 3 cups) Post Toasties.

Cream eggs with sugar, melt butter and stir in, add dry ingredients. Roll mixture into little balls, coat with Post Toasties. Put biscuits on greased pan, garnish top of biscuit with cherry, press biscuit down slightly when adding the cherry.

—Mrs. MOLLY LASOVSKY.

Useful hint when baking biscuits with butter, add 1 tablespoon Olive to recipe.

—Mrs. F. BREST.

BISCUITS C

- 2 cups flour
- ½ cup sugar
- 1 teaspoon baking powder
- pinch salt
- 6 tablespoons pastrine
- 1 teaspoon vanilla or lemon juice
- 2 eggs.

Sift dry ingredients together. Melt 6 tablespoons pastrine night before and allow to set. In winter pastrine can be melted 1 hour or so before baking biscuits. Work shortening into dry ingredients, add well-beaten eggs, essence. Bake in 450 oven until done.

—Mrs. H. KRICKLER.

PEANUT COOKIES

- 2 fresh egg whites
- 1 small cup castor sugar
- 2 small teacups warmed raw peanuts (remove shells).

Beat whites stiffly, beat in sugar, mince the peanuts and fold into meringue mixture. Put into 300 oven with both switches turned low. Put heaped teaspoons of mixture well apart on baking sheet.

—Mrs. C. ILJON.

SHORTBREAD

- ½ lb. butter
- 2 tablespoons cornflour
- 3 tablespoons sugar
- 2 cups sifted flour
- pinch salt.

Knead all ingredients together well until a smooth dough is formed. Pat mixture out into a buttered and floured tin, bake in a moderate oven and cut into strips while warm.

—Mrs. A. ROBINSON.

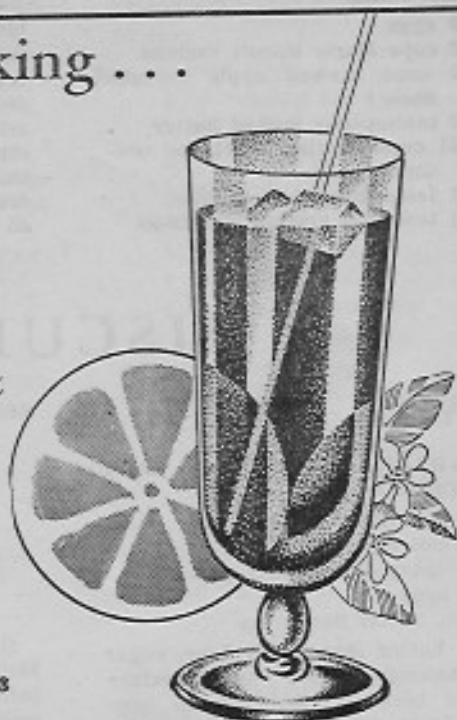
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BISCUIT DOUGH B

- ½ lb. butter
- 1 cup sugar
- 4 cups sifted flour
- pinch salt
- 2 eggs
- dessertspoon milk
- teaspoon flavouring
- 2 teaspoons baking powder.

Cream butter and sugar well, add flour, salt and gradually well-beaten eggs and milk, lastly add baking powder, knead to form smooth dough, roll out, cut into shapes and bake at 400.

—Mrs. P. BLOOM.

CUSTARD CREAMS

- ½ lb. butter
- 6 tablespoons flour
- 3 tablespoons custard powder
- 1 teaspoon baking powder
- 2 tablespoons sugar,
- 1 egg.

Cream butter and sugar, add dry ingredients, lastly well-beaten egg. Mould to form dough of rolling consistency, cut into shapes and bake 400 oven.

—Mrs. I. BARON.

BOUDOIR BISCUITS

- 1 egg
- ½ lb. butter
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- ½ cup milk
- 2 cups flour.

Cream butter and sugar, add baking powder, vanilla, milk and flour. Roll out into strips, cut into suitable lengths and bake on greased and floured baking tin.

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—Mrs. M. E. KAPLAN.

GROUND ALMOND BISCUITS

- 2ozs. ground almonds
- 1½ tablespoons sugar
- 3½ tablespoons butter
- 5 tablespoons flour
- 1 teaspoon vanilla.

Cream butter and sugar. Add vanilla. Add almonds and flour. Roll and cut in desired shapes.

CREAM STRAWS

- 1 large cup cream
- ½ lb. butter
- 2 cups flour
- 1 teaspoon baking powder
- pinch salt.

Rub butter into flour, baking powder and salt. Add cream. Mixture should not be heavy. Roll out to about ¼ inch thick. Cut into strips. Dip in castor sugar and twist. Bake in 400 oven for 10 minutes. This recipe may also be used for puff pastry.

—Mrs. L. JOELSON.

CREAM BISCUITS OR TART PASTRY

- 1 cup cream
- 1 egg yolk
- ½ lb. butter
- 2 teaspoons baking powder
- pinch salt
- enough flour to make fairly soft dough.

Mix dough in the usual way by cutting butter into dry ingredients add beaten egg and cream, brush biscuits slightly with beaten white and little sugar, bake in hot oven.

—Mrs. C. WERNICK.

POST TOASTY BISCUITS

- 4oz. butter
- ¾ cup sugar
- 2 eggs
- 1 cup chopped nuts
- 1 cup sultanas
- 1 cup flour
- 1 teaspoon baking powder.

Rub butter and sugar together well, add eggs one at a time, add nuts and sultanas and flour, lastly baking powder; make into small balls and roll in crumbed Post Toasties.

—Mrs. I. BARON.

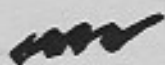
CORN FLAKE CRISPS

- 2 egg whites
- two-thirds cup sugar
- 1 teaspoon vanilla
- 2 cups corn flakes.

Preheat oven to 450. Beat egg whites until nearly stiff; add sugar gradually, continuing to beat until stiff. Add vanilla. Fold in corn flakes. Drop by teaspoonful on greased baking sheet. Place in 450 oven with both elements switched off. Leave until crisp — about 30 minutes.



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CUSTARD BISCUITS

- 1 cup flour
- 4 level tablespoons custard powder
- 4 level tablespoons castor sugar
- 2 level teaspoons baking powder
- $\frac{1}{2}$ lb. butter
- 1 egg.

Mix flour, custard powder, sugar and baking powder together, rub in butter, add beaten egg. Cut into small rounds, bake and when ready put two biscuits together with jam and decorate top with icing.

—Mrs. N. ROSIN.

RICE CRISPIES DAINITIES

- 1 packet Rice Crispies
- 1 large slab Nestles milk chocolate
- walnuts
- $\frac{1}{2}$ lb. butter
- 1 large packet pink and white marshmallows.

Put 3 cups water in one saucepan. In another put butter, marshmallows and chocolate over the pot of water (heated) and melt. Then add the whole packet of Rice Crispies to mixture. Turn with spoon until Crispies are covered with mixture. Press mixture into a flat tin, garnish with walnuts and leave to cool for 10 minutes, then cut into squares.

MINCEMEAT FILLING

- $\frac{1}{2}$ lb. each of currants, stoned raisins, sultanas, demarara sugar and chopped butter or vegetable fat
- 4 large apples
- the juice and rind of an orange and a lemon
- 1 teaspoon of ground cinnamon and mixed spices
- $\frac{1}{2}$ lb. each of chopped cherries, dates and nuts (optional).

Peel and chop apples, mix with sugar, fruit juices and rind. Mix sultanas and raisins; mix with cherries melted butter or pastime, adding a little brandy. Mix well, stand in covered basin till next day, stir well and bottle. Will keep for 2-3 weeks.

ALMOND NUT BISCUITS

- $\frac{1}{2}$ lb. flour
- 6ozs. butter
- 3ozs. grated almonds or other nuts
- 2ozs. sugar
- icing sugar
- vanilla.

Pour a little vanilla into icing sugar and leave to dry out. Mix all other ingredients together to form a dough. Break off into small pieces and roll with hands into strips, then form crescent. Bake in medium oven for about 10 minutes until a light golden brown. Dip hot biscuit into icing sugar mixture.

—Mrs. M. STEIN.

STUFFED MONKEYS

- $\frac{1}{2}$ lb. butter
- nearly $\frac{1}{2}$ cup sugar
- 1 egg
- little milk
- 1 teaspoon vanilla essence
- 1 teaspoon baking powder
- 2 cups flour

Rub butter into dry ingredients, beat up egg with little milk and add together with essence to form dough. Roll out portions of dough thinly, brush with beaten egg, sprinkle with raisins, sultanas, chopped nuts, sugar and cinnamon. Roll up and cut into slices. Brush top with beaten egg. Bake in 375 oven.

—Mrs. N. KRIKLER.

NUT AND CINNAMON BISCUITS

- 1 $\frac{1}{2}$ cups flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 2 tablespoons sugar
- $\frac{1}{2}$ lb. butter
- 1 egg
- little milk
- $\frac{1}{2}$ teaspoon vanilla
- cinnamon
- walnuts and raisins.

Mix all dry ingredients, rub in butter, add egg, milk and vanilla. Roll out thinly, sprinkle dough with cinnamon, sugar, nuts and raisins, roll up, brush egg on top, sprinkle with chopped walnuts. Bake in 400 oven then cut into portions when done.

—Mrs. L. BLOOM.

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SCOTCH SHORTBREAD

8ozs. flour
4ozs. castor sugar
8ozs. butter
4ozs. cornflour.

Put all ingredients into a basin and knead until a smooth dough is formed. Keep kneading until there are no cracks or crumbs left. Press into greased tin and pierce several places with knitting pin. Bake about 30 minutes in fairly hot oven. Take out of oven, allow to cool slightly and cut into slices while in tin. When cold remove from tin.

—Mrs. D. SHAPIRO.

CINNAMON ROLLS

2 cups flour
¾ cup milk
2 tablespoonsful butter
3 teaspoons baking powder
sugar
½ teaspoonful salt.

Sift dry ingredients, rub in butter with fingers and add milk. Roll dough out thinly and sprinkle with cinnamon and sugar. Roll up and cut into small pieces. Before sprinkling with cinnamon and sugar, spread pastry with a little butter. Bake in 400 oven.

CHEESE STRAWS

1 cup flour
1 tablespoon butter
1 cup grated cheese
pinch salt
paprika

3 tablespoons thick sour cream.

Mix all ingredients together, roll out, fold up again, repeat this three times, then roll out about 1 inch thick, cut into strips, sprinkle with grated cheese and bake in hot oven for 10 minutes.

—Mrs. W. STEIN.

CHEESE STRAWS

4ozs. cheese
3ozs. butter
6ozs. flour
1 beaten egg
½ teaspoon salt
little cayenne pepper.

Rub ingredients together, roll out and cut into long strips. Bake in hot oven.

—Mrs. C. WERNICK.

SPICED BISCUITS

5ozs. butter
2ozs. sugar
5ozs. flour
1 teaspoon baking powder
1 egg
1 teaspoon cinnamon
pinch salt
little mixed spice
2ozs. coconut.

Mix all ingredients well together, roll out and cut. When baked put two together with little jam.

NUT BISCUITS

8ozs. brown sugar
4ozs. almonds
4ozs. flour
3ozs. butter or margarine.

Chop almonds fine, mix all ingredients together, make into little heaps on a well-buttered baking tin, keeping them well apart. Bake for 10-15 minutes in 375 oven.

—Mrs. C. VAN DEN BERGH.

BISCUITS

4 egg yolks
3 whites
1½ cups sugar
2 teaspoons vanilla
½lb. butter
2 teaspoons baking powder
enough flour to make smooth dough (3 cups).

Cream eggs and sugar, put in melted butter, add dry ingredients, grease pan and put biscuits cut into shapes on same and paint them over with the extra egg white, finally sprinkle with sugar.

—Mrs. MOLLY LASOVSKY.

MELTING MOMENTS

2 cups flour
½lb. maizena
½lb. butter
½lb. sugar
2 eggs
2 teaspoons baking powder.

Cream butter and sugar, beat in eggs one at a time. Sift in all dry ingredients. Bake in spoonfuls in hot oven.

Filling: 3ozs. icing sugar, 1oz. butter. Cream butter well, add icing sugar and vanilla essence. When biscuits are cold put together with filling.

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CREAM CHEESE BISCUITS

- ½ lb. butter
- ½ lb. cream cheese
- 1 cup flour.

Mix all ingredients together. Roll out, cut into rounds and leave plain or turn over after filling centre with jam.

KISSES

- 4ozs. flour
- 4ozs. maizena
- 1 teaspoon baking powder
- 2-3ozs. butter
- 4ozs. sugar
- 2 eggs.

Sift together flour, maizena and baking powder. Cream butter and sugar, beat in eggs and add flour, maizena and baking powder alternately. Make into small balls, flatten out slightly on baking sheet and when baked put two together with jam or icing.

SPICE BISCUITS

- 2 teaspoons spice
- 1 teaspoon cinnamon
- 2 eggs
- ½ lb. butter or pastrine
- 1½ lbs. flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon ginger and 1 wine-glass wine.

Mould all ingredients together to form smooth dough, roll out and bake in hot oven.

DATE AND WALNUT DAINTIES

- 1 lb. stoned and chopped dates
- 1 cup chopped walnuts
- ½ cup sugar
- 5 large tablespoons flour
- 2 teaspoons baking powder
- 3 eggs
- pinch salt
- ½ teaspoon vanilla essence.

Sift together flour, baking powder and salt. Add nuts, dates, sugar. Then drop in eggs without previously beating. Add essence and mix all well together. Spread mixture onto greased baking tin and bake in 400 oven for 25 minutes. Cut into squares when cool.

—Mrs. L. SANDERS.

COCOA BISCUITS

- 5ozs. butter
- 2 tablespoons sugar
- 1 egg
- 1 tablespoon cocoa
- 1 teaspoon cinnamon, if desired
- 1 teaspoon baking powder
- 1 cup flour or sufficient to make into small balls

Cream butter and sugar, add egg. Add dry ingredients. Take small portion and roll into balls. Place on pan and make flat with fork dipped into flour. Bake in 350 oven.

SHORTBREAD

- 6 tablespoons flour
- 2 tablespoons castor sugar
- 2 tablespoons maizena,
- ½ lb. butter.

Mix all ingredients and knead well. Press into a sandwich tin, prick with fork. Bake in slow oven for half an hour. Cut white hot and leave in tin to cool.

—Mrs. D. NOAR.

SHORTBREAD BISCUITS.

- 1 lb. butter
- 3 breakfast cups flour
- 1 cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 2 eggs.

Rub butter into sifted flour and salt, till fine. Add sugar and mix it in well. Beat eggs and add slowly to mixture, add vanilla, knead well. Roll out to approximately ½ inch thick and cut into tarts, biscuits, etc. Bake in 450-500 oven for 10-15 minutes or until golden brown.

—RUTH LIPTZ.

WITH OIL

OIL BISCUITS

- 3 coffee cups sugar
- 3 eggs
- 1½ coffee cups oil
- 1½ coffee cups milk
- ½ teaspoon bicarbonate soda
- enough flour to make dough.

Mix together all ingredients, finally add flour. Roll out, cut into shapes and bake in 400 oven.

—Mrs. J. TARICA

OIL BISCUITS

- 1 egg
- 1 tablespoon oil
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 2 cups flour.

Make a dough of above ingredients, roll out, cut into shapes and bake till brown.

—Mrs. M. E. KAPLAN.

OIL BISCUITS

- 4 eggs
- 4 tablespoons sugar
- 4 tablespoons oil
- 3 cups flour (or more if necessary)
- 2 teaspoons baking powder
- 1 teaspoon vanilla essence.

Beat sugar, oil and eggs, add flour and baking powder and vanilla. Knead the mixture well. Roll dough out in thin strips. Fold each strip, twist and bring ends together in form of a circle. Paint with egg and sprinkle sesame seeds. Place biscuits on greased pan and bake in oven at 400.

—Mrs. BEN YEHUDA.

ORANGE BISCUITS

- $\frac{1}{2}$ lb. butter
- $\frac{1}{2}$ cup oil
- 3 eggs, beaten well
- 1 orange rind and juice
- 1 cup sugar
- $\frac{1}{2}$ teaspoon salt
- 3 heaped teaspoons baking powder.

Mix butter with sugar well, mix in oil gradually, add salt, orange juice and rind, mix in flour, baking powder and make into soft dough. Roll out, cut into shapes, bake at 400.

—Mrs. S. KING.

FRUIT BISCUITS

- $\frac{1}{2}$ lb. raisins or sultanas
- $\frac{1}{2}$ lb. figs
- $\frac{1}{2}$ lb. dates
- 6ozs. grated nuts
- $\frac{1}{2}$ lb. quaker oats
- 4 tablespoons oil.

Mix together the fruits, then dampen quaker oats with oil, mix in the rest of the ingredients, place teaspoonful in greased pan and bake in slow oven, approximately 250, until crisp.

—Mrs. S. FIRST.

CRUNCHIES

- $\frac{1}{2}$ lb. butter
- $1\frac{1}{2}$ cups flour
- 1 cup sugar
- 1 cup coconut
- 1 tablespoon syrup
- 1 teaspoon bicarbonate soda.

Melt butter and syrup on stove, stir in the bicarbonate, then mix in dry ingredients. Put mixture into greased baking dish 1. 350 oven for half an hour. When hot, cut into slices.

—Mrs. A. LIDSKY.

POST TOASTY CRISPS

2 egg whites, $\frac{1}{2}$ cup sugar beat to a meringue, the eggs, then fold in the sugar, add 2 cups Post Toasties and $\frac{1}{2}$ cup chopped nuts and 1 cup coconut. Put in spoonfuls on greased baking sheet and bake in moderate oven.

—Mrs. A. LIDSKY.

FRITLACH

- 1 egg
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup flour
- approximately $\frac{1}{2}$ teaspoon baking powder.
- pinch salt.

Beat egg slightly, add salt and flour and baking powder, knead well to form a fairly stiff dough, roll out very thin and cut into 2-inch diamond shapes and fry in hot oil till golden brown, drain on brown paper and then dust with sugar.

—Mrs. D. NOAR.

FRITLACH.

- 2 cups flour
- $\frac{1}{2}$ teaspoon baking powder
- 2 teaspoons sugar
- pinch salt
- two well-beaten eggs
- egg cup oil
- 2 teaspoons cold water.

Sift dry ingredients, make a well in centre and add the eggs, then oil and water. Roll dough out thinly, cut into 2-inch diamond squares, cut a hole in centre of each and slot one edge of square through, to give the biscuits an attractive shape. Then fry in hot oil.

—Mrs. H. KRIKLER.

GINGER BUSCUITS (Butter & Oil)

- 4 large cups flour
- 1 cup sugar
- ½ lb. butter
- 1 tablespoon oil
- 2 teaspoons bicarb dissolved in
½ cup boiling water
- 2 teaspoons ginger
- little cinnamon and spice
- pinch salt
- 1 cup syrup.

Rub butter into flour, add sugar, ginger, spices and syrup and lastly bicarb and water; if the dough is too hard, add a little milk. Roll out to ¼-inch thickness, cut into shapes and bake in 300 oven for 10-15 minutes.

KICHLACH

- 6 eggs and 3 yolks
- 1 tablespoon sugar
- 6 dessertspoons Olivine
- 1 small teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon ginger (if preferred).

Mix dry ingredients. Beat eggs and yolks and add together with olivine. Knead well. Roll thinly, cut into shapes and prick with a fork. Bake at about 450 till done.

—Mrs. ANOLICK (Sur.).

KICHLACH

- 8 teaspoons sugar
- ½ cup oil
- 2 teaspoons salt
- 12 eggs
- 6 cups flour.

Beat yolks with oil and sugar, beat whites separately, add 6 cups sifted flour, and finally fold in stiffly beaten whites. Roll out thinly and cut.

—Mrs. N. KLUG.

MERINGUES

- 2 egg whites
- 4 tablespoons sugar.

Beat very stiffly the egg whites and sugar, so that it is firm when turned over. Heat oven to 350, leave at that heat for half an hour before meringues are ready to be put in. Drop small spoonfuls of mixture on greased reverse side of cooking pan, turn off oven and bake. Do not open oven.

—Mrs. A. N. ALHADEFF.

RICHIKAS

- ½ glass oil
- ½ glass sugar
- juice of 1 orange, and milk to
make ½ glass
- 3 eggs
- 6 glasses flour
- 3 teaspoons baking powder
- little cinnamon (optional) or
orange rind.

Mix sugar, milk, oil, eggs and cinnamon, add flour sifted with baking powder. Mince dough once, cut into shapes or roll, as for beigel very thin, spread with beaten egg on top, turn face downwards on sesame seeds. Bake at 400, when finished leave in cool oven (200) switched off, until oven is quite cold.

—Mrs. S. N. ALHADEFF.

BOURICKITAS

- 1 cup oil
- 1oz. butter
- flour to make dough
- warm water
- 1 teaspoon salt.

Mix all ingredients to make dough, cut into small pieces about size of walnut, roll flat, put in a little filling in each and roll up.

Filling: Mashed potatoes, grated cheese, a little boiled rice (optional), 4 or 5 eggs, pinch salt.

—Mrs. M. TARICA.

MERINGUES

- 2 egg whites
- 1½ cups castor sugar (if possible)
otherwise ordinary sugar
- 2 teaspoons baking powder.

Beat whites to thick froth, add sugar slowly, beating all the time, stir in baking powder, drop from spoon onto greaseproof paper. Bake in 300 oven which has been switched off.

—Mrs. M. LEWIS.

MACAROONS

Three whites stiffly beaten, put in double boiler over boiling water and slowly add 1 cup sugar, stir for 10 minutes. Take off stove and add 2 cups coconut. Drop with teaspoon on to buttered, floured dish. Bake in slow oven (250) for half an hour.

—Mrs. J. HARRIS.

COURABIE BISCUITS

- 1 cup oil
- 1 cup sugar
- $\frac{1}{2}$ teaspoon bicarb
- 1 teaspoon cinnamon or ground cloves

Mix oil and sugar, add cinnamon or cloves and bicarb, add flour till mixture sticks to hands, when pressed. Press into shapes and bake.

—Mrs. KOBLENZ.

SNOWBALLS

- 2 eggs
- pinch salt
- $1\frac{1}{2}$ cups flour (approx.)
- $\frac{1}{2}$ cup sugar
- 1 teaspoon cinnamon
- vegetable oil

Mix the first three ingredients and knead until soft and elastic. Roll out on a floured board to a thin sheet. Cut into two-inch squares, drop in hot oil and fry until a delicate brown, turning if necessary. Drain off on absorbent paper and while hot dust with powdered sugar and cinnamon.

GINGER BISCUITS

- 1lb. flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup syrup
- $\frac{1}{2}$ cup water
- 4 tablespoons Olivine
- 2 eggs
- little grated orange rind
- some raisins
- 1 dessertspoon ginger
- little cinnamon
- 1 teaspoon bicarbonate of soda
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- little cloves.

Mix flour, sugar, salt, baking powder and spices together. Put soda into water and add together with Olivine. Knead very well, to make hard dough. Roll into long strips, brush over with beaten egg and bake in 400 oven. Cut into shapes while warm.

—Mrs. ANOLICK (Snr.)

VICTORY BISCUITS

- $\frac{1}{2}$ cup Olivine
- 2 cups flour
- $\frac{1}{2}$ cup cornflour
- 2 small tablespoons custard powder
- 1 egg
- $\frac{1}{2}$ teaspoon each vanilla and lemon essence
- $\frac{1}{2}$ teaspoon baking powder
- pinch salt
- $\frac{1}{2}$ cup sugar.

Blend thoroughly Olivine, sugar and egg. Add essence, sift flour, cornflour, custard powder, salt and baking powder into a separate bowl. Now add gradually to first mixture resulting in a stiff dough. If egg is small add little milk, but a stiff consistency dough is necessary. Roll out, cut into shapes and bake in 400 oven for 10 minutes.

GINGER BISCUITS

- 1lb. syrup
- $\frac{1}{2}$ lb. butter,
- 1 cup sugar
- 2 eggs
- 1 dessertspoon ginger
- 1 teaspoon mixed spice
- 1 teaspoon bicarbonate soda dissolved in $\frac{1}{2}$ cup boiling water
- enough flour to make fairly stiff dough.

Mix syrup, butter and sugar, add lightly beaten eggs, ginger, spice and bicarb and water, add sufficient flour to make stiff dough, roll out, cut into shapes and bake at 400.

—Mrs. J. BLOOM.

PEANUT MACAROONS

- Whites of 2 eggs
- $\frac{1}{2}$ cup sugar
- 2 cups cornflakes
- 1 cup chopped peanuts
- pinch salt.

Beat whites stiffly, fold in sugar, cornflakes, peanuts and pinch salt. Drop on tin lined with greaseproof paper and put in slow oven for 20 minutes.

—Mrs. S. JONES.

KICHLACH

2 eggs
1 dessertspoon oil
 $\frac{1}{2}$ teaspoon sugar
pinch salt
 $\frac{1}{2}$ teaspoon baking powder
enough flour to form dough.

Beat eggs well, add oil, sugar, salt and baking powder, mix well, then add as much flour as required to make soft dough, but not too soft to roll out. Roll out thinly, cut into required shapes, sprinkle with sugar. Bake in 450 oven till done.

—Mrs. E. BUCHMAN.

CRACKNEL BISCUITS

4 eggs
1 dessertspoon sugar
2 tablespoons oil

enough flour to make dough of smooth rolling consistency.

Beat eggs till frothy, add sugar gradually and beat till light. Beat in oil, add flour. Roll into rope about $\frac{1}{2}$ inch thick. Cut into 2-inch lengths and form rings. Drop into boiling water, cover and leave for one minute. Bake on hot baking sheet 450 to 475 till golden brown.

—Mrs. TAYLOR.

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Hot Puddings .

STEAM PUDDING

½ lb. pastrine
½ cup sugar
pinch salt
rind of 1 orange and juice
1 cup flour
sultanas, dates, nuts, little
cinnamon.

Cream pastrine with sugar, add salt, rind and juice of orange, 1 cup flour, mixed fruits and cinnamon. The mixture should be of a fairly firm consistency. Put in greased cocoa tins and steam for 2½-3 hours in boiling water. Serve with orange sauce.

Sauce: Juice of 1 orange, 1 dessertspoon wine, 1 tablespoon golden syrup. Mix ingredients together and warm.

—Mrs. NOAR.

GINGER PUDDING

2 eggs
pinch salt
1 teaspoon ginger
2 tablespoons fat
2 tablespoons syrup
1 teaspoon baking powder
1 teaspoon cinnamon
flour.

Beat eggs with syrup and fat. Add ginger, salt and cinnamon. Add baking powder with enough flour to make a consistency of thick cream. Bake in greased pan for 15 minutes.

HOT APPLE ROLL PUDDING

1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
2 cups thinly sliced apples
4 tablespoons butter
1 cup brown sugar
cinnamon

Sift together flour, baking powder and salt and work in shortening. Add enough milk to make a dough. Roll out ½ inch. Spread with apples, brown sugar and cinnamon. Turn in ends and roll like jelly roll. Cut into slices about 2 inches wide. Place on greased pan and put ½ teaspoon butter on each roll. Bake about 30 minutes in hot oven.

CAKE PUDDING

One tin peaches, pears or fruit salad. Turn fruit into pyrex baking dish, removing some of the juice, prepare standard sandwich cake recipe and pour over fruit. Bake in moderate oven. Serve with cream.

LEMON PUDDING

1 tablespoon pastrine
pinch salt
2 cups castor sugar
2 tablespoons flour
juice of 1 lemon
2 eggs
1 teacup milk.

Cream pastrine, add salt and sugar, then flour, lemon juice and mix well. Beat egg yolks, add to milk and add to mixture stirring in gradually. Fold in stiffly beaten egg whites. Place pie-dish with mixture in a roasting tin containing a little cold water, bake for 1 hour. Dredge with castor sugar before serving.

—Mrs. A. LIDSKY.

TOAST FRUIT PUDDING

4 slices toast
1 teaspoon baking powder
1 tablespoon sugar
1 teaspoon ginger
1 tablespoon jam or marmalade
3 heaped tablespoons shortening
2 tablespoons wine or 1 table-
spoon brandy
½ cup currants
½ cup sultanas
1 tablespoon mixed peel
2 eggs.

Soak toast in water, then squeeze dry. Add teaspoon baking powder, sugar, ginger, jam and shortening. Then add currants, sultanas peel. Mix well. Beat up 2 eggs (keeping aside one egg white) and mix in well. Bake in pyrex dish in moderate oven for 45 minutes. When finished remove from oven, put a layer of jam on top. Beat up egg white with a little sugar and put over the jam. Put back in oven for meringue to set.

—Mrs. BENJAMIN.

BOILED CHOCOLATE PUDDING

- ½ lb. grated chocolate
- ½ lb. sugar
- 5 yolks of eggs and stiffly beaten whites
- ½ lb. grated almonds.

Mix all the above ingredients together, then fold in stiffly beaten egg whites. Put in pudding basin and steam for two hours.

—Mrs. I. R. ROSIN.

PLUM PUDDING

- 1 quart breadcrumbs
- 1 cup water if crumbs are dry, otherwise use ½ cup water
- 1 cup raisins
- ½ cup citron
- 1 teaspoon allspice
- ½ teaspoon nutmeg
- 1 teaspoon soda
- 1 egg
- shortening, size of an egg
- 1 cup syrup
- candied cherries or other fruit
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- ½ cup sugar

Cream sugar and shortening, add syrup, soda and egg. Add rest of ingredients and steam for one hour.

APPLE CUSTARD

- 1 cup cake crumbs
- 2 grated apples (or other grated fruit)
- cinnamon, sugar, sultanas
- 1 egg
- salt
- large cup milk.

Mix cake crumbs with fruit, cinnamon, sugar and sultanas. Mix egg with little salt and milk. Pour over dry ingredients, dab liberally with butter and bake at 400 for about ½ hour. Serve with a hot jam sauce.

—Mrs. B. I. HOFFMAN.

LOKSHEN PUDDING (MEAT)

- 1 pkt. lokshen (broad)
- 2 tablespoons chicken fat
- 1 tablespoon syrup
- 2 eggs
- 1 pinch cinnamon.

After boiling lokshen in salt water, pour over cold water and strain. Mix with the above ingredients. Bake in pyrex dish till done (350 oven for ½ hour). Syrup may be omitted if preferred.

POTATO PUDDING (KUGEL)

- 5 large potatoes
- 3 eggs
- ½ cup matzo meal
- 1 teaspoon grated onion
- ½ cup shortening
- 1 teaspoon baking powder
- 1 teaspoon salt
- dash of pepper
- dash of cinnamon.

Grate the potatoes on a fine grater, drain off most of the water and add the eggs and the other ingredients. Pour into a well-greased heated pudding dish and bake in 400 oven for about one hour or until a brown crust has formed on top. To make the pudding lighter in texture and colour, substitute 1 large cooked and mashed potato for one of the raw potatoes and decrease the matzo meal to ½ cup.

APPLE CHARLOTTE

- 4 apples
- 2 bananas
- 1 orange
- sugar
- cake or breadcrumbs.

Cut up apples and slice into fairly thick slices, put on bottom of greased pyrex dish. Cover with 1 sliced banana, dust over with sugar and cinnamon. Repeat until fruit is used up. Over the fruit sprinkle crumbs, more sugar and a little grated orange rind. Pour the juice of the orange over. Top with knots of butter and bake in moderate oven. Serve hot or cold.

—Mrs. B. I. HOFFMAN.

PUMPKIN FRITTERS

- 1 cup mashed pumpkin
- good pinch salt
- grated rind of lemon (optional)
- 1 tablespoon sugar
- 2 eggs, separate
- ½ teaspoon baking powder
- ½ teaspoon cinnamon
- 1 tablespoon flour.

Mix mashed pumpkin with flour, add salt, baking powder, lemon rind, sugar, egg yolks, mix well, fold in stiffly beaten whites. Drop in spoonfuls in hot oil or fat and fry till golden brown. Drain on brown paper and sprinkle with sugar.

—Mrs. D. NOAR.

POTATO LATKES

- 6 potatoes grated fine
- 1 medium-sized onion, grated
- 1 dessertspoon flour
- salt and pepper to taste
- 1 egg.

Mix together all ingredients, allow to stand 15 minutes, remove excess liquid. Drop tablespoons in hot oil and fry till golden brown.

—Mrs. M. LIPTZ.

APPLE STRUDEL

- 1 large cup flour
- 1 tablespoon shortening (see recipe for fat under Miscellaneous)
- 1 egg
- little cold water.

Sift flour, add shortening, add egg and mix together then add little cold water to make dough of soft rolling consistency (like lokshen). Roll out thinly, preferably on a floured cloth, spread dough with little dabs of shortening, two grated apples, jam, syrup, cinnamon and sugar mixed together, raisins, sultanas. Then roll up like a swiss roll, twist to form a crescent and put into a flat pyrex dish which has been spread with shortening and little syrup. Bake in a 350 oven for $\frac{1}{2}$ hour basting occasionally and when brown serve hot.

—Mrs. J. MIDDLEDORF.

FLUFFY LEMON BREAD PUDDING

- 2 cups scalded milk
- 3 cups soft bread cubes
- 3 egg yolks (beaten)
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon nutmeg
- $1\frac{1}{2}$ teaspoons grated lemon rind
- $\frac{1}{2}$ teaspoon lemon extract.

Pour scalded milk over bread cubes. Let stand until milk is absorbed. Add remaining ingredients and beat well with rotary egg beater. Pour into greased pyrex dish. Set in pan of hot water and bake in 350 oven for 1 hour. Remove from oven, top with meringue made from egg whites and 3 tablespoons sugar (added after egg whites are stiffly beaten) and return to oven to bake 10 minutes longer or until delicately browned.

—Mrs. S. LEVY.

JAZZ PUDDING

- 2ozs. butter
- 2½ozs. flour
- 2ozs. sugar
- 1 egg
- $\frac{1}{2}$ teaspoon baking powder
- little milk
- vanilla essence
- 1 teaspoon cocoa.

Cream butter and sugar together, add egg, flavouring, flour, baking powder and milk. Divide mixture into three basins, colour one pink and one chocolate, put each mixture by spoonfuls in mould and steam for 1 hour.

APPLE PIE

Four apples boiled soft, custard made of 1 cup milk, vanilla, teaspoon lemon juice, sugar to taste, 2 teaspoons custard powder. Crust made from $\frac{1}{2}$ lb. butter, 2 tablespoons sugar, 2 tablespoons flour, 1 egg, 1 full teaspoon baking powder.

Place apples in dish, pour custard over, then pour over crust mixture and bake. Serve hot.

—Mrs. I. LASOVSKY.

DATE PUDDING

- 2 cups flour
- 2 cups breadcrumbs
- $\frac{1}{2}$ lb. dates
- $\frac{1}{2}$ cup raisins
- 2 tablespoons fat
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon salt,
- 3 eggs
- 1 tablespoon syrup.

Mix together all ingredients, place in pyrex dish and bake till done.

LOKSHEN PUDDING (MILK)

- 3 eggs
- $\frac{1}{2}$ cup jam
- $\frac{1}{2}$ lb. butter
- 3 cups boiled lokshen.

Put lokshen in greased pyrex dish. Beat up eggs and milk and mix in lokshen. Add jam (if preferred), also sultanas, butter, salt to taste and mix all together. Bake for $\frac{1}{2}$ hour in 350 oven.

—Mrs. JACOBSON.

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Cold Puddings

PEACH PUDDING

- 2 cups peach juice (canned)
- 6 tablespoons cornflour
- 6 tablespoons sugar
- 1 lemon
- 1 cup whipped cream.

Mix cornflour and sugar. Boil two cups fruit juice and pour on to cornflour mixture. Stir well and boil again for 5 minutes, stirring all the time. Remove from stove and add juice of 1 lemon and little grated lemon rind. Let cool and beat in cream. Place in fridge. to set.

CHOCOLATE SOUFFLE

For each person allow stick of slab chocolate and 1 egg. Slightly melt chocolate in oven until soft. Put in basin and add yolk of eggs. Stir until quite smooth. Whip whites very stiff, fold into chocolate and yolks. Put into dish to set cold. Serve with whipped cream on top.

COFFEE PUDDING

Cream together 4ozs. butter, 4ozs. sugar, yolks of 4 eggs. Add very slowly 6 tablespoons very strong hot coffee, stirring well all the time. Butter a mould, line with sponge fingers, pour in mixture and leave for two hours in a cool place. Turn out and cover with whipped cream and decorate with blanched almonds. Cocoa can be substituted for coffee if desired.

ORANGE ANGEL PUDDING

- 6 oranges
- 2 teacups water
- 1 cup sugar
- 1½ tablespoons custard
- 2 eggs.

Boil juice of oranges with the water and ½ cup sugar, mix custard with cold water and add gradually, whip up the yolks with the remainder of sugar, then add well-beaten whites to yolks, remove liquid from the stove, add eggs beating well, set in mould.

—Mrs. KOPMAN.

COFFEE CREAM MOULD

- 3 eggs
- 2 cups milk
- 1 level tablespoon powdered gelatine
- little sugar o taste
- flavouring.

Add beaten egg yolks to hot milk, stir until thick and sweeten to taste. Remove from heat and add gelatine which had been dissolved in a little hot water, and a few drops of coffee essence or two tablespoons black coffee. Any other flavouring may be used. When nearly cold, stir in ½ cup whipped cream and well-beaten egg whites. Pour into mould and leave to set in fridge.

—Mrs. A. LIDSKY.

GRENADELLA SOUFFLE

- 3 eggs
- ½ cup sugar
- 1 dessertspoon lemon juice
- 2 teaspoons gelatine
- 1 cup grenadilla juice
- ½ pint cream
- ½ cup water.

Mix together sugar, egg yolks, lemon juice and pinch salt. Cook over hot water till thick, stirring all the time. Dissolve gelatine in ½ cup water, add to grenadilla juice. Mix in egg mixture, leave to cool and when beginning to set add ½ pint cream and 2 stiffly beaten whites of eggs.

—Mrs. J. RITCHKIN.

GINGER ROLL

- 1 cup whipped cream
- 1 teaspoon almond extract
- 1½ doz. ginger biscuits.

Whip cream until stiff. Add almond extract. Spread whipped cream on biscuits and pile on top of one another. Lay horizontally in ice tray (tray previously prepared with greaseproof paper). Cover top and side of biscuits with cream. Set in fridge. for about 4 hours. Slice diagonally for serving.

—Mrs. J. RITCHKIN.

LAST MINUTE PUDDING

Any stale cake (preferably
sponge)
sherry
jam
1 cup custard
cream.

Line an ice tray with greaseproof paper. Break cake into crumbs into tray. Soften crumbs with sherry and press down hard with fork. Spread this with jam, repeat this for 3-4 layers. Add custard lightly coloured pink. Set in fridg. for about 1 hour. Turn out into serving dish. Whip cream and spread on pudding. Garnish with nuts and cherries.

—Mrs. J. RITCHKIN.

STRAWBERRY FLAN

1 strawberry jelly
1 punnet strawberries
1 tin condensed milk
2 egg whites.

Make jelly, put strawberries through sieve. Add condensed milk. When jelly is cold add strawberries and condensed milk, then add egg whites. Set in fridg. until cold.

—Mrs. J. RITCHKIN.

MOUSSE AU CHOCOLATE

$\frac{1}{2}$ lb. sugar
 $\frac{1}{2}$ lb. chocolate
coffee extract or essence (about
3 tablespoons)
4 eggs.

Melt chocolate and sugar in coffee extract. Take off fire. Break in egg yolks, stirring after each egg. Let cool. Whip egg whites till stiff. Add to mixture and stir gently. Let cool and set in fridg.

—Mrs. C. VAN DEN BERGH.

TRIFLE

Swiss Roll
tin canned fruit
raspberry jam
wine or sherry
nuts
custard
cream.

Cut cake into slices and sprinkle with wine or sherry, then add dabs of raspberry jam, cover with fruit juice, add fruit, nuts and custard. Decorate with whipped cream, nuts and cherries.

—Mrs. NOAR.

ORANGE CREAM

4 eggs
 $\frac{1}{2}$ lb. sugar
4 oranges
1 cup white wine
1 dessertspoon gelatine.

Beat yolks with sugar, add juice of 4 oranges, grated rinds of 2 oranges, warm wine and melt gelatine, then put all ingredients which have been well mixed into the fridg., when just setting fold in stiffly beaten whites, return to fridg. This recipe can be varied by using lemon, chocolate or coffee, in the latter instances omit wine and dissolve gelatine in chocolate or coffee warmed with a little milk.

—Mrs. I. R. ROSIN.

ICE CREAM A

3 eggs
 $\frac{1}{2}$ tin condensed milk
1 teaspoon vanilla
1 dessertspoon honey or golden
syrup
 $\frac{1}{2}$ pint whipped cream
little brandy (optional)
2 dessertspoons coffee essence
(optional).

Beat yolks, beat in condensed milk and honey, add flavouring. Stir in whipped cream and finally fold in stiffly beaten egg whites. Put in fridg., cover with greaseproof paper.

—Mrs. M. STEIN.

ORANGE PUDDING

Juice of 4 oranges
1 pkt. orange jelly
1 cup water
3 eggs
3 tablespoons sugar.

Rub sugar with yolks, add jelly, which has been dissolved in 1 cup boiling water, add orange juice and lastly fold in stiffly beaten egg whites. Put in fridg. to set.

—Mrs. STRELITZ.

CUSTARD JELLY

Make a jelly and allow to cool. When cool put in 1 pint fairly thick custard, whip both jelly and custard together then fold in two stiffly beaten egg whites

—Mrs. BENJAMIN.

CHOCOLATE PUDDING

- ½ cup milk
- ½ cup water
- ½ cup sugar
- 2 tablespoons cocoa
- heaped teaspoon gelatine
- 2 eggs.

Boil milk, water, sugar, cocoa and gelatine. Remove from stove and stir in two well-beaten egg yolks. Put in fridg. and when slightly set beat until fluffy, then fold in two stiffly beaten egg whites. Same recipe can be used for any fruit flavour, substituting 1 cup fruit juice instead of milk and water.

—Mrs. M. STEIN.

BANANA PUDDING

- 3 ripe bananas mashed
- 1 tablespoon sugar
- 1 teacup whipped cream
- ½ cup milk
- 2 stiffly beaten egg whites
- 1 dessertspoon gelatine dissolved in ½ cup hot water.

Mash bananas, add sugar, put bananas into whipped cream and milk, stir well, add gelatine dissolved in hot water and lastly fold in stiffly beaten egg whites. Wet mould and set mixture in fridg., when set turn out and decorate with cream, cherries and nuts.

—Mrs. C. LANDAU.

ICE CREAM WITHOUT CREAM

- 3 eggs
- 3 cups milk
- 1 tin sweetened condensed milk essence.

Beat eggs with milk and put on to boil slowly, stirring all the time, when at boiling point take off stove and cool. When cool add 1 tin sweetened condensed milk and any desired flavouring. Two hours before serving remove from fridg., beat up well and return to fridg.

—Mrs. NOAR.

PINEAPPLE MOUSSE

- 1 tin unsweetened Ideal milk
- 1 tin pineapple
- 1 dessertspoon gelatine
- ½ cup hot water.

Bring tin of milk to boil (in a saucepan of water) for 20 minutes. When cool put in fridg. and leave overnight. Next morning, remove milk from tin and beat up well, add chopped up pineapple, 1 cup pineapple juice and beat in the gelatine dissolved in hot water. Put in fridg. and before serving garnish with cream and pineapple.

—Mrs. R. FREDMAN (Byo).

ICE CREAM

- ½ pint cream
- 2 tablespoons sugar
- 2 eggs
- flavouring.

Beat egg yolks and sugar well. Beat cream and add to yolks and sugar and finally fold in stiffly beaten whites.

LEMON SNOW

- 2 cups lemon juice
- 4 tablespoons sugar
- 2 stiffly beaten egg whites
- 2 tablespoons maizena, mixed with cold water to form paste.

Boil the lemon juice with the sugar, just before it starts to boil gradually add the maizena and bring to boil for a few minutes, remove from stove, cool, then add stiffly beaten whites.

—Mrs. NOAR.

GINGER PUDDING

- 2 eggs
- ½ pint cream
- ½ pint cold milk
- 1½ level dessertspoons gelatine
- 2 tablespoons ginger syrup
- 1 tablespoon castor sugar
- 2ozs. preserved ginger.

Make a custard of yolks and milk, add sugar and stir till it thickens. Dissolve gelatine in 1 tablespoon warm water and with it mix ginger syrup. Cut ginger into small pieces and put all into custard. Put aside to cool, when cool whip cream and stir lightly into custard. Add stiffly beaten egg whites. Set in mould.

—Mrs. A. RALSTEIN (Byo).

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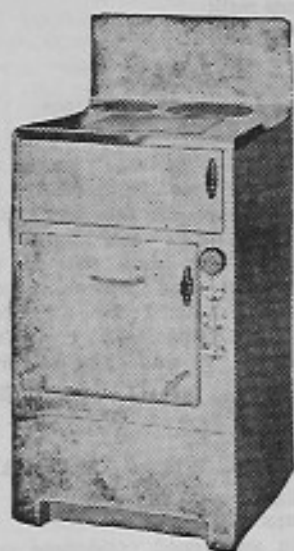
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COFFEE CREAM

- ½ pint custard
- ½ pint cream
- 3-4 tablespoons very strong coffee
- ½ cup water
- 1 teaspoon lemon juice
- 1 level tablespoon gelatine greengage jelly
- about 2 tablespoons sugar to taste.

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

—Mrs. A. RALSTEIN.

HIGHLAND MOUSSE

- 2 tablespoons jelly crystals
- 1 cup cream
- 1 egg white
- 2 tablespoons icing sugar
- 2 cups tinned cherries
- 7 tablespoons boiling water
- ½ teaspoon vanilla.

Dissolve jelly in water, cool slightly. Whip cream then stir in sugar, vanilla and dissolved jelly. Fold in stiffly beaten egg white. Pour into wet mould. When set turn out. Pour cherries round.

—Mrs. A. RALSTEIN.

- 6 eggs (separated)
- ½ lb. slab Bournville unsweetened chocolate
- 2 tablespoons sugar
- 2 teaspoons gelatine
- ½ cup hot water.

Beat yolks well with sugar until creamy, melt chocolate with 2 tablespoons water until smooth, dissolve gelatine in ½ cup boiling water, add chocolate mixture and gelatine mixture to beaten yolks and sugar, beat all well together and lastly fold in stiffly beaten whites. Put in fridg.

—Mrs. J. GORDON (Byo).

Jams, Sweets, Preserves, Pickles, Beverages

JAMS

ROSELLA JELLY

Carefully remove red leaves from pods. Weigh leaves and rinse in cold water, shake well and put in pan with fresh water—2 breakfast cups to each lb. of leaves—boil 20 minutes. Stir often as it burns very quickly. Strain through a wire sieve, using a wooden spoon to rub it through. Then take a cup and measure out the juice, allowing one cup sugar to each cup of juice, place this mixture in pan again and boil for another 20 minutes or until it jellies, when a little is run onto a cold plate.

GUAVA JELLY

Cut guavas up roughly, cover with water and boil for 2 hours. Strain off liquid through butter muslin, when cool, add 1 cup of sugar for each cup of juice and 1 tablespoon lemon juice to each pint of liquid, return to pot, boil gently until it sets or a little syrup poured onto a cold plate jellies quickly.

—Mrs D. NOAR.

GOOSEBERRY JAM

Wash gooseberries well and prick each one gently with a pin a couple of times. Add about $\frac{1}{2}$ cup water to 4lbs. fruit and bring gently to the boil for one minute, then add $\frac{1}{2}$ lb. of sugar to each lb. of fruit, boil gently until jam sets in cold water.

—Mrs. R. KONVISER.

GRAPE JAM

Weigh fruit and allow $\frac{1}{2}$ lb. sugar to each lb. grapes. Boil up the sugar with $\frac{1}{2}$ glass water, taking care the sugar does not burn, add the grapes and as the pips appear try and remove as many as possible with a spoon, simmer jam slowly until it sets in cold water.

—Mrs. C. NEGIN.

STRAWBERRY JAM

Allow 1lb. sugar to each lb. fruit, put sugar on to boil with a little water, add strawberries and cook slowly until set.

—Mrs. B. PASSOV.

ORANGE JAM

6 large oranges

3 large lemons.

Mince the fruit finely, but discard all pips. Cover with $\frac{4}{5}$ pints water and leave 24 hours. Then boil for $1\frac{1}{2}$ hours before adding 5lbs. sugar. Boil till it jellies.

BEVERAGES

LEMON SYRUP

4 oranges (juice and rind)

8 lemons (juice only)

1 pkt. tartaric acid

$\frac{1}{2}$ pkt. epsom salts

6 teacups sugar

6 teacups boiling water.

Put all ingredients on to boil 5 minutes, leave to cool, strain and bottle.

—Mrs. I. LASOVSKY.

LEMONADE

$1\frac{1}{2}$ cups sugar

rind of 1 lemon

juice of 6 lemons

1 cup water.

Make syrup of water, sugar and lemon rind. Boil for 5 minutes. Add lemon juice, strain, dilute to taste with cold water—about 2 tablespoons to one glass.

FRUIT SYRUP

4 large lemons

4 cups sugar

8 cups boiling water

1 pkt tartaric acid.

Squeeze the juice of lemons, add grated rinds, add sugar, tartaric acid and boiling water and cut up the remains of the lemons, put all into pot, leave overnight, strain and bottle next morning.

—Mrs. L. HARRIS.

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HOMEMADE WINE

40lbs. grapes
10lbs. sugar.

Remove grapes from stalks, place into barrel, add sugar, stir grapes and sugar a few times with a wooden stick or rod, cover top of barrel with muslin (to protect from dust), leave for seven days to ferment, during fermentation a bubbling sound is heard, stir mixture through occasionally. After seven days, close the top of the barrel with cork. Wine should mature in about two months.

—Mrs. M. E KAPLAN.

SWEETS

FUDGE

3 squares unsweetened chocolate
1½ cups (1 tin) condensed milk
1½ tablespoons butter
2 cups confectioners sugar
1 teaspoon vanilla
½ cup nuts.

Melt chocolate in double boiler. Add condensed milk and cook for five minutes, stirring constantly until mixture thickens. Remove from fire, add butter and vanilla, and work in the sugar. Fold in chopped nuts and pour into shallow buttered pan. Cut in squares when cool.

WATERMELON KONFYT

Take a ripe watermelon, peel off the outer rind and remove inner pink flesh. Prick rind, cut into squares. Steep the peel for 24 hours in solution of lime water, using 1 tablespoon of lime to 6 pints of cold water, then rinse thoroughly in fresh water, drain. Boil for ½ hour or more in fresh water. In the meantime dissolve sugar in boiling water allowing 6lbs. to every 5lbs. of peel and then 3 cups of water to every cup of sugar. Add the drained peel and a few pieces of ginger tied in a muslin bag or a few sticks of cinnamon. Cook gently for 5 hours or until peel is clear and transparent, then remove the flavouring; put into jars and cover tightly when cold.

COCONUT ICE A

3 cups coconut
4 cups sugar
1 cup milk
1 teaspoon butter.

Boil sugar, milk and butter in pot for 5 minutes, then add coconut, boil for about 8 minutes. Put half the mixture in greased sandwich tin, then colour the other half and put on top. When cold cut in pieces.

—Mrs. D. NOAR.

COCONUT ICE B

½lb. icing sugar
½lb. desiccated coconut
pinch cream of tartar
milk.

Sift icing sugar and mix with coconut, add pinch cream of tartar and work into a stiff paste with milk. Divide into two portions and knead, adding to one portion a few drops of colouring. Put into a flat tin one on top of the other and when set cut into squares.

—Mrs. M. Pokroy.

FUDGE

2 cups white sugar
1 cup milk
1 tablespoon syrup
1 teaspoonful cocoa
1 teaspoonful vanilla
1 teaspoonful flour
butter
1 cup milk
12 walnuts.

Boil sugar, milk, syrup, cocoa and flour for 12 minutes. Test in cold water. If it sets, add chopped walnuts and boil for another two minutes. Remove from fire and add the butter (about the size of an egg) and vanilla. Beat well for about 5 minutes or until thick. Pour into greased shallow dish and cut into squares when cold.

PEPPERMINT CREAMS

½lb. icing sugar
6 drops peppermint essence
enough cream or stiffened white
of egg to make stiff paste.

Knead ingredients well, roll out and leave for two days, cut into small rounds. Colour green if desired.

CRYSTALLISED ORANGE SKINS

Boil the skins of 4 oranges till soft. Remove rind. Add one cup sugar to each orange and place skins and sugar in a saucepan over a slow fire. Boil slowly until sugar is syrupy. Flatten skins and sandwich two together with the rinds outside. Beat up syrup with an egg beater till white and pour over skins. Cut into any shapes as desired.

TOFFEE

- 4 cups sugar
- ½ lb. butter
- 1 lb. tin Nestle milk
- 1 cup water.

Boil above ingredients for 18 minutes and when removing from stove add ¼ bottle vanilla essence, chopped walnuts. Pour into a buttered loaf pan and cut when cold.

MARZIPAN

- 1 lb. almonds
- 1 lb. sugar
- white of one egg
- 2 cups cold water.

Put sugar, water and well-beaten egg white into pot and boil, removing scum which will form on top. Boil until a thick syrup is formed. Blanch and mince almonds very finely, add this to thick syrup and stir until the syrup has been absorbed. Remove, when cool, roll out and cut into pieces.

—Mrs. J. N. ALHADEFF.

GRAPE FRUIT POMERANTZEN

Save the skins from three grape fruit, soaking them in cold water for two days. Put skins in fairly large pot of fresh water and bring to the boil. Strain, and put skins back into pot in cold water to re-boil. Strain skins again, quarter them and prick over them with a fork, and put back into pot in which 3 cups sugar and 3 cups water have previously been mixed. Simmer slowly until fruit crystallises, stirring at intervals to prevent burning. When fruit becomes transparent and syrup quite thick, place on a wet board and sift fruit with sugar if desired. Allow to dry.

—Mrs. R. BENJAMIN.

SESAME SEED SWEETS

- 1 glass clean roasted sesame seeds
- 1 glass sugar

Heat a dry saucepan on the stove, when hot put in sugar and stir until it melts into a thick syrup. Take off stove and put on side, stir in sesame seeds (or as alternative shelled roasted monkey nuts). Turn out quickly onto a tray greased with oil, roll quickly, using a lemon as a rolling pin and cut into shapes.

—Mrs. TREVIS.

APRICOT SQUARES (Pietzlach)

- 2 lbs. dried apricots
- 2 lbs. sugar
- ½ cup water.

Mince apricots, add sugar and water. Boil on slow oven stirring all the time so that mixture does not stick to bottom of saucepan. (If apricots are very dry, it may be advisable to boil first with a little extra water before mincing.) Have ready a clear board which should be dampened with water, when mixture is ready spread out evenly on wet board to about ½-inch thickness. Can be decorated with branched and sliced almonds. When dry, cut into squares and roll in sugar.

—Mrs. M. E. KAPLAN.

TAIGLACH (PESACH)

- 6 eggs
- 1 tablespoon oil
- 1 tablespoon Pesach brandy
- 1 teaspoon ginger
- cake meal
- 1½ lbs. syrup or honey
- 1 lb. sugar
- 4 cups water.

Boil sugar, syrup and water together for 5 minutes to make a syrup.

Dough: Beat up six eggs, add 1 tablespoon oil, 1 tablespoon brandy, ginger, plus enough cake meal to make mixture roll. Roll out into balls, put into boiling syrup, boil for 25 minutes with lid on. Take off lid, stir and boil until golden brown, test one by putting into cold water, and if it floats then they are ready.

—Mrs. W. LAZARUS.

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PINEAPPLE SWEETS

- 3 pines
- 2½ cups sugar
- 2 pkts. pine jelly.

Grate pines, drain juice, add sugar to pine pulp, boil slowly for 15 minutes, add jelly, boil for 20 minutes, stir continually, put onto a wet board then cut into shapes.

GINGER CARROT SWEETS (IMBERLACH)

- 5lbs. carrots
- 5lbs. sugar
- 1b. coconut, if desired
- ginger to taste.

Grate raw carrots and mix with sugar till watery. Place on the stove and simmer for about 2 hours, stirring continually till it begins to thicken. Add ginger to taste and finally coconut. Place on a wet board and flatten to required thickness. Allow to cool and cut into squares.

PLETZLACH

- 1lb. sugar
- 1lb. dried apricots.

Boil fruit with little water (about ¾ cup), strain and mince, then boil with sugar for 1½ hours until hard. Pat onto wet board and cut when cold.

—Mrs. N. ROSIN.

BEEF PRESERVE (PESACH)

- 4lbs. beets
- 3lbs. sugar
- ½lb. almonds
- 3 lemons
- 2ozs. ginger.

Wash and peel young beets, slice very thin or put through food chopper. Cover with water and cook slowly until tender. Add sugar, giner cut fine, lemon juice and rind. Cook slowly until thick and clear, about 1 hour. When nearly done, add blanched cut almonds.

TAIGLACH I

- 5 eggs and 2 yolks
- 1 tablespoon oil
- 1 dessertspoon brandy
- ½ cup sugar
- flour
- 2 tablespoons ginger
- 1½lbs. syrup
- 1lb. sugar
- 2 cups water.

Beat up eggs, add oil, brandy, sugar, ginger and enough flour to make a fairly stiff dough, then roll into shapes and put into water, syrup and sugar, which has been boiling, allow to boil for ¼ hour, when ready put onto wet board and sprinkle with coconut or sugar.

N.B.—When Taiglach are boiling do not lift lid for 20 minutes.

—Mrs. J. MIDDLEDORF.

TAIGLACH (FILLED) II

- 1 doz. eggs
- 4 cups water
- 2lbs. syrup
- 2 teaspoonsful ginger
- 2lbs. sugar
- 2lbs. flour
- 4 teaspoonsful oil.

Mix beaten eggs with flour and oil to make a soft dough. Mince fruit (raisins, dates, prunes). Roll dough into small balls with filling inside. Roll long strips round the balls. Triangular shapes can also be made.

Boil water, sugar and syrup, add balls. Add ginger just before removing taglech, which should be golden brown when done. They must boil for 1 hour. Remove from fire and add 2 cups boiling water, stirring all the time. Remove to board and while still hot, roll in sugar. If desired, make smaller shapes and leave in syrup.

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Passover Dishes

KNAIDLACH A

- 2 eggs
- 1 dessertspoon fat
- little salt
- 3 full tablespoons matzo meal.

Separate yolks and whites of eggs. Mix yolks well with fat, add little salt, add matzo meal, mix mixture well. Fold in stiffly beaten whites and mix all ingredients again. Roll into small balls (the size of 1/-). Put into boiling water or soup for 5 minutes.

—Mrs. M. E. KAPLAN.

KNAIDLACH B

- 1 egg
- 1 tablespoon fat
- 3 tablespoons cold water
- salt
- pepper
- little ginger
- 5 tablespoons matzo meal.

Beat egg very well, add water, salt, pepper and ginger to taste, beat again, add matzo meal. Allow to stand 20 minutes. Put into boiling water or soup for 15 minutes.

—Mrs. I. LASOVSKY.

KNAIDLACH C

- 1 egg
- 1 tablespoon fat (chicken fat preferred)
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ teacups matzo meal
- 1 cup boiling water.

Beat up egg, add fat, salt, matzo meal. Lastly add boiling water, mix all up and allow to get cold. Make into small balls and drop into boiling soup for 10-15 minutes.

—Mrs. J. SCHWARTZ.

SPONGE CAKE C

- 5 eggs
- 5 tablespoons sugar
- 3 tablespoons cake flour
- grated rind of 1 lemon.

Beat up eggs and sugar till thick cream. Fold in cake flour, mixed with grated rind of lemon. Bake in moderate oven 40 minutes.

—Mrs. JACOBSON.

KNADLECH D

- 2 eggs, separated
- $\frac{1}{2}$ cup matzo meal
- $\frac{1}{2}$ teaspoon salt
- dash of ginger (if desired)

Beat the whites until stiff, continue beating while you add gradually the yolks, which have been beaten together, then add the matzo meal and seasoning. Leave to stand for $\frac{1}{2}$ -1 hour then put into boiling soup, after forming balls.

—Mrs. A. LESSEM.

CHREMSLACH

Using any of the above mixtures, form into flat cakes and fry in fat until light brown. Serve with soup.

Knaidlach Filling:

- 1 egg yolk
- 1 tablespoon fat
- 1 teaspoon cinnamon
- salt and pepper and little sugar
- enough matzo meal for soft mixture (about 2 tablespoons).

Make balls with any of the above mixtures and fill knaidlach with small quantity of filling.

PASSOVER SPONGE CAKE B

- 6 eggs, separated
- 1 small cup sugar
- $\frac{1}{2}$ cup potato flour
- $\frac{1}{2}$ cup cake meal.

Beat up whites of eggs with 1 small cup sugar till thick, as for meringues, add beaten yolks. Fold in potato flour, then cake meal, mix well together. Bake in moderate oven for 40 minutes.

—Mrs. S. FEINSTEIN.

ALMOND CAKE

- 6 eggs
- $\frac{1}{2}$ lb ground almonds
- 1 dessertspoon brandy
- 1 teacup sugar (not quite full).

Beat yolks and sugar. Mix in nuts. Add brandy, fold in whites. Bake in slow oven $\frac{1}{2}$ hour-1 hour. The tin must be well greased and dusted with potato flour.

—Mrs. M. STEIN.

PASSOVER SPONGE CAKE A

- 6 eggs
- 2 tablespoons Olive
- 6 tablespoons sugar
- 4 tablespoons potato flour
- 4 level tablespoons cake meal
- juice of 1 orange or $\frac{1}{2}$ lemon.

Separate yolks of eggs, add sugar and oil. Cream well until sugar has dissolved, add juice of orange or lemon, add flour, mix well, lastly add stiffly beaten whites. Put mixture in 375 oven in a covered pyrex dish or pot, switch both elements off for 20-25 minutes then remove lid from pot and bake for another 10 minutes.

—Mrs. C. NEGIN.

NUT CAKE

- 4 eggs, separated
- 5ozs. sugar
- 5ozs. grated nuts
- $\frac{1}{2}$ rind of lemon and lemon juice.

Stir yolks of eggs with sugar. Add alternately the whipped whites and grated nuts, finally the lemon rind and juice. Bake in 350 oven until done.

—Mrs. GLATTER.

BUTTER CAKE

- 4ozs. butter
- 4ozs. castor sugar
- 2ozs. grated almonds
- 4ozs. potato flour
- 2 eggs.

Cream butter and sugar, add lightly beaten eggs, stir in potato flour and grated almonds. Spread evenly in greased sandwich tins. Bake in 400 oven 15-20 minutes. Fill with desired filling.

APPLE TORTE

- 8 apples pared and grated
- 8 eggs, separated
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 cup matzo meal
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup almonds or other nuts
- 1 tablespoon orange juice.

Beat whites with salt until stiff, add sugar gradually, then beaten yolks. Mix and add dry ingredients, then orange juice and nuts, lastly apples. Bake in 350 oven for 1-1 $\frac{1}{2}$ hours.

—Mrs. DE HAAS, Snr.

SPONGE CAKE D

- 6 eggs, separated
- 1 small cup sugar
- $\frac{1}{2}$ cup cake meal
- $\frac{1}{2}$ cup potato flour
- grated rind of lemon.

Beat up yolks with sugar until thick and creamy, add stiffly beaten whites, add cake meal and potato flour. Mix well together, add lemon rind. Bake in 350 oven for 1 hour.

—Mrs. I. SCHUR.

APPLE DELIGHT

- 6 eggs
- rind of 1 lemon
- 5 tablespoons cake meal
- 2 cups sugar
- 1lb. blanched ground almonds.

Mix in order given, reserving $\frac{1}{2}$ of the nuts for top of the cake. Spread half of the batter in pan and bake in slow oven, 325, until light brown. Spread on the filling and cover with the rest of the batter. Top with remaining nuts and bake until brown.

Filling:

- 2 cups sugar
- juice of 1 lemon
- 2 tablespoons water
- 2lbs. apples.

Mix sugar and water, add apples and cook until brown and thick. Cool before spreading. This filling can be made ahead of time and kept in cool place for several weeks.

CAKE FILLINGS

Coffee Cream Filling:

Mix 2 tablespoons butter with 2 tablespoons icing sugar, 1 teaspoon coffee, 1 teaspoon brandy, 1 yolk of an egg.

—Mrs. DE HAAS, Snr.

Lemon Filling:

- $\frac{1}{2}$ cup sugar
- juice of 1 lemon
- 1 egg.

Beat egg well and mix with sugar. Add lemon juice very slowly and cook on low flame, stirring constantly until begins to thicken. Allow to cool slightly before spreading. Orange may be used instead of lemon.

Wine Filling:

$\frac{1}{2}$ lb. butter
 1 egg
 1 cup icing sugar
 $1\frac{1}{2}$ tablespoons wine.
 Cream sugar and butter well.
 Add beaten egg and wine.

—Mrs. BEN YEHUDA.

Apricot Filling:

$\frac{1}{2}$ lb. dried apricots
 juice and rind of $\frac{1}{2}$ lemon
 sugar.
 Cover apricots with cold water and let stand overnight, or for several hours. Cook slowly about $\frac{1}{2}$ hour, until soft enough to put through strainer. Measure pulp and allow $\frac{1}{2}$ cup sugar to each cup of pulp. Add juice and rind of $\frac{1}{2}$ lemon. Mix well, cook slowly for 10 minutes or until thick enough to spread.

BOILED ICING

1 cup sugar
 2 egg whites
 $\frac{1}{2}$ cup water
 1 tart apple.

Cook sugar and water until it threads. Remove from fire and pour slowly into stiffly beaten whites. Beat until stiff. Add grated apple and spread immediately.

ORANGE ICING

$\frac{1}{2}$ cup sugar
 2 egg whites
 juice of $\frac{1}{2}$ orange.

Boil sugar and orange juice until it threads. Pour over stiffly beaten egg whites and beat until thick enough to spread.

DATE BISCUITS

12 eggs
 12 tablespoons sugar
 $\frac{1}{2}$ lb. grated almonds
 1 lb. dates (minced)
 9 tablespoons matzo flour.

Mix ingredients well, bake on flat tin for 10 minutes, then cut into squares.

—Mrs. DE HAAS, Sr.

PASSOVER BEIGEL

$\frac{1}{2}$ cup water
 2 tablespoons fat
 pinch salt
 1 tablespoon sugar
 1 cup matzo meal
 3 eggs.

Combine water, fat, salt and sugar and bring to a boil. Add matzo meal all at once and stir quickly and thoroughly. Remove from fire. When cool, add eggs, one at a time, beating well after each addition. Drop from spoon on well-greased pan. Form hole in centre with handle of a wooden spoon which has been well greased. Bake 30 minutes in 350 oven.

APPLE TART

4-5 dessertspoons butter
 8 tablespoons cake meal
 egg yolk
 cream
 1 tablespoon sugar
 1 tablespoon oil
 little cold water.

Cream butter with sugar, add yolk of egg, oil and cake meal. Make a dough of soft consistency by adding cream or a little cold water. Pat pastry into greased pastry dish, spread with jam, banana, boiled apple. Pat on top another layer of pastry or strips of pastry and bake in moderate oven for about $\frac{1}{2}$ hour.

Alternate filling: Minced sultanas, currants and raw grated apple.

—Mrs. J. COHEN.

ALMOND TART

$\frac{1}{2}$ lb. butter
 1 lb. cake meal
 $\frac{1}{2}$ lb. ground almonds
 2 tablespoons sugar.

Knead all ingredients into a dough, divide into two portions and press each portion into greased and floured sandwich tins. Bake in medium oven until brown ($\frac{1}{2}$ hour). When cool put together with jam.

UNCOOKED CAKE ICING

1 egg white
 1 cup sugar
 1 tart apple.

Grate apple quickly into sugar and egg white and beat well until smooth (about 20 minutes).

MACAROONS

Beat up whites of two eggs with $\frac{3}{4}$ cup sugar until very stiff (as for meringues). Add $1\frac{1}{2}$ cups coconut or almonds or other nuts minced. Drop teaspoonfuls of mixture onto greased tin—not too close together. Bake at 350 until done.

—Mrs. C. ILJON.

BISCUITS

whites of 4 eggs
3 cups sugar
 $\frac{3}{4}$ lb. ground walnuts
grated rinds of two lemons
and juice of 1 lemon.

Beat whites very stiffly then add sugar, add nuts, lemon juice and rind. If mixture is too loose add a little cake flour. Drop onto oiled paper sprinkled with sugar. Bake at 350.

A different kind of biscuit is made by taking the yolks, beating them well and adding the other ingredients as above. This makes a harder biscuit.

—Mrs. JACOBSON.

PESACH LOCKSHEN

$\frac{1}{2}$ teaspoon salt
3 eggs
1 tablespoon potato flour
1 tablespoon cake flour.

Beat eggs well. Fold in flour mixed with salt and stir until thoroughly blended. Pour thinly on lightly greased frying pan. Brown on both sides, roll and cut thin.

CHEESE MATZOS

Matzo
cream cheese
cream
egg
salt and pepper (if a savouring dish is required)
pinch salt
sugar and cinnamon
milk.

Mix cheese with a little cream, add beaten egg, pinch salt, sugar and cinnamon. The mixture must be easy to spread but not too soft. Break matzos into squares, dip in milk and spread cheese on to matzos about $\frac{1}{4}$ -inch thick. Brush over with egg yolk. Place on greased baking sheet and bake at 400 until golden brown.

APPLE PUDDING

4 large apples
4 tablespoons sugar
juice of $\frac{1}{2}$ lemon
4 eggs, separated
 $1\frac{1}{2}$ tablespoons matzo meal
1 teaspoon cinnamon
 $\frac{1}{2}$ cup almonds.

Slice apples thin, add sugar, cinnamon and lemon juice. Then add well-beaten yolks, matzo meal and almonds. Fold in stiffly beaten whites. Bake in a well-greased pan for 45 minutes in a 350 oven.

—Mrs. M. ROSEN.

APPLE CRUMB PUDDING

4 eggs
3 grated apples
1 cup cake crumbs
 $\frac{1}{2}$ cup sugar

Mix all together thoroughly and pour into well-greased pan. Bake in 375 oven for $\frac{1}{2}$ hour.

—Mrs. M. ROSEN.

POTATO PUDDING

2-3 tablespoons fat
6 potatoes
 $\frac{1}{2}$ cup matzo meal
1 egg
salt and pepper to taste.

Peel and grate potatoes, add egg, matzo meal and fat. Mix well. Pour into greased pudding dish. Bake in a 350 oven for 1 hour.

PRUNE PUDDING

2 eggs
2 tablespoons fat
salt, pepper and cinnamon
matzo meal
prunes.

Mix ingredients together omitting matzo meal and prunes, add a little water, then the matzo meal to make a loose mixture, finally boiled prunes and bake in oven.

BISCUITS

$\frac{1}{2}$ cup matzo meal
 $\frac{1}{2}$ cup potato flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup almonds
2 eggs.

Sift matzo meal and potato flour. Add sugar, almonds and beaten eggs. Roll out dough in potato flour mixed with sugar. Cut and bake on greased tins in hot oven.

BEET PRESERVES

- 4lbs. beets
- 3lbs. sugar
- 4ozs. blanched almonds
- 1½ cups water
- 2 lemons
- 2 teaspoons ginger.

Scrape beets thoroughly and wash well. Cut into half slices, cubes or stripes as preferred. Cook until tender and drain away the water. Bring the sugar and water to a boil, add the beets and cook for 1 hour. Peel the lemons, slice finely and add to the beets. Allow all to cook gently for another hour until jelled and the beets become transparent and slightly brownish in colour. Add the almonds (blanched and halved) and the ginger. Stir well and allow to cook one-quarter hour more. Cool and put into jars.

BISCUITS

- 4 eggs
- ½lb. butter
- 2 heaped tablespoonsful potato flour
- juice of 1 lemon
- 1 cup sugar
- cake meal.

Cream butter and sugar, add well-beaten eggs, potato flour and sufficient cake meal to make a soft Bake in 400 oven.

SWISS ROLL

- 4 eggs
- 4ozs. castor sugar
- 3ozs. fine matzo meal
- grated lemon rind.

Beat eggs and sugar well. Add sieved matzo meal lightly and fold in 1 teaspoonful lemon rind. Put on greased baking sheet, bake at 400 for 10-15 minutes. Turn onto damp sugared cloth, spread with jam and roll.

HAROSSES (for the Seder Table)

- ½ apple chopped
- ½ cup ground nuts
- ½ teaspoon cinnamon
- ½ teaspoon sugar or honey
- 1 tablespoon red wine.

Chop or coarsely grate the apple and mash thoroughly with the rest of the ingredients. When the mixture is smooth and no longer lumpy, add the wine and mix again.

MEAD (Pesach Beverage)

- 3lbs. sugar
- 3lbs. honey
- 3 gallons water
- 2ozs. hops.

Bring all the above to the boil and boil until the water becomes half the quantity, place the hops in a little bag. When cool beat up two egg whites and stir in, this aids fermentation, allow to stand for one week, then strain and bottle.

—Mrs. N. KLUG.

MATZOT KUGEL

- 3 matzot
- 3 eggs
- 2 tart apples
- ½ cup sugar
- pinch salt
- 2 tablespoons fat
- ½ teaspoon cinnamon
- ½ cup chopped nuts
- 1 tablespoon grated rind of lemon or orange.

Soak the matzot in cold water, drain well but do not press out the water. Beat these soaked matzot with the fat and the egg yolks until smooth. Add the apples sliced fine and the rest of the ingredients. Beat the whites of the eggs until stiff and fold into the mixture last. Pour into a well-greased and heated pudding dish, dot with fat and sprinkle with cinnamon and sugar.

Bake in 350 oven for 1 hour or until brown. Serve with wine or fruit sauce or stewed fruit.

CARROT INGBERLACH

- 1½lbs. carrots
- 1lb. sugar
- 3ozs. almonds
- 1 teaspoon ginger.

Cook carrots, mash and press off all juice through a strainer or a cloth. To the carrots add the sugar, the almonds which have been ground (if desired) and the ginger. Put into a saucepan and cook on a low flame for half an hour or more until very thick, stirring often. Sprinkle a little ginger and sugar on a board. Turn out the carrot mixture on this board and spread evenly about ¼ inch thick. Sprinkle top also with sugar and ginger and when cooled a bit, but before they harden completely, cut into one inch diamond squares.

NUT COOKIES

- 6 eggs
- 1 cup sugar
- grated rind of 1 lemon
- 3 tablespoons oil
- $\frac{3}{4}$ cup ground nuts
- 1 cup matzoh cake meal
- 2 tablespoons potato flour
- pinch salt.

Beat the eggs and sugar and add the rest of the ingredients. Mix well and let mixture stand for about 10 minutes. Now drop from the teaspoon onto an oiled cookie sheet allowing room for spreading. Sprinkle with sugar and bake in a hot oven (400) for about 15-20 minutes. Shredded fresh coconut may be substituted for the ground nuts.

APPLE CHARLOTTE

- 1 Matzo
- 3 eggs
- 1 tablespoon ground almonds
- 2 cups minced apples

- $\frac{1}{2}$ lb. shortening
- 2 tablespoonfuls raisins
- $\frac{1}{2}$ cup castor sugar
- $\frac{1}{2}$ teaspoon cinnamon.

Soak matzo in water and when soft squeeze out. Mix with shortening, minced apples and sugar, chopped raisins, almonds, cinnamon and stiffly beaten whites of eggs. Bake for 1 hour in moderate oven.

TEA CAKES

- 4ozs. fat
- 4ozs. sugar
- 3 eggs
- 2ozs. potato flour
- 2ozs. cake meal
- juice and peel of a lemon
- cinnamon and almonds.

Cream sugar, fat and eggs, add the other ingredients and pour on a prepared biscuit tin. Sprinkle with sugar, cinnamon and finely cut almonds. Bake light brown and cut whilst hot to any required shape.

—Mrs. STIEFEL.

Household Hints

The answer is a lemon: Lemon juice removes the unpleasant smell of onions, fish, etc., from the hands and utensils. After peeling vegetables or fruit rub a cut lemon over your hands to remove brown stains. Brass rubbed with cut lemon, left to dry and then rubbed with a damp cloth and polished will come up shining. A few drops of lemon juice added to rice when cooked will keep the grains separate and the rice white. Juice of half a lemon improves most meat dishes, such as stews, extail and mince.

Methylated Spirits: Rub your mirrors with tissue paper dampened with methylated spirits then polish with a soft cloth. Added to your silver polish, meths. removes tarnished stains in a jiffy. Apply meths. to sprains or bruises for instant relief.

Ammonia: One tablespoonful ammonia added to one pint of water rubbed over a suit will make that grubby look disappear. Grease spots must be removed with Benzine. Carpets, upholstery and cushions will respond to this treatment, too. A little ammonia added to the hot soapy water in which cut-glass is washed will give it a sparkle. For that greasy frying pan try filling it with hot water and add a teaspoonful of ammonia. Your combs, brushes, silverware and piano keys can all be washed in ammonia water.

Paraffin: A little paraffin on a rag cleans the bath and basin. That duster rinsed in paraffin will bring a lovely polish on furniture. Paraffin cleans windows quickly and easily, prevents fly stains. A few drops when boiling children's socks will act like magic.

To keep parsley or mint fresh, wash thoroughly, shake off excess water, place in a glass jar, cover and keep in fridg.

To keep fruit cake or cookies moist, put a piece of raw apple in the cake tin — change apple occasionally.

To clean sink pipes, add one teaspoon washing soda to a cup of vinegar.

To remove insects from fruit or vegetables add little vinegar to water in which they are washed.

To remove paint from windows: Rub panes with hot vinegar.

To remove mildew, damp article with water and rub mixture of soap and powdered chalk on to spot and lay article in sun.

To remove fruit stains. Wring out article in cold water, spread out and pour onto stains a few drops of glycerine—allow to stand for several hours and then wash in soap and water.

Rub discoloured knife handles with turpentine to restore their whiteness.

Add one teaspoon baking powder when cooking cabbage or cauliflower and cook uncovered. Less odour will be noticeable.

To separate a head of lettuce, hold under running water. Force of water separates without breaking lettuce.

To prevent filling from soaking pie crust. Dust over bottom of crust with mixture of flour and sugar before adding filling.

To Clean Copper: Mix one teaspoon flour, one teaspoon table salt with two teaspoons vinegar. Dip soft rag in the mixture and rub on article. Rinse with cold water and dry.

To Clean Painted and Ducoed Surfaces: One pint of water in which a large onion has been boiled.

To Clean Linoleum: Paraffin and vinegar mixed with warm water.

A Suede Handbag: Rub with a cloth dipped in carbon tetrachloride to remove grease. Dry, then steam bag by holding over a kettle of boiling water about a foot from the spout. Dry, then rub shiny parts with fine sandpaper.

To Clean Leather Upholstery: One part vinegar to two parts linseed oil. Rub well in and finally polish with polish.

Reptile Shoes: A freshly cut lemon rubbed over discoloured reptile shoes helps to freshen their appearance. Rub all in one direction and immediately afterwards clean with good white shoe cream.

Faded Carpet: Rub over with warm water and turpentine. This restores colour.

To get rid of ants and other pests, sprinkle a mixture of borax and alum freely on shelves and other haunts.

Brown Shoes: Restore shabby shoes by washing with equal mixture of milk and turpentine.

Butter Substitute: ½ lb. Holsum, 1 teaspoon egg yolk, salt to taste. Beat up yolk and Holsum until fully blended. A little hot milk may be added, add good pinch of salt.

When a pot gets burnt, put some vinegar into it with cold water and allow to boil very slowly for half an hour.

Bicarbonate of soda made into a thin paste with cold water and applied immediately to burns, and sunburn, will take out the pain.

Eucalyptus will remove practically any stain barring very bad greasy ones.

Fruit Stains: As soon as possible rub salt on the stain before it has had chance to dry.

Coffee Stains: Spread with a paste of borax and water and leave to dry. Then pour hot water on the paste to remove it before washing.

Blood Stains: Eucalyptus oil and luke warm water and with a piece of cloth rub soiled parts with the oil and water till mark disappears.

Ink Stains: From tweed or woollen suits, soak the ink spot over night with glycerine. Sponge with warm water on the following morning.

Tomato juice is also an effective remover of ink stains.

Tea Stains: The water in which potatoes have been boiled is an effective tea stain remover or steep article in mixture of borax and water.

Lipstick stains can be removed with eucalyptus oil.

Rust on Clothing: Rub tartaric acid over stain which has first been dampened with water. Leave to dry in the sun.

Scorch Marks: Bicarbonate of soda mixed to a paste with cold water will remove marks from white silk.

Stained Knives: Dip a slice of raw potato in bathbrick and rub it on badly stained knives.

Marks on tables from water glasses, wines, etc.: Damp two cloths, one with methylated spirits, another with pure linseed oil. Quickly wipe over marks with meths., immediately afterwards rub over with the linseed oil cloth and let the oil remain on for some time. Polish as usual.

White Leather Handbag: Sal Volatile is marvellous for cleaning white leather handbags.

To keep roses fresh squeeze the juice of a lemon in the vase.

A few grains of epsoms salts given twice a year is a good tonic for ferns. Sprinkle the grains round the base of the ferns.

Cold tea is an excellent tonic for ferns given two or three times a week.

To prevent silver from tarnishing place a block of camphor in the drawer or cupboard in which it is stored.

Mince Meat: When mincing up the remains of meat, mince an apple or a stick of rhubarb with it. The acid does away with the heartburn or indigestion which may occur.

To keep cheese from moulding or becoming dry wrap it in a cloth wrung out with vinegar and keep in a covered dish.

Best wrapping for sandwiches is a piece of plastic material.

Add methylated spirits to your old nail polish—it will restore it and can be used again.

CATERING HINTS

To cater for 200 people (Buffet Supper)

Allow 2 rolls per head, say about 36-40 dozen, 6lbs. kichlach.

Hors D'Oeuvres:

- Chopped herrings, 8 doz.
- Pickled herrings, 4 doz.
- Chopped liver, 4lbs.
- Olives, 6 bottles
- Cocktail onions, 2 bottles of each colour (red, yellow, green)
- Stuffed eggs, 6 doz.
- Chips, 6 packets
- Salted nuts, 3lbs. assorted.

Fish:

- Fried fish cut into small portions, 15lbs.
- Gefilte fish made into small balls, 6lbs.

Meats:

- Poultry, 12 chickens
- Pickled meat, 20lbs.
- Smoked Meat, 10lbs.
- Polony, 4 lengths
- Cocktail sausages, 10lbs.

Salads:

- 1 doz. assorted vegetable salads
- 3 tins pickled cucumbers
- 3 tins baked beans
- 3 tins sweet corn
- 3 tins sauerkraut.

Sweets:

- $\frac{1}{2}$ doz. cheese tarts or more if possible
- $\frac{1}{2}$ doz. apple tarts or more if possible
- 6 tins assorted tinned fruits
- $\frac{1}{2}$ doz. trifles

a couple of meringue cases filled

3lbs. assorted chocolates and sweets.

Paper doyleys and serviettes.

—Mrs. I. LASOVSKY.

BROCHAH FOR 150 PEOPLE

3 dozen herrings for chopping
10 dozen bridge rolls for sandwiches or 6 large loaves of bread

Fillings for sandwiches: hard boiled eggs, anchovies, tinned salmon, sardines, cream cheese, raw cucumbers tomatoes

Pickled cucumbers, lettuce and parsley for garnishing

3lbs. sweets and chocolates

3lbs. Pletzlech and Imberlech

3lbs. Taglech and 3lbs. Kichlach

2 gallons milk

2 gallons ice cream

1 tin cornets

$\frac{1}{2}$ lb. tea 4lbs. sugar

1lb. almonds and 2 pkts. raisins

6lbs. assorted biscuits

12 dozen small cakes

10 large cakes

18 dozen sweet minerals

4 doz. soda waters

4 doz. ginger ales

2 bottles brandy

1 bottle wine

2 bottles whisky

6 bottles fruit syrup.

Flowers, serviettes, doyleys, straws, ice.

—Mesdames PERLMUTTER and ANOLICK.

Special Holiday Foods and Delicacies

ROSH HASHANAH

Farfel, Chicken Soup, round kitka, Carrot Tzimis with potato dumpling, Thimbles for soup, Teiglach, Pletzlech, Sponge Cake, Honey Cake, Babke.

Roundness as suggested by thimbles, farfel, kitke, is symbolic of wholeness of perfection, tzimis, honey cake, for sweetness in the New Year.

SUKKOT

Apple Torte, Strudel, Prune and Potato Tzimis.

HANUKKAH

Potato Latkes, Triflachs, etc.

PURIM

Homontaschen, Apple Strudel, Sweet and Sour Cabbage, Kreplach, Pirogen.

PESACH

Haroses, Kneidlach, etc., etc. (see Passover Recipes).

SHAVUOT

Blintzes, Cheese Torte, Babke, Streisel Cake, Beet Soup, Spinach Soup.

SHABBAT

Chicken Soup, Gefilte Fish, Chopped Liver, Lochshen, Potato Kugel.

A Slimming Diet

On rising and before going to bed take a glass of hot water containing the juice of $\frac{1}{2}$ lemon or 1 orange.

Take a glass of water one hour before lunch and dinner.

Breakfast should be limited to tea (with lemon) or coffee (no sugar) and fruit, unless a fair amount of exercise is taken during the day.

Afternoon tea. Weak tea with lemon.

Menus can be made from the following foods:—

Breakfast: Fruit—Apple, grape fruit, orange, slice of pineapple. Eggs—Scrambled, boiled poached or

an omlet or smoked haddock. Crisp bread, split toast or rusks, very little butter.

Lunch or Supper: Clear soup or vegetable broth. Boiled or grilled white fish with green salad, or cold meat or poultry with green salad. Raw fruit. Small cup black coffee, no sugar.

Dinner: Grape fruit, melon or fruit cocktail or clear soup; boiled, grilled or roast lean meat or poultry or baked white fish with two vegetables from the following—spinach, greens, baked tomatoes, marrow, cucumber, string beans, cauliflower, leeks or onions; stewed or tinned fruit, baked apples, jelly, etc.

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