

A

Cavalcade

of

Recipes



PUBLISHED BY THE BULAWAYO WOMEN'S ZIONIST SOCIETY

"FIVE ROSES"

Super Quality

TEA

BOVRIL

makes
good cooks
better



BOVRIL gives that *extra* flavour to all soups, pies and savouries. And nourishment, too!—for Bovril is the concentrated goodness of beef. Bovril is also a tasty sandwich spread—and a cup of hot Bovril daily makes you feel *fine*!

FOREWORD

I PROUDLY present this Cavalcade of Recipes, which comes to you from the Jewish Women of Bulawayo, for whose contributions I am most grateful. I also thank the advertisers and sponsors for their help in the success of this book.

Daphne Ralstein.

COMPILED BY Mrs. A. H. RALSTEIN

Published by the Bulawayo Women's Zionist Society
and printed by Typocrafters Limited, Bulawayo.

Index

	Page
BEVERAGES	3
BISCUITS	5
BREADS AND SCONES	21
CAKES, LARGE AND SMALL	27
CAKE FILLINGS AND ICINGS	54
FISH	57
HORS D'OEUVRES	62
INVALID COOKERY	65
JAMS, PRESERVES AND SWEETS	68
MEATS AND POULTRY	75
PASSOVER RECIPES	83
PUDDINGS, COLD	86
PUDDINGS, HOT	98
SALADS, SALAD DRESSINGS, SAUCES AND PICKLES	105
SOUPS	109
SOUP GARNISHES	113
SUPPER DISHES	115
TARTS AND PASTRY	118
VEGETABLES	125
MEASURES AND HINTS	128

You can't insure against your wife's
cooking but you can insure against
all other risks . . .

E. ELIASOV

INSURANCE AND ESTATE AGENT

Telephone 3986

12 Colray House, Bulawayo

BEVERAGES

PINEAPPLE BEER

1 Pineapple with the skin (not the top !)	1 teaspoon ginger
2 cups sugar	3 pints water

Wash the pineapple very well and grate on a coarse grater. Then add 2 cups sugar and the ginger and pour the water over. Let stand in a large pot for 24 hours, out of the refrigerator. Strain, and stand for another 2 hours out of the refrigerator. Bottle, and keep in the refrigerator. Use as required.

Mrs. Becky Marks.

★

COLD WATER GINGER BEER

7 bottles cold water	12 large raisins
3 cups sugar	2 tablespoons liquid yeast
1 tablespoon ground ginger	$\frac{1}{2}$ packet cream of tartar

Stir all ingredients together till sugar is dissolved. Put away until the raisins float on top. Remove raisins. Bottle, and tie corks down very securely. Can be used after 3 days.

Anonymous.

★

LEMON SYRUP

Juice and rind of 4 oranges	$\frac{1}{2}$ packet Epsom salts
Juice of 8 lemons	6 teacups sugar
1 packet tartaric acid	6 breakfast cups boiling water

Put all ingredients together and bring to the boil. Boil for a few minutes. Allow to cool. Strain and bottle and close the bottles the following day.

Mrs. J. Graham.

For Comfort and Durability wear

ESCOMA

Clothing, Shirts and Pyjamas

ESCOMA CLOTHING MANUFACTURERS
(RHODESIA) LIMITED

Tel. Add.: "ESCOMA"
Telephone 4867

Stand 5180, Ingutsheni Road
Belmont, BULAWAYO

This book has been compiled especially for our

GRAND CAVALCADE

to be held on

2nd and 3rd April, 1951

at the

CITY HALL

The Cavalcade is in aid of W.I.Z.O. Funds and the proceeds
will go to W.I.Z.O. Funds.

This space kindly donated by GEDDES LIMITED

BISCUITS

PIGS EARS

8 ozs. butter
1 cup cream
2 cups flour

1 teaspoon lemon juice
pinch salt
Castor sugar

Chop butter into flour and salt. Add cream and lemon juice and form a fairly soft dough. Wrap in greaseproof paper and leave in refrigerator for about 3 hours. Throw out on to a floured board and roll out a few times, sprinkling castor sugar on all sides and rolling it in. Then roll out into an oblong shape. Roll over each end to the centre. Then place the one roll on top of the other and press down slightly. Slice thinly and place on a greased pan, sprinkled with castor sugar. Bake at 450 degrees. Turn over and sugar the other side and put back in the oven for a couple of minutes.

Mrs. L. Zipper.

★

KISSES

$\frac{1}{4}$ lb. flour
 $\frac{1}{4}$ lb. maizena
 $\frac{1}{4}$ lb. castor sugar

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

Cream butter and sugar. Beat in eggs. Add flour, maizena and baking powder. Shape into small balls, and bake on a greased pan. Put two together with butter icing or jam.

Mrs. L. Frank.

★

KICHLACH

12 egg yolks
6 egg whites
5 tablespoons oil

$\frac{1}{2}$ teaspoon baking powder
pinch salt
enough flour to make soft
dough

Beat yolks and whites well. Add oil, flour, baking powder and salt. Roll thinly and cut in rounds. Place on oiled baking sheet. Brush tops with oil, and sprinkle with sugar. Bake at 400 degrees till light brown.

Mrs. S. Eliasov.

BISCUITS

6 ozs. butter
4 egg yolks
2 egg whites
1 cup sugar
3 teaspoons baking powder
 $\frac{1}{2}$ cup cream
about 5 cups flour
salt

Cream butter and sugar. Add eggs one at a time. Add cream, flour, baking powder and salt. Roll out. Cut as desired. Beat up 2 extra whites slightly and brush biscuits with this. Sprinkle with chopped nuts. Bake on a greased pan at 350 degrees till pale brown.

Mrs. S. Eliasov.

★

BISCUITS

$\frac{1}{2}$ lb. butter
2 large cups flour
1 large cup sugar
2 teaspoons baking powder
2 eggs
vanilla essence
pinch salt

Sift flour, sugar and baking powder five times. Rub in butter and add well-beaten eggs, salt and vanilla. Put in refrigerator to chill. Can be used for biscuits or tarts.

Mrs. M. Smith.

★

KICHLACH

12 eggs (take off four whites)
 $\frac{1}{2}$ teaspoon salt
6 tablespoons oil
enough flour to make a soft
dough

Roll out and sprinkle with sugar. Cut and prick with a fork. Put an ungreased pan in a 500 degrees oven to get hot. Then put kichlach on pan to bake.

Mrs. J. Graham.

★

CHOCOLATE BISCUITS

1 egg
6 ozs. flour (12 tablespoons)
 $\frac{1}{2}$ teaspoon baking powder
3 ozs. butter
3 ozs. castor sugar
1 oz. cocoa

Cream butter and sugar. Add egg. Sieve dry ingredients into mixture. Roll out and cut into rounds and bake at 350 degrees. When cool, put two together with the following filling:—

Filling

2 ozs. butter
4 ozs. icing sugar
1 oz. cocoa
vanilla essence

Cream butter and sugar and add cocoa and essence.

Mrs. L. Gruber.

6

LEMON BISCUITS

$2\frac{1}{2}$ cups flour
1 cup icing sugar
 $1\frac{1}{2}$ cups maizena
3 eggs
1 teaspoon baking powder
grated rind of 1 lemon
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ lb. butter
lemon essence

Crumb butter through sifted dry ingredients. Beat egg with rind and lemon essence. Add to dry ingredients. Roll, cut into shapes, and bake on greased pan at 425 degrees.

Mrs. L. Gruber.

★

MARIE BISCUITS

$\frac{1}{2}$ lb. butter
1 cup sugar
2 well-beaten eggs
2 tablespoons cornflour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon bi-carb.
 $\frac{1}{2}$ cup milk

Cream butter and sugar well. Add beaten eggs, and mix. Beat till smooth. Sift cornflour and baking powder and add to mixture. Dissolve bi-carb. in milk and add to mixture. Roll out thin, cut into rounds and prick with a fork. Bake at 400 degrees on a greased pan for 12 minutes.

Mrs. I. Miller.

★

KICHLACH

1 doz. eggs
1 doz. yolks
salt
enough flour to make a firm
dough

Mix all above and roll out thinly. Sprinkle with sugar. Prick with a fork. Cut and bake at 450 degrees on an ungreased tin till done (about 5 minutes).

Mrs. Ch. Miller.

★

ALMOND RINGS

$\frac{1}{2}$ lb. butter
 $1\frac{1}{2}$ cups flour
2 egg yolks
1 egg white (for top)
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup ground almonds
pinch salt
 $\frac{1}{2}$ cup chopped almonds (for top)

Cream butter. Add sugar and cream well. Add egg yolks, beating well after each addition. Add rest of the ingredients and mix well. Place in refrigerator for a few minutes. Roll out thinly on a slightly floured board. Cut into rounds and remove centres with a thimble. Brush over with beaten egg white and sprinkle with chopped almonds. Bake at 400 degrees for 10 minutes.

Mrs. N. Barnett.

7

CHEESE STRAWS

4 heaped tablespoons cheese
2 ozs. butter
4 ozs. flour (1 cup)
pinch cayenne pepper

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
milk to mix

Roll out and cut into strips and twist.

Phyllis Sussman.

★

NUT AND DATE DROPS

1 lb. stoneless dates
 $\frac{1}{2}$ lb. almonds
white of 1 egg

juice of $\frac{1}{2}$ lemon
1 small cup sugar

Beat the egg white stiffly and add sugar and lemon juice. To this add the nuts and dates, which must be cut lengthwise. Leave in the oven for about 15 minutes. These will spread in the oven, so when you take them out push them together to form a good shape.

Mrs. H. Banet.

★

CUSTARD CREAM BISCUITS

4 ozs. butter
2 tablespoons sugar
1 egg

6 tablespoons flour (heaped)
2 tablespoons custard powder
(level)
1 teaspoon baking powder

Cream butter and sugar. Add well-beaten egg. Then sift flour, custard powder and baking powder. Add to butter mixture. Roll out, cut and bake.

Mrs. Arthur Kaplan.

★

CINNAMON BISCUITS

6 ozs. sugar
6 ozs. butter
8 ozs. flour

2 teaspoons cinnamon
2 egg yolks
chopped almonds to trim tops

Rub butter into flour and sugar and add cinnamon. Add egg yolks. Pat dough into a greased swiss roll tin and sprinkle with almonds. Bake in a moderate oven, and cut into squares when cool.

Mrs. L. A. Rubinstein.

8

CHEESE STRAWS

$\frac{1}{2}$ lb. flour
 $\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. cheese, grated

2 eggs
 $\frac{1}{2}$ teaspoon cayenne pepper
 $\frac{1}{2}$ teaspoon salt

Run butter into flour and cheese. Beat eggs and add to mixture. Leave a little of the egg to smear over the straws. Roll out and cut into straws. Bake in a hot oven.

Mrs. L. A. Rubinstein.

★

KISSES

$\frac{1}{2}$ lb. butter
2 large cups flour ($\frac{1}{2}$ lb.)
2 teaspoons baking powder
2 cups maizena

1 dessertspoon vanilla
1 cup castor sugar
2 egg yolks, with a little water

Rub all the dry ingredients with butter till in crumbs. Then add yolks and vanilla to form dough. Take a small teaspoon and with it break off pieces of dough and place on baking sheet. Bake at 350 degrees. When cool, put two together with apricot jam or melted chocolate.

Mrs. M. Sussman.

★

AMERICAN NUT BISCUITS

$\frac{1}{2}$ lb. shelled pecan nuts
 $\frac{1}{2}$ lb. butter
2 teaspoons water

4 tablespoons powdered sugar
2 cups flour
1 teaspoon vanilla

Cream butter and sugar. Mix flour and nuts and add water and vanilla. Mix all together. Butter pan, make small balls of the dough and place on pan. Gently pat down. Bake in a medium oven but do not brown. Roll in sugar.

Mrs. M. Sussman.

★

COCONUT NESTS

$1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
1 egg yolk

$\frac{1}{2}$ cup butter
1 egg white
coconut

Sift flour 3 times with salt. Cream butter and sugar and add beaten egg yolk. Combine well. Mix in dry ingredients about one-third at a time. Roll dough into tiny balls with floured hands. Beat egg white with a fork. Dip each ball into egg white then in coconut and place on greased pan. Indent in middle with finger. Bake 20 minutes at 350 degrees. Fill with jam or cherries.

Mrs. L. A. Rubinstein.

9

Moderns SELBORNE AVE.
BULAWAYO

*for value in
Men's and Boys'
Outfitting*

Telephone 2743 P.O. Box 976

Lobel & Sons Ltd.

GROCERIES, LIQUOR
and
OVERSEAS PARCELS

Selborne Avenue, Bulawayo
Telephone 2113

**Watkins
Delicatessen
Store**

*for all your
Party Accessories
including
Fruit and Sweets*

17c Eighth Avenue + Phone 3181
BULAWAYO

**Rhodesian
Watch
&
Jewellery
Co., Ltd.**

ABERCORN STREET

For all your table appointments

EXQUISITE SILVER, GLASS,
CROCKERY and CUTLERY

P.O. Box 997 Phone 3488

For
Best Results
in
Cooking and Baking
use a

Creda Cooker

*For demonstration and
enquiries:*

**Stern Electrical
CO.**

Phone 4250 95 Fort St.

BUTTERSCOTCH BISCUITS

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ teaspoon bicarb. soda
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ cup chopped walnuts
2 eggs	$3\frac{1}{2}$ cups sifted flour
1 teaspoon vanilla	1 teaspoon baking powder

Cream butter and sugar and beat well. Add eggs one at a time, beating all the time. Add essence and slowly add remaining ingredients and nuts. When well-mixed divide into four parts, make each into long sausage. Wrap in greaseproof paper and put in refrigerator overnight. Next morning, cut into slices and bake in moderate oven.

Mrs. L. A. Rubinstein.

★

ALMOND SLICES

Top Layer	
$\frac{1}{2}$ lb. flour	$\frac{1}{2}$ lb. almonds and walnuts, chopped
$\frac{1}{2}$ lb. butter	almond essence
$\frac{1}{2}$ teaspoon baking powder	1 cup castor sugar
1 egg yolk	1 egg white
1 oz. castor sugar	

Put butter into flour, sugar and baking powder and make into dough with egg yolk. Roll out and cut into fingers. Whip egg white stiff, add sugar and beat again. Fold in nuts and essence. Spread over each biscuit. Bake at 350 degrees.

Mrs. L. A. Rubinstein.

★

BISCUITS (or TARTLETS)

1 lb. butter	5 large eggs
1 lb. sugar	2 lbs. self-raising flour

Rub sugar and butter well. (If butter is hard, melt a little). Add to flour and throw in 1 egg at a time and stir well. Wrap dough in greaseproof paper and put in refrigerator. Take out a couple of hours before use, and use as much of the dough as required. Put rest back in refrigerator for further use.

Note.—Use "Ideal Biscuit Maker" gadget, which can be attached to your Milchidike Mincing Machine.

Almond Paste.—Beat 2 egg whites well with 1 teaspoon sugar. Add some ground almonds and a little almond essence, or add coconut, and flavour. Roll out biscuit dough, place in flat pan and spread with jam. Spread this almond mixture on top of jam, and sprinkle with chopped nuts. Bake in moderate oven. cut when baked and put back into the oven for a little.

The same dough can be used for flan tarts and filled with the almond, or jam and cream.

Keep biscuits in tins for crispness.

Mrs. M. Swiel.

POST TOASTIES COOKIES

$\frac{1}{2}$ lb. butter
3 tablespoons sugar
1 egg, beaten
1 cup chopped dates
 $\frac{1}{2}$ cup chopped nuts
1 cup flour
1 teaspoon baking powder
1 teaspoon vanilla

Cream butter and sugar. Add rest of ingredients. Drop 1 teaspoonful of this mixture into Post Toasties, roll into balls, and bake in a moderate oven of 350 degrees.

Mrs. O. Rosenberg.

★

DATE CRACKERS

$\frac{1}{2}$ lb. dates
 $1\frac{1}{2}$ cups oats
 $1\frac{1}{4}$ cups flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ teaspoon bi-carb. soda
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup hot water
pinch salt

Put dates, white sugar and cold water in pot and stir over stove till soft, and allow to cool. Cream butter and brown sugar well. Add oats, flour and salt. Lastly, add hot water to which you have added bi-carb. soda. Roll out and cut half. Spread one half with date mixture and cover with the other half. Cut into squares and bake in greased tins in moderate oven for about 20 minutes.

Mrs. S. Herman.

★

RUSKS

4 cups flour
1 teaspoon bi-carb. soda
 $1\frac{1}{2}$ teaspoons cream of tartar
 $\frac{1}{2}$ cup sugar
pinch salt
 $\frac{1}{2}$ lb. butter (melted)
2 eggs
 $\frac{1}{2}$ cup milk

Put flour, bi-carb., cream of tartar, salt and sugar in a bowl. Beat eggs, add butter and milk and add to dry ingredients. Knead well, cut in rounds, fairly thick, and bake in a hot oven. When finished, take out. Cut in half like scones, and spread each half with mixed cinnamon and sugar and put back in the oven till light brown. This makes a big quantity, and can be halved.

Mrs. S. Herman.

12

OAT CRISPIES

1 cup each, oats, coconut and sugar
2 cups flour
pinch salt
 $\frac{1}{2}$ lb. salt butter
1 teaspoon bi-carb. soda
1 tablespoon syrup
1 tablespoon milk

Put all dry ingredients in bowl and add melted butter to which you have added syrup and milk with bi-carb. of soda. Knead and roll out in thin rounds or squares and bake in fairly hot oven.

Mrs. S. Herman.

★

DATE FINGERS

Filling	Pastry
1 lb. dates	2 ozs. butter
1 teaspoon butter	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup hot water	1 egg
	$1\frac{1}{2}$ cups flour
	pinch salt
	1 teaspoon baking powder

Pastry.—Cream butter and sugar. Add egg. Then add rest of ingredients. Roll out and put half in a greased biscuit pan. Spread with the date mixture and put the other half on top. Bake in a moderate oven till light brown. When cold cut into fingers.

Mrs. S. Herman.

★

DATE AND NUT CAKES

$1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ lb. butter
1 cup each chopped dates and nuts
1 egg
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon bi-carb. soda in 1 tablespoon boiling water

Cream butter and sugar. Add egg, then bi-carb. in water, lastly chopped nuts and dates, flour and salt. Put spoonfuls in Poast Toasties. Spread all over and bake in a fairly hot oven.

Mrs. S. Herman.

★

RICE CRISPIES

$\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ lb. slab milk chocolate
 $\frac{1}{2}$ packet Rice Crispies
nearly $\frac{1}{2}$ lb. marshmallows

Melt butter, chocolate and marshmallows in top of double boiler. When dissolved, add Rice Crispies and mix with a knife. Put on a greased pan in refrigerator and when cold cut into diamond shapes.

Mrs. J. Graham.

13

BISCUITS

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ cup sugar
1 egg
1 teaspoon vanilla essence

$\frac{1}{2}$ cup milk
2 teaspoons baking powder
about $2\frac{1}{2}$ cups flour

Cream butter and sugar. Beat egg and add vanilla. Add to butter mixture. Add milk, then flour and baking powder, to make a soft dough. This can be used to make various biscuits as follows:—

Fruit Fingers.—Roll out dough thinly, spread with a smooth jam. Sprinkle one half with cinnamon, sultanas, cherries and nuts if liked. Fold other half over. Roll slightly and cut into fingers. Bake at 400 degrees for about 10 minutes.

Coconut.—Add 1 cup coconut to above mixture.

Ginger.—Add 1 tablespoon syrup, 1 level tablespoon ginger, and 1 dessertspoon cinnamon.

Mrs. P. C. Ralstein.

★

UJALDRES

2 cups flour, heaped
1 teaspoon salt, level

enough iced water to make a soft dough

Sift flour and salt and add water to make a soft dough. Divide into about 10 portions. Knead each portion thoroughly and place in refrigerator for a couple of hours.

Sprinkle a board with flour and roll each portion very thinly. With hands, stretch dough very finely over a cushion. Replace on board and dot with blobs of butter (or fat). Cut into two-inch strips. Fill with mincemeat or the following nut filling and fold strips over and over to form triangles. Bake in buttered or fatted pan at 400 degrees for about 20 minutes.

Nut Filling.—Chopped nuts, ground almonds, cinnamon and a little golden syrup to bind.

Mrs. Allegro Hassen.

★

CRUNCHIES

2 cups oats
1 cup flour
1 cup Sugar
1 cup coconut

6 ozs. butter
 $1\frac{1}{2}$ tablespoons Golden Syrup
1 teaspoon bi-carbonate of soda

Boil up butter and syrup. When boiling, add bi-carbonate of soda and mix well. Add to dry ingredients. Pack tightly into greased biscuit pan. Bake at 325 degrees for about 15 minutes. Cut in pan while warm and lift out when cool.

Mrs. E. Zacks.

14

TEA CORNETS

1 egg
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup flour

$\frac{1}{2}$ teaspoon baking powder
flavouring
pinch salt

Beat eggs till very light. Add sugar little by little, beating well after each addition until quite thick. Sift together flour, baking powder and salt. Fold into egg mixture. Add few drops flavouring essence. Drop by teaspoons on well-greased pan several inches apart. Bake in moderate oven, 375 degrees, for 5 minutes. Loosen from pan and roll them around to resemble a horn. If they become too crisp to roll, put back in oven for a minute. Serve with whipped cream.

Mrs. M. Berzack.

★

SPANISH BISCUITS

1 lb. butter
3 tablespoons icing sugar
1 teaspoon vanilla essence

1 lb. flour
2 egg whites

Melt butter, then stand it over ice. Add icing sugar and mix with wooden spoon till it thickens. Remove from ice and add egg whites, flour and essence. Roll in strips and cut. Bake at about 350 degrees, moderate oven, till pale brown colour. Whilst still warm, roll in icing sugar. These can be put through the cookie machine in fancy shapes and trimmed.

Mrs. M. Sussman.

★

CREAM BISCUITS

2 cups flour
 $\frac{1}{2}$ lb. butter
1 cup cream

2 teaspoons baking powder
castor sugar

Rub butter into flour and baking powder. Add cream. Put in refrigerator for 15 minutes. Roll into strips and shape into wheels, rounds or twists. Bake in moderate oven of about 375 degrees till pale biscuit colour. While still warm, roll in castor sugar.

Mrs. L. Greenspan.

★

EASY BISCUITS

$\frac{1}{2}$ lb. Jungle Oats
2 ozs. sugar

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

Mix oats, sugar and baking powder in basin. Rub in butter. Press into shallow buttered tin. Bake in moderate oven 20 to 30 minutes. Cut into oblongs then leave until cold before removing from tin.

Mrs. S. Benyshai.

15

COCONUT SHORTBREAD

2 tablespoons castor sugar
1/2 lb. butter
1 cup dessicated coconut

1 cup flour
few drops almond essence

Rub butter into all dry ingredients and add essence. Pat into a greased biscuit pan, prick with a fork and bake in a hot oven till golden brown. When baked, sprinkle with sugar and cut into slices while still warm.

Mrs. W. Lobel.

★

COCONUT DAINTIES

2 eggs, whites only
2 tablespoons sugar

4 tablespoons coconut

Beat egg whites stiffly, sift in sugar and beat again until very stiff. Add coconut. Make into small cones, place on buttered paper and bake in a slow oven.

Mrs. S. Benyshai.

Most ingredients for recipes can be supplied by:

H. Gordon & Son (Byo.) Ltd.

82 FIFE STREET + Telephone 3244

Stockists of:

GROCERIES — PROVISIONS — CONFECTIONERY
HOUSEHOLD HARDWARE and LIQUORS

BISCUITS

1/2 lb. butter
1 1/2 cups flour
1/2 cup sugar

2 ozs. ground almonds
little milk

Mix butter and sugar. Rub well. Add almonds, flour and salt. Gradually add the milk. Cut into half-moons and bake in a hot oven. Whilst still hot roll in icing sugar flavoured with vanilla essence.

Anonymous.

★

BRANDY SNAPS

1 tablespoon syrup
1 tablespoon flour
1 tablespoon butter

1 tablespoon sugar
pinch salt
1 teaspoon ginger

Mix all together and roll out very thin. Cut into shapes and bake.

Anonymous.

ALMOND MACAROON TARTS

Pastry

1 large cup flour
pinch salt
2 tablespoons sugar
1 teaspoon baking powder

3 ozs. butter
1 egg
little milk

Sift flour, salt, sugar and baking powder and rub in butter. Add egg and enough milk to make a soft dough. Roll out and put into greased patty tins. spread with a little jam, and put in each 1 teaspoonful of the following almond mixture:—

Filling

2 ozs. ground almonds
pinch salt

1 small teacup sugar
2 egg whites

Beat egg whites stiffly with salt and sugar. Add ground almonds. Put this filling in tarts and bake in moderate oven till light brown.

Mrs. S. Herman.

★

CHEESE STRAWS

3 ozs. flour
2 ozs. butter
2 ozs. grated cheese

2 egg yolks
pepper and salt

Rub butter into flour. Add cheese and seasoning and mix with egg yolks to a stiff dough. Roll out and cut into strips and bake in a quick oven till a pale brown. (Add a little warm water to the egg yolks).

Mrs. S. Benyshai.

★

STUFFED MONKEYS

3 cups flour
1/2 lb. butter
2 eggs

2 teaspoons baking powder
1 cup sugar
salt

Rub butter into flour and salt. Add sugar, baking powder, and lastly, eggs. Roll out and fill with mixed fruit. Brush tops with egg white. Bake on a greased pan at 400 degrees till light brown. (Same pastry can be used for cheese cake or any tart).

Mrs. Faye Fredman.

VIENNA BISCUITS

1 lb. flour
1 lb. butter
vanilla essence
1 egg

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup ground almonds
pinch salt

Mix all dry ingredients together. Add beaten egg and make into paste. Roll out and cut into shapes. Brush lightly with vanilla essence, then with egg and sprinkle with chopped almonds and sugar. Bake at 300 degrees till light brown.

Mrs. M. Sussman.

★

BISCUITS

1 lb. butter
 $1\frac{1}{2}$ lbs. flour
 $\frac{3}{4}$ teaspoons baking powder

6 eggs, beaten
 $\frac{1}{2}$ lb. sugar
pinch salt

Rub butter into flour. Add salt, baking powder and sugar. Add beaten eggs. Roll as required and cut into shapes or use for tarts.

Mrs. A. Abrahamson.

★

CHOCOLATE PINWHEELS

$1\frac{1}{2}$ cups sifted flour
 $\frac{1}{2}$ teaspoon baking powder
pinch salt
1 teaspoon vanilla essence
1 oz. square chocolate, melted

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
1 beaten egg yolk
3 tablespoons milk

Sift flour, baking powder and salt. Cream butter and sugar. Add egg yolk and vanilla and beat well. Add dry ingredients alternately with milk. Mix well. Divide dough into two parts. To one part add melted chocolate, and blend. Chill until firm enough to roll. Roll each half and place plain sheet over the chocolate one, and roll together, like a Swiss roll. Chill till firm, then cut in slices. Bake in ungreased tin in a hot oven.

Mrs. A. Abrahamson.

★

SPICED KISSES

5 ozs. butter
2 tablespoons sugar
1 egg
1 teaspoon mixed spice
1 teaspoon cinnamon

3 tablespoons coconut
1 tablespoon cocoa
1 heaped teaspoon baking powder
flour to make fairly stiff dough

Cream butter and sugar well. Add all other ingredients. Roll in strips and cut in about $1\frac{1}{2}$ -inch-wide lengths. Press with a fork. Bake at 400 degrees. When finished, jam two together and roll in castor sugar.

Mrs. F. Sacks.

18

CORNFLAKE CRUNCHIES

4 ozs. butter
2 cups flour
2 eggs
1 teaspoon baking powder
1 cup chopped walnuts

1 cup chopped dates
3 tablespoons sugar
2 tablespoons cream
Post Toasties or Cornflakes

Sift all dry ingredients except Post Toasties. Rub in butter. Beat eggs and add cream to them, then add this mixture to dry ingredients. Add nuts and dates and mix well. Take teaspoonsful and roll in Post Toasties. Place on buttered pan far apart to allow for spreading. Bake at 375 degrees for about 20 minutes.

Mrs. L. A. Rubinstein.

★

JAM BISCUITS

$\frac{1}{2}$ lb. butter
1 cup sweet cream
1 egg yolk

2 teaspoons baking powder
1 teaspoon vanilla essence
enough flour to make a soft dough

Mix butter and cream well. Add egg yolk, baking powder, vanilla and enough flour to make a soft dough. Roll out thinly. Cut in rounds and place a little jam in the centre of each round. Fold in half and press edges down. Beat 1 egg white and paint over tops of biscuits and sprinkle with sugar. Bake in greased pan at 400 degrees till done.

Mrs. Weinblum.

★

STRUDEL

$\frac{1}{2}$ lb. Stork margarine
 $\frac{1}{2}$ teacup sugar
2-2 $\frac{1}{2}$ cups flour

vanilla essence
1 level teaspoon baking powder
3 eggs

Cream margarine and sugar. Add eggs one at a time. Add 1 cup flour sifted with baking powder. Add essence. Add rest of flour a little at a time to make a soft dough.

Take about one cup of the dough and roll very thinly. Spread with a little smooth jam, then sprinkle with 1 cup each sultanas and currants, 1 tablespoon mixed peel, few chopped nuts. Sprinkle with a little sugar and 1 teaspoon ground mixed spice. Put pats of margarine all over. Roll up and brush with beaten egg and sprinkle with sugar. Bake on greased pan at 350 degrees. Slice when cold.

The rest of this dough can be used for tarts, cheesecake, etc.

Mrs. D. Middledorf.

19

MAZARINES

Pastry

- 4 ozs. flour
- 1 oz. cake crumbs
- 1 oz. ground almonds
- 2 ozs. sugar
- 3 ozs. butter
- egg yolk and water to mix

Filling

- raspberry jam
- 1 egg white
- 4 ozs. castor sugar
- 1 tablespoon grated chocolate
- 1½ ozs. chopped almonds
- vanilla essence (1 teaspoon)

Sift flour. Add cake crumbs, ground almonds and sugar. Rub in butter. Mix to a stiff dough with egg yolk and water. Roll out into a long strip about 4 inches wide and $\frac{1}{4}$ -inch thick. Cut a strip $\frac{1}{2}$ -inch wide off each long side, wet them and stick them on to each long side of the strip to form an edge. Prick pastry and bake at 375 degrees for about 10 minutes.

Spread raspberry jam along centre. Partly beat egg white, add castor sugar, grated chocolate, chopped almonds and bring to boil. Add vanilla essence. Spread over the jam. Return to oven till set. Cut into fingers.

Mrs. L. Creewel.

LUXURY SHEER NYLONS

54 Gauge - 15 Dernier

by

ballito

Trade Enquiries:

HAROLD E. SERGAY
Telephone 4476 P.O. Box 1709
BULAWAYO

IN 50
FASHION
SHADES

BREADS and SCONES

REFRIGERATOR ROLLS

- | | |
|------------------------------------|---|
| 1 cake Anchor Yeast | 2 well-beaten eggs |
| $\frac{1}{2}$ cup sugar | 1 heaped teaspoon salt |
| $\frac{1}{2}$ ozs. butter | 1 cup milk |
| 1 cup mashed potato (about 3 or 4) | enough flour to make a stiff dough (about 7 cups) |

Put yeast into $\frac{1}{2}$ cup luke warm water. Put milk in saucepan and bring nearly to boil. Add butter, sugar, salt and potato. Leave to cool. Beat eggs well. Add yeast and eggs to cooled mixture. Then add flour and knead well. Put in refrigerator in a large basin, allowing for rise. Leave overnight. Pinch off as needed. Make into very small rolls and leave to rise for 1 hour, out of refrigerator. Bake at 425 degrees for 7 to 8 minutes.

Mrs. C. I. Jacobs.

★

GRANNY LOAF

- | | |
|---------------------------|---|
| 8 ozs. self-raising flour | 1½ ozs. sugar |
| pinch salt | 1 oz. each currants, raisins and cut peel |
| mixed spice | 1 gill milk |
| 1 oz. butter | |

Sift flour, salt and spice. Rub in butter. Stir in sugar, fruit and peel and make into dough with the milk. Turn on to a floured board and form into a round. Place in a well-greased cake-tin, brush over with milk and bake in a moderate oven for about 30 to 40 minutes. Slice and butter.

Mrs. N. Blake.

★

WAFFLES

- | | |
|---------------------------|---------------------------------|
| 2 cups flour | $\frac{1}{2}$ cup melted butter |
| 1 teaspoon salt | 4 level teaspoons baking powder |
| 1½ cups milk | 2 teaspoons sugar |
| 2 eggs, beaten separately | |

Mix and sift dry ingredients. Add milk gradually, yolks well-beaten, then melted butter and lastly, stiffly-beaten egg whites. Meanwhile, heat Waffle Iron, and before putting in mixture, brush over with melted butter. Mixture is best used from a jug and it can be stored in the refrigerator and used next day.

Mrs. P. Taub.

KUCHEN

$\frac{1}{2}$ lb. butter	1 teaspoon salt
2 whole eggs and 4 extra yolks	1 cup sugar
2 cups milk	flour to make soft dough
2 cakes yeast	

Put yeast with a little sugar in $\frac{1}{2}$ cup warm water to rise. Warm milk and add butter to it. Beat eggs and sugar well. Put flour in bowl with salt. Add yeast, eggs and milk mixtures. Knead well to a soft dough. Cover and leave overnight to rise. In the morning, make into shapes. Place on buttered pan, and leave to rise for half an hour. Paint with egg, sprinkle with cinnamon and sugar and bake at 350 degrees for about half an hour.

Mrs. B. Lange.

★

MILK LOAF OR BUNS

$8\frac{1}{2}$ cups flour	$\frac{1}{2}$ pint cream
3 cakes yeast	$\frac{1}{2}$ lb. butter
1 cup sugar	1 cup milk
4 egg yolks	1 teaspoon salt
2 egg whites	and if you fancy it, 1 cup sultanas

Sift flour. Mix yeast with 1 cup lukewarm water. Add the salt and sugar to the flour. Warm the butter and milk and add to the flour mixture with the yeast. Add the cream and eggs. Knead well to a soft dough. Put in a dish, cover well and leave in a warm place to rise for 3 to 4 hours. Knead again and make into any shapes required, putting layers of cinnamon and sugar, and sultanas if used. Place in buttered tins and allow to stand for half an hour. Paint tops with beaten egg and bake for 25 minutes at 400 degrees.

Mrs. M. Watkins.

★

SOUR MILK SCONES

$2\frac{1}{2}$ cups flour	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	1 egg
2 ozs. butter	1 cup sour milk
2 dessertspoons sugar	

Sift dry ingredients together and rub in butter. Beat up egg and mix it with the sour milk. Add this to mixture. Knead lightly and roll to $\frac{1}{4}$ -inch thickness. Cut into rounds and paint the tops with milk. Bake for 10 minutes at 450 degrees.

Mrs. M. Watkins.

22

DROP SCONES

2 ozs. butter	pinch salt
8 tablespoons flour	1 tablespoon sugar
1 egg	$\frac{1}{2}$ cup warm milk
2 tablespoons cream	2 teaspoons baking powder

Sift all dry ingredients together and rub in butter. Beat together egg, milk and cream. Mix. Half-fill greased patty tins. Paint scones with egg yolk. Bake in oven at 450 degrees.

Mrs. R. Lonstein.

★

ALL-BRAN SCONES

2 tablespoons butter	1 cup All-Bran
$\frac{1}{2}$ cup sugar	1 cup flour
1 egg	3 teaspoons baking powder
1 cup milk	$\frac{1}{2}$ teaspoon salt

Cream butter and sugar. Beat in egg, All-Bran and milk. Sieve flour, salt and baking powder and add to mixture. Roll and cut and bake on greased pan at 400 degrees for about 20 minutes.

Mrs. E. Zacks.

★

SCONES

$\frac{1}{2}$ lb. butter (little less)	$\frac{1}{2}$ cup milk (little less)
2 large cups flour	3 teaspoons baking powder
1 large egg	pinch salt
2 heaped tablespoons sugar	

Rub butter into flour and sugar with fingertips. Add baking powder. Make well in middle. Beat egg well with the milk and add. Must not be a stiff dough. Pat on board and cut into shapes. Brush tops with egg. Bake in hot oven.

Mrs. Ethel Margolis.

★

BANANA BREAD

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon baking powder
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon bi-carbonate of soda
2 cups flour	$\frac{1}{2}$ teaspoon salt
2 eggs	1 cup mashed bananas (3 or 4)

Cream butter and sugar well together and add well-beaten eggs. Add sifted dry ingredients and add to mixture with bananas and a little milk if too stiff. Put mixture into a lined bread tin and bake in a moderate oven for about 1 hour.

Mrs. L. Gruber.

23

MILK LOAF

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ large cup sugar	1 cup warm milk
1 $\frac{1}{2}$ eggs	$\frac{1}{2}$ square Anchor Yeast
4 $\frac{1}{2}$ cups flour	

Cream butter and sugar well. Add eggs and salt. Add milk, flour and yeast dissolved in $\frac{1}{2}$ cup warm water, alternately. Mix through well and cover warmly with blankets. Leave overnight.

Next morning, cut into shapes on floured board, place on buttered pans and allow to rise in a warm place. Then paint with egg yolk and milk and sprinkle with sugar. Bake at 400 degrees.

Mrs. S. H. Wolfe.

CRUMPETS

★

1 egg	2 cups flour
$\frac{1}{2}$ cup sugar	pinch salt
2 ozs. melted butter	2 heaped teaspoons baking powder
1 cup milk	

Beat egg well and add sugar. Add melted butter and milk. Then add flour, salt and baking powder. Mix all well together and put in spoonfuls on greased girdle or electric stove. Turn when brown.

Mrs. S. Herman.

KUCHEN

★

1 cake yeast	1 cup sugar
6 large cups flour	1 dessertspoon salt
$\frac{1}{2}$ lb. butter	3 eggs
warm milk	

Put yeast in 1 cup warm milk and mix with it 1 cup flour, 1 teaspoon salt and 1 teaspoon sugar. Leave about half an hour.

When ready, put into rest of flour. Add eggs, salt and sugar and knead well. Melt butter in 1 cup warm milk and add. Leave to rise overnight. In the morning, knead and roll. Place into greased pans and leave to rise for half an hour. Bake at 400 degrees for about 45 minutes.

Mrs. C. M. Harris.

BAGLES

★

6 cups flour	salt
1 tablespoon baking powder	warm water to make a biscuit dough
2 eggs	

Mix all ingredients well to a consistency of biscuit dough. Roll out about $\frac{1}{2}$ -inch thick in strips. Form rings. Boil water with salt or sugar to taste. Add bagles to water for only two seconds. Take out and bake in hot oven.

Mrs. M. Berzack.

BOSTON BREAD

2 breakfast cups flour	1 egg
1 teaspoon bi-carbonate of soda	2 tablespoons Golden Syrup
2 tablespoons sugar	milk
1 saltspoon salt	sultanas, currants, chopped peel

Sift all dry ingredients together. Add egg, syrup and milk to make a loose dough. Add the fruit. Grease tins with oil. Half fill and steam for about 2 hours.

To vary the Fruit Boston, make a Ginger Boston by omitting the fruit and adding 1 dessertspoon ground ginger and small pieces of crystallised ginger. To make a Raisin Boston, omit fruit and add mixed spices and whole seedless raisins.

Mrs. A. J. Lassman.

★

KUCHEN

2 $\frac{1}{2}$ lbs. sifted flour	6 egg yolks
1 oz. yeast	6 ozs. butter
1 cup sugar	about 1 $\frac{1}{2}$ cups warm milk
1 dessertspoon salt	

Dissolve yeast in $\frac{1}{2}$ cup warm water, 1 teaspoon sugar and leave to stand for 5 minutes.

Melt butter in the warm milk. Pour the yeast into all the other ingredients and beat well into a stiff dough. Leave overnight to rise.

In the morning, roll and leave for 30 minutes to rise. Bake at 350 degrees for about 45 minutes. (Paint top with beaten egg).

Mrs. L. Brenner.

★

CRUMPETS

1 tablespoon water (or little more)	$\frac{3}{4}$ teacup flour
pinch salt	1 dessertspoon Golden Syrup
1 dessertspoon sugar (heaped)	$\frac{1}{2}$ cup milk
1 egg	1 teaspoon baking powder
	1 dessertspoon melted butter

Beat together the water, salt, sugar and egg. Add flour, Golden Syrup and milk. Don't make mixture too thin or too stiff. Add baking powder and when the mixture bubbles, add the melted butter. Cook in spoonfuls on a hot girdle.

Mrs. M. Sussman.

SCONES

6 heaped tablespoons flour
1 tablespoon sugar
4 teaspoons baking powder
pinch salt

1 tablespoon butter
1 egg
 $\frac{1}{2}$ cup milk

Sift flour, salt and sugar. Rub in butter and then add baking powder. Make a well in the centre, break in the egg, add the milk and mix well to a soft dough. Pat on to a floured board and cut into rounds. Bake on a greased pan for 5 minutes in a very hot oven.

Mrs. L. A. Rubinstein.

★

FLAPJACKS

8 tablespoons flour
1 tablespoon sugar
2 eggs

2 teaspoons baking powder
salt
enough milk to make a medium
batter

Beat eggs and sugar well. Leave to stand a while. Add flour, salt, milk and baking powder. Drop by spoonful on to a buttered girdle or on to plate of stove and turn when brown. Butter while hot.

Mrs. J. Graham.

WHY BOTHER TO BAKE?

when you can get it

at the

STAR BAKERY

Phone 2243

Fort Street, Bulawayo

CAKES, Large and Small

BLITZ CAKE

$\frac{1}{2}$ lb. butter
 $1\frac{1}{2}$ cups sugar
4 eggs, separated
1 cup flour
pinch salt
1 teaspoon vanilla

1 teaspoon baking powder
3 tablespoons milk
 $\frac{1}{2}$ cup sliced blanched almonds
 $\frac{1}{2}$ tablespoon sugar
 $\frac{1}{2}$ teaspoon cinnamon

Cream butter and $\frac{1}{2}$ cup sugar well. Add well-beaten egg yolks and beat again. Add sifted flour, baking powder, salt and vanilla. Add milk. Spread mixture in 2 greased tins. Beat egg whites till stiff, add remaining sugar and beat till eggs hold a peak. Spread this over the unbaked mixture in the tins. Sprinkle tops with almonds, 1 tablespoon sugar and the cinnamon and bake at 350 degrees for about 30 minutes. Cool and spread following custard filling between layers.

Custard Filling

3 tablespoons flour
 $\frac{1}{2}$ cup sugar
pinch salt
1 cup milk

1 egg, beaten
 $\frac{1}{2}$ teaspoon vanilla
1 teaspoon butter

Mix dry ingredients very well. Add milk and egg and cook over boiling water, stirring constantly until thickened. Add vanilla and butter. Cool.

Mrs. A. H. Ralstein.

★

TIP-TOP APRICOT CAKE

(1) $\frac{1}{2}$ cup butter
1 cup sugar
1 tin apricots

(2) 1 cup flour and 1 cup sugar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
2 eggs
5 tablespoons apricot juice

(1) Melt butter in baking pan or pyrex dish. Spread sugar over bottom (brown sugar can be used to advantage), lay in apricots, cut side up.

(2) Beat egg yolks, add sugar, apricot juice, sift in flour, baking powder and salt. Fold in beaten egg whites. Pour batter over fruit. Bake at 375 degrees for about 45 minutes. Invert on to a plate. Serve with custard.

Mrs. L. Frank.

BUTTER SPONGE CAKE

3 eggs	4 tablespoons milk
pinch salt	1 tablespoon butter
$\frac{3}{4}$ cup sugar	1 teaspoon baking powder
1 cup flour	

Beat eggs well. Add sugar and beat again. Then add flour and salt. Boil up milk and butter and add immediately to mixture. Flavour with vanilla, cocoa, coffee or orange rind. Lastly, add baking powder. Bake in two medium-sized sandwich tins, greased, for 25 to 30 minutes at 350 degrees.

Mrs. H. Eliasov.

★

CHEESE CAKE WITH MARIE BISCUITS

2 cream cheeses	2 tablespoons sugar
2 eggs	1 packet Marie Biscuits
$\frac{1}{2}$ pint cream	7 ozs. butter
1 teaspoon custard	

Crush biscuits very well, add butter and mix thoroughly. Grease a pyrex dish well and put the biscuit mixture right round the dish, leaving a little for the top. Mix the cheese, eggs, cream, custard and sugar very well. Put the mixture into the biscuit-lined dish and spread with the remaining biscuit mixture. Bake for 40 minutes at 400 degrees.

Mrs. M. Watkins.

★

CHEESE TART

Dough	Filling
$\frac{3}{4}$ packet Marie Biscuits	1 lb. cream cheese
$\frac{1}{2}$ lb. butter	2 egg yolks and whites
$\frac{1}{2}$ cup milk	$\frac{3}{4}$ cup castor sugar
	2 tablespoons flour
	1 teaspoon vanilla

Dough.—Crush biscuits. Melt butter in the milk and add to biscuits to form a dough. Line a buttered pyrex plate with this and press down the edges.

Filling.—Cream together egg yolks and sugar, add cheese, flour and vanilla. Beat the egg whites stiffly, add to mixture and mix well. Pour into the dough and bake at 400 degrees for 25 minutes.

Mrs. L. Zipper.

COCONUT CAKE

(1) $\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	1 cup flour
3 egg yolks, beaten	2 teaspoons baking powder (level)
1 teaspoon vanilla	salt

Cream butter and sugar. Add beaten yolks, vanilla and milk. Then add flour and salt, and lastly, baking powder.

(2) 3 egg whites, well beaten with $\frac{1}{2}$ cup sugar, and then fold in 1 cup coconut.

Grease an oblong tin. Put in first mixture and then cover with the second mixture and top with cherries to trim. Bake for 40 minutes at 400 degrees.

Mrs. L. Rabinowitz.

★

FRUIT CAKE

2 cups sugar (1 lb.)	$\frac{1}{2}$ lb. X Peel
1 lb. flour	10 eggs
1 lb. butter	1 pkt. mixed spice
1 lb. dates	1 tablespoon cocoa
$\frac{1}{2}$ lb. nuts	1 teaspoon bi-carb.
$\frac{1}{2}$ glass brandy	1 teaspoon cinnamon
1 lb. sultanas	$\frac{1}{2}$ teaspoon ground cloves
	$\frac{1}{2}$ teaspoon ground ginger

Cream butter and sugar. Add beaten eggs, then flour. Mix bi-carbonate of soda with just a little milk and add to mixture.

Add spices, brandy and fruit, which should be warmed before adding to mixture. Don't have mixture too loose. Line greased tins with four layers of greaseproof paper and pour in mixture. Bake at 275 degrees for not more than 3 hours. Half this quantity makes a nice sized cake.

Mrs. M. Sussman.

★

CHOCOLATE MARBLE CAKE

$\frac{1}{2}$ lb. butter	1 teaspoon baking powder
3 eggs	$\frac{1}{2}$ cup milk
1 cup sugar	1 tablespoon cocoa
1 cup flour	

Cream butter and sugar. Add egg yolks separately, beating well. Add flour, baking powder and milk. Lastly, fold in stiffly-beaten egg whites. Put half mixture in dish and add 1 tablespoon cocoa to this. Pour into greased tin and bake at 400 degrees for 40 minutes.

Mrs. L. Schragger.

GINGER CAKE

good $\frac{1}{2}$ lb. butter	3 eggs
$\frac{1}{2}$ lb. sugar	2 teaspoons ground ginger
3 small cups flour	2 teaspoons bi-carbonate of
1 cup milk	soda dissolved in $1\frac{1}{2}$
1 cup syrup	tablespoons hot water

Cream butter and sugar. Add all other ingredients. Bake at 350 degrees.

Mrs. M. Sussman.

★

CREAM PUFFS

1 cup water	salt
2 ozs. butter	3 eggs
1 cup flour	

Boil up water and butter. Mix in flour and salt until it forms a dough. Put pot on ice cubes and cool mixture. When cool, add the eggs, one at a time. Put spoonfuls on a greased pan and bake at 375 degrees for 30 to 35 minutes.

Mrs. S. Israel.

★

CHOCOLATE SWISS ROLL (without butter and flour)

5 eggs	$\frac{1}{2}$ cup cocoa
1 cup icing sugar	

Beat egg yolks well. Add sugar and beat again. Add cocoa. Lastly, fold in stiffly-beaten egg whites.

Bake in a greased Swiss roll tin for about 10 to 15 minutes at 375 degrees.

When baked, roll up in a serviette and when cool unroll and fill with whipped cream.

Nellie Banet.

★

FRUIT CAKE

5 ozs. butter	4 eggs
5 ozs. brown sugar	4 ozs. peel
4 ozs. ground almonds	2 ozs. cherries
$\frac{1}{2}$ teaspoon baking powder	1 tablespoon brandy
6 ozs. flour	4 ozs. raisins
8 ozs. sultanas	8 ozs. currants
$\frac{1}{2}$ teaspoon mixed spice	1 tablespoon treacle or syrup

Cream butter and sugar. Beat eggs and add alternately with flour mixed with all fruits. Bake at 350 degrees for 30 minutes. Turn to low. Bake for 2 to 2 $\frac{1}{2}$ hours longer. Turn out immediately and pour 1 tablespoon brandy over the bottom. Paper-lined tin.

Mrs. H. Fox.

30

SWISS ROLL

4 eggs	4 level teaspoons baking powder
4 tablespoons sugar	vanilla essence
4 tablespoons flour	salt

Beat eggs well. Add sugar and beat again. Sift flour and add baking powder. Add to mixture. Fold in. Pour into paper-lined Swiss roll tin and bake at 400 degrees for 10 minutes. Turn out and roll in damp serviette. When cold, fill.

Sheila Mathison.

★

BUTTER CAKE

$\frac{1}{2}$ lb. butter	1 teaspoon vanilla
1 teacup sugar	1 cup (large) flour
3 eggs	2 teaspoons baking powder
$\frac{3}{4}$ cup maizena	1 teacup milk

Cream butter and sugar well. Add egg yolks one at a time. Add vanilla. Sift flour, baking powder and maizena three times. Add flour mixture and milk alternately. Fold in stiffly-beaten egg whites. Take off about one-third of this mixture and to it add 2 teaspoons cocoa. Grease a long loaf tin and pour in part of the white mixture. Then the chocolate mixture and then balance of white. Bake at 375 degrees for 45 minutes.

Mrs. J. Graham.

★

BUTTER CAKE

$\frac{1}{2}$ lb. butter	4 eggs
1 small cup sugar	1 teaspoon oil
$1\frac{1}{2}$ cups flour	1 teaspoon cold water
2 teaspoons baking powder	1 tablespoon cream or milk
flavouring	

Cream butter and sugar. Add egg yolks separately. Add all other ingredients and lastly, fold in beaten egg whites. Sprinkle a pan with coconut and sugar, pour mixture in, and bake at 400 degrees for approximately 45 minutes.

Mrs. H. Banet.

★

DATE LOAF

1 lb. dates (cut in fairly large sections)	1 teaspoon baking powder
1 cup chopped walnuts	4 eggs
4 heaped tablespoons flour	salt

Mix all dry ingredients. Beat eggs well and fold into dry ingredients. Bake in a greased tin at 350 degrees for 30 to 35 minutes.

Mrs. Arthur Kaplan.

31

For
Remarque Children's Wear

shop at

MORRISON'S

Telephone 2821

86 FIFE STREET

★ *LARGE ASSORTMENT OF STOCKS CARRIED
IN SHOWROOM*

Outfitting
Household Hardware
Haberdashery

Shoes
Drapery
Confectionery, Etc.

Universal Book Store

FOR ALL THE LATEST
IN BOOKS

MAIN STREET, BULAWAYO
Telephone 2561

Franks Fisheries

(OPPOSITE POST OFFICE)

*TRY US FOR ALL
YOUR FOOD SUPPLIES*

PROMPT SERVICE

**Times
Furnishers
Ltd.**

66 ABERCORN STREET
P.O. Box 1058 Phone 4742

Come and pay us a visit
in our New Premises.

We offer the best value
in town.

ECHE SACHERTORTE (Genuine Viennese Chocolate Cake)

8 ozs. unsalted butter	6 ozs. plain grated chocolate
8 ozs. sugar	4 ozs. breadcrumbs (white)
8 eggs	

Separate eggs and beat whites till stiff. Beat butter till creamy and add egg yolks one at a time, also adding 1 ounce of sugar with each egg yolk. Add grated chocolate and breadcrumbs, beating gently, and lastly, fold in beaten whites.

Line a shallow tin with white paper, pour in mixture and bake in moderate oven. Ice with chocolate icing and serve with stiffly-beaten whipped cream.

Mrs. H. Banet.

★

MARIE BISCUIT CAKE

1 packet Marie Biscuits (or Tennis)	1 teaspoon vanilla
$\frac{1}{2}$ lb. butter	3 eggs
$\frac{1}{2}$ cup icing sugar	1 dessertspoon coffee essence

Cream butter and sugar. Add essence and egg yolks. Beat whites and fold in. Moisten biscuits with sherry. Put layer of mixture on layer of biscuits till all used up. Grate biscuits on top. Put in refrigerator to set.

Mrs. B. Lange.

★

COOKIES

$\frac{1}{2}$ lb. butter	2 eggs
1 cup sugar	2 cups flour
vanilla essence	2 teaspoons baking powder
milk	

Cream butter and sugar. Add eggs, beating well. Add flour, baking powder, essence and milk. Bake at 375 degrees for 12 minutes in greased patty tins.

Mrs. L. Schragger.

★

FRUIT CAKE

1 cup currants	1 cup sugar
1 cup raisins	6 ozs. butter
1 cup sultanas	$1\frac{1}{2}$ teaspoons bi-carb. soda
1 cup boiling water	

Boil all these ingredients together for 20 minutes and allow to cool properly. Then add 2 eggs, beaten, 2 cups flour, $\frac{1}{4}$ cup milk and $\frac{1}{4}$ wineglass brandy. Pour into paper-lined tin and bake for $1\frac{1}{2}$ hours at 350 degrees.

Mrs. L. Gruber.

MERINGUES

4 egg whites 8 ozs. sugar

Beat up whites until stiff and add the sugar, then beat well until mixture is very stiff. Drop by tablespoons on baking sheet lined with greaseproof paper. Bake in cool oven (200 degrees) until quite dry.

Mrs. L. Gruber.

★

RUM CAKE

5 eggs ½ teaspoon vanilla
5 tablespoons sugar 1 dessertspoon flour
5 dessertspoons breadcrumbs

Separate yolks and whites of eggs. Add sugar to yolks and beat well. Add breadcrumbs and flour mixed. Lastly, add vanilla and stiffly-beaten egg whites. Pour into greased tin and bake at 375 degrees for 20 to 30 minutes. When cake is baked, turn out, and while still hot, pour the following liquor over it.

Liquor.—1 glass water, 4 tablespoons sugar, 3 tablespoons rum, all boiled together till the sugar is dissolved. Pour hot over hot cake. When cake is cold, decorate with cream, whipped.

Anonymous.

★

LAYER CAKE

½ lb. butter or margarine 2½ cups flour
2 eggs ½ teaspoon salt
½ cup milk 4 teaspoons baking powder
½ cup water 1 teaspoon vanilla
1½ cups sugar

Cream butter, add sugar slowly. Add well-beaten eggs and vanilla. Sift together dry ingredients and add alternately with milk and water. Pour into two greased 9-inch sandwich tins and bake at 400 degrees for 25 minutes.

Variations:

Chocolate.—Take off 2 tablespoons flour and replace with 2 tablespoons cocoa.

Spice.—Add 1 teaspoon mixed spice.

Orange.—Use ½ cup orange juice instead of ½ cup milk.

Mrs. L. Michaels.

FRUIT CAKE

6 ozs. butter little mixed peel
1 cup sugar ½ teaspoon bi-carb. in ¼ cup
3 eggs warm milk
1 large cup each sultanas, 2 cups flour
 pinch salt
1 teaspoon mixed spice 2 teaspoons baking powder

Cream butter and sugar. Add eggs. Clean fruits and add to bowl of flour salt, baking powder, spice and peel. Mix together and add to butter and egg mixture. Lastly, add milk and bi-carb. Put into loaf tin and bake at 350 degrees for 1½ to 2 hours. This can also be baked in large round tin.

Mrs. S. Herman.

★

SURPRISE PLAIN CAKE

1 cup sugar 1½ cups flour
¼ lb. butter ½ cup milk and warm water
3 eggs mixed
2 teaspoons baking powder

Cream butter and sugar well. Add eggs one at a time and beat well between each addition. Then add other ingredients. Put half the batter into a well-buttered tin, sprinkle with sugar, cinnamon and either cake or biscuit crumbs. Add rest of the batter and bake at 350 degrees.

Mrs. C. I. Jacobs.

★

MARBLE CAKE (2)

½ lb. butter 1 teaspoon vanilla essence
1 small cup sugar 2 tablespoons milk
½ lb. sifted flour 1 tablespoon water
4 eggs 2 level teaspoons baking
 powder

Cream butter and sugar till light and fluffy. Add eggs one at a time alternately with the sifted flour, beating well between each addition. Beat well for 5 minutes. Add pinch salt. Add the milk, water, vanilla and lastly, baking powder. Divide mixture in two and to the one half add 1 tablespoon cocoa mixed with 2 teaspoons milk. Blend well. Pour the mixtures alternately into a greased tin and bake in moderate oven about 400 degrees for about 1 hour. Before baking, cover top of cake with a piece of brown paper which has been greased.

Mrs. R. E. Glickman.

LAYER CAKE

$\frac{1}{2}$ cup butter	1 teaspoon vanilla essence
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup sweet milk
2 eggs	2 cups flour
$\frac{1}{2}$ teaspoon salt	2 teaspoons baking powder

Cream the butter well. Add the sugar and cream again. Add the well-beaten eggs and salt and mix. Add the milk alternately with the sifted flour. Add essence and then the baking powder. Pour into 2 greased tins and bake in moderate oven, about 350 degrees, for 20 minutes. When cool, put layers together with jam, and ice top.

Mrs. N. Davidoff.

★

HAZEL NUT CAKE

$\frac{1}{2}$ lb. hazel nuts, minced
$\frac{1}{2}$ lb. icing sugar
6 eggs

Separate eggs. Cream sugar and yolks very well. Add minced nuts and mix well. Fold in stiffly-beaten egg whites. Butter a baking pan slightly. Bake for 35 minutes in a moderate oven (350 degrees). This batter requires a deep baking pan.

Mrs. Ben Baron.

★

WALNUT CAKE

6 ozs. butter	2 teaspoons baking powder
1 cup sugar	pinch salt
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk and water mixed
3 eggs	

Cream butter and sugar well. Add egg yolks and then sifted flour and baking powder with stiffly-beaten egg whites. Put in shallow tin and mix 3 ozs. chopped walnuts, $\frac{1}{2}$ cup brown sugar and 2 teaspoons cinnamon and spread on top. Bake in a moderate oven.

Mrs. Ben Baron.

★

NUT CAKE

6 eggs, separated	$2\frac{1}{2}$ ozs. chocolate
7 ozs. sugar	$2\frac{1}{2}$ ozs. breadcrumbs
7 ozs. groundnuts	a little rum

Cream egg yolks and sugar till thick and creamy. Fold in the nuts, melted chocolate and the breadcrumbs, which have been dampened with rum. Lastly, fold in the stiffly-beaten egg whites. This cake is best cut only the next day, and filled with cream. (Pour into a greased tin and bake in a medium oven).

Mrs. E. Zlattner.

36

CHOCOLATE REFRIGERATOR CAKE

1 pkt. Tennis or Marie Biscuits	4 tablespoons water
4 eggs	4 tablespoons sugar
$\frac{1}{2}$ lb. slab sweet chocolate	$1\frac{1}{2}$ teaspoons vanilla

Melt chocolate over pot of boiling water. Add water, sugar and beaten egg yolks. Cook until smooth, stirring constantly. Remove from stove and cool. Add vanilla and stiffly-beaten egg whites. Have a cake tin ready lined with greaseproof paper. Put a layer of biscuits in the bottom, then pour on a layer of chocolate mixture, cover with another layer of biscuits and continue till all finished, ending with a layer of biscuits. Cover, and chill for 24 hours. Turn out on a dish lined with paper d'oye. Decorate with whipped cream and cherries.

Mrs. S. Herman.

★

GINGER BUTTER CAKE

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ teaspoon ground cinnamon
1 cup sugar	1 cup warm milk
2 eggs	1 teaspoon bi-carb. soda
2 tablespoons syrup	2 large cups flour
2 teaspoons ground ginger	pinch salt

Cream butter and sugar. Add eggs one at a time, then syrup and mix well. Add the spices and the milk to which you have added the bi-carbonate of soda. Lastly, fold in flour and salt. Mix all well together and pour into two greased sandwich tins. Bake for 25 minutes in a moderate oven. This can also be baked for 1 hour in a loaf tin.

If sandwich cake is made, put butter icing between and on top and sides of cake.

Mrs. S. Herman.

★

BANANA CAKE

4 eggs	4 heaped tablespoons flour
2 tablespoons melted butter	2 tablespoons breadcrumbs
6 tablespoons sugar	1 tablespoon ground walnuts
4 bananas	lemon juice
1 teaspoon baking powder	

Cream egg yolks and sugar well. Add melted butter gradually and mix well. Beat egg whites and fold into mixture. Add flour, breadcrumbs, nuts and baking powder. Mash bananas, add lemon juice to them and fold in. Bake for 1 hour in a greased tin at 300 to 350 degrees.

Mrs. Courian.

37

ALMOND CAKE

3 ozs. margarine	2 ozs. ground almonds
4 ozs. sugar	2 ozs. chocolate
4 egg yolks	1½ ozs. breadcrumbs
grated lemon rind	

Cream margarine and sugar very well. Add egg yolks and lemon rind and beat again. Add almonds, melted chocolate and breadcrumbs. Mix well but do not beat again. Pour into a well-buttered cake tin and bake in a medium oven. When ready, cool and ice with chocolate icing.

Mrs. E. Zlattner.

★

CHOCOLATE CAKE

8 eggs, separated	2 tablespoons flour
8 tablespoons sugar (icing)	2 tablespoons cocoa

Beat egg yolks and icing sugar till thick and creamy. Then add flour and cocoa, sifted. Then fold in the stiffly-beaten egg whites. Pour into a greased cake tin and bake in a slow oven. When baked, cut in half and fill with the following cream.

Place in top of a double boiler 3 tablespoons strong black coffee, 2 tablespoons icing sugar and 4½ ozs. chocolate and cook till well blended. Cool slightly, and add 6½ ozs. butter, the beaten yolks of 2 eggs, and then fold in the stiffly-beaten whites of 2 eggs.

Mrs. E. Zlattner.

★

ECLAIRS

½ cup milk	1 cup sifted flour
½ cup water	4 eggs
2 ozs. butter	pinch salt

Bring to the boil milk, water and butter. Add all at once flour and salt. Stir quickly till mixture forms a smooth dough and leaves sides of pot. Remove from fire and add 1 egg. Mix well and leave aside to cool. When cool, add remaining eggs one at a time, mixing well between each addition. Drop teaspoonsful on a buttered baking sheet about 2 inches apart to allow for spreading. Smooth with back of a spoon dipped in cold water. Bake at 400 degrees for about 20 minutes. Split, and when cold fill with whipped cream, and top with chocolate water icing, or sprinkle with icing sugar. When eclairs are done, and are particularly soft, switch off oven and allow to remain in just to dry a little longer.

Mrs. A. H. Ralstein.

38

MARBLE CAKE

½ lb. butter	3 level teaspoons baking powder
½ cup sugar	½ cup milk
3 eggs	1 teaspoon vanilla
2½ level cups flour	salt
	2 teaspoons cocoa

Cream butter and sugar well. Add eggs one at a time. Add milk alternately with flour and salt. Add baking powder. Mix cocoa with 2 teaspoons sugar and 1 teaspoon milk. Add 2 tablespoons of the cake mixture to this. Grease a large tin and put in a layer of white mixture, then blobs of chocolate mixture and balance of white. Bake at 400 degrees.

Mrs. V. Zacks.

★

AUSTERITY CHOCOLATE CAKE

2 eggs	1 egg-cup brandy
½ lb. margarine	1 egg-cup wine
1½ packets chocolate pudding powders	juice of ½ lemon
2 tablespoons honey	1 cup milk
2 tablespoons jam	1 teaspoon bi-carbonate of soda
½ teaspoon cinnamon	3 cups self-raising flour

Cream margarine well. Add eggs and beat well. Add chocolate powders, honey, jam and cinnamon. Then add brandy, wine and lemon juice. Add milk, then add flour and soda sifted together. Beat very well. Pour into a large greased tin and bake at 350 degrees for about 1 hour. When cool, sprinkle with icing sugar.

Mrs. I. Miller.

★

BAKED MERINGUE SPICECAKE

2 cups flour	½ teaspoon cloves
3 teaspoons baking powder	½ lb. butter
½ teaspoon salt	1 cup brown sugar
1 teaspoon cinnamon	1 egg and 1 egg yolk
¾ cup milk	

Sift flour, baking powder and salt together three times, with spices. Cream butter and sugar very well. Add beaten egg and yolk and beat again. Add sifted dry ingredients alternately with milk and beat well. Pour into a large greased pan and spread with the following meringue.

1 egg white, beaten well with ½ cup brown sugar. Spread over unbaked cake, sprinkle with ¼ cup chopped nuts and bake at 350 degrees for 50 to 60 minutes. (Size of tin about 6 by 10 inches).

Mrs. A. H. Ralstein.

39

Your best recipe . . .

METHOD: Take household staff, train to your routine and satisfaction, instil pride of dress and neatness, equip with uniforms, either bedroom or waiter style.

RESULT: A proud housewife and a contented staff fitted out with "PREMIER" uniforms.

ON SALE EVERYWHERE

Bulawayo Clothing Factory Ltd.

*Manufacturers of Men's and Juveniles' Clothing,
Shirts and Uniforms of all kinds*

5070/1 Manchester Road
Belmont Industrial Area
P.O. Box - - 427

INSIST ON
"PREMIER"
STRICTLY WHOLESAL

CHOCOLATE CAKE

4 ozs. butter	$\frac{1}{2}$ cup milk
1 cup sugar	1 teaspoon vanilla essence
4 eggs	2 teaspoons baking powder
pinch salt	1 tablespoon cold water
2 tablespoons cocoa	$1\frac{1}{2}$ cups flour

Cream butter and sugar very well. Add eggs one at a time, beating well between each addition. Add salt, vanilla and cocoa. Add milk alternately with sifted flour and lastly, add the baking powder over which you pour the cold water. Bake in two greased sandwich tins at 400 degrees for 25 minutes. Ice when cold.

Mrs. A. H. Ralstein.

★

MOCHA CAKE

4 eggs (separated)	1 cup sugar
1 tablespoon coffee essence	1 cup flour
pinch salt	1 teaspoon baking powder

Beat yolks till light. Add essence, salt and sugar and beat again till thick and creamy. Add flour and baking powder and fold in stiffly-beaten egg whites. Mix well, but do not beat. Spread in two buttered sandwich tins and bake at 350 degrees for about 10 to 15 minutes. When cool, fill with whipped cream flavoured with icing sugar and coffee essence. Spread also on top of cake and sprinkle with chopped browned almonds.

Mrs. A. H. Ralstein.

★

GINGERBREAD

3 breakfastcups flour	1 breakfastcup sugar
1 tablespoon mixed spice	1 breakfastcup butter
1 tablespoon ground ginger	1 breakfastcup syrup
1 breakfastcup milk	$\frac{3}{4}$ breakfastcup boiling water
2 eggs	2 teaspoons bicarb.

Cream butter and sugar. Add 2 eggs, mix in syrup, then milk. Sift together flour, spice and ginger and add gradually. Dissolve bicarbonate of soda in boiling water and add to mixture. Put into paper-lined tins and bake in a moderate oven for about 1 hour or till ready.

Mrs. R. Salmon.

SPONGE CAKE

3 eggs
1 cup sugar
1 cup and 1 dessertspoon flour
1 level teaspoon baking powder
1 teaspoon butter
pinch salt
4 tablespoons boiling water

Beat eggs and sugar until thick and creamy. Fold in flour, baking powder and salt. Dissolve butter in boiling water and fold into mixture. Put in two sandwich tins, lined with greased paper. Bake in moderate oven for about 10 minutes.

Mrs. R. Salmon.

★

ORANGE SPONGECAKE

2 cups flour
2 teaspoons baking powder
pinch salt
5 egg yolks
1½ cups sugar
½ cup cold water
1 tablespoon grated orange rind
½ cup orange juice
4 egg whites

Sift flour, baking powder and salt four times. Beat egg yolks well. Add sugar gradually and beat until thick and creamy. Add water and beat again. Add rind to orange juice and add to mixture alternately with dry ingredients. Beat egg whites till stiff and fold in. Pour into a very large ungreased tin and bake at 350 degrees for 50 to 60 minutes. Turn pan over when done and leave to cool, when cake will fall out. Can be iced with any orange icing.

Mrs. A. H. Ralstein.

★

COCONUT-TOPPED CAKE

3 cups flour
3 teaspoons baking powder
pinch salt
½ lb. butter
2 cups sugar
1 teaspoon vanilla
4 eggs, separated
1 cup milk

Sift flour, baking powder and salt. Cream butter and sugar well. Add vanilla, and egg yolks one at a time, and beat again. Add sifted dry ingredients alternately with milk, beating well. Fold in stiffly-beaten egg whites. Pour into three greased and paper-lined sandwich tins and bake at 400 degrees for about 30 minutes. Fill with lemon filling and cover tops and sides with seven-minute icing. Sprinkle thickly all over with coconut.

Mrs. A. H. Ralstein.

42

BANANA CAKE

2 cups flour
½ teaspoon baking powder
¼ teaspoon bi-carbonate of soda
pinch salt
½ cup sour milk
1 cup mashed bananas
½ cup butter (¼ lb.)
1½ cups sugar
2 eggs, well beaten
1 teaspoon vanilla

Sift flour, baking powder, soda and salt. Add milk to mashed bananas. Cream butter and sugar until fluffy. Add eggs and beat again. Add sifted dry ingredients and milk alternately, beating well after each addition. Add vanilla. Pour into two greased sandwich tins and bake at 375 degrees for 30 minutes. When cool, spread banana frosting between layers and ice top and sides of cake with it. Trim with sliced bananas.

Mrs. A. H. Ralstein.

★

MADEIRA CAKE

½ lb. butter
1 cup sugar
4 eggs
salt
½ cup milk
1 heaped cup flour
½ cup Maizena
1 teaspoon baking powder
few drops lemon essence

Cream butter and sugar well. Add eggs one at a time. Then add salt and flavouring. Sift flour and maizena together and add to mixture alternately with milk. Lastly, add baking powder. Bake in a large greased tin at 350 to 400 degrees for about 40 minutes.

Mrs. V. Zacks.

★

FAIRY CAKES

4 ozs. butter
5 ozs. sugar
½ teaspoon salt
¼ to ½ cup milk
7 ozs. flour
2 eggs
2 teaspoons baking powder
½ teaspoon vanilla

Cream butter and sugar well. Beat in eggs one at a time, beating well after each addition. Add flavouring. Add sifted dry ingredients alternately with milk to make soft dropping consistency. Bake in greased patty tins at 400 degrees for 10 to 15 minutes (makes 2½ dozen). When cool, scoop out tops, fill with jam and whipped cream. Cut tops in half and replace into cream. Sprinkle with icing sugar.

Mrs. A. H. Ralstein.

43

STREISEL KUCHEN

6 ozs. butter
 $\frac{3}{4}$ cup sugar
4 large eggs
pinch salt
2 cups flour
2 teaspoons baking powder
 $\frac{1}{4}$ cup milk

Cream butter and sugar. Add eggs one at a time. Add milk and flour alternately. Add baking powder last. Pour into greased baking tin, a large square one, and sprinkle with the following topping.

Rub a little butter into a little flour to make crumbs. Bake at 350 degrees for about 25 minutes.

★
Mrs. Becky Rabinowitz.

ALMOND CAKE

8 eggs (separated)
 $\frac{1}{2}$ lb. ground almonds
 $\frac{1}{2}$ lb. sugar
pinch salt

Beat yolks, sugar and salt for 15 minutes. Beat egg whites with a beater till stiff. Then add to mixture and beat again 8 minutes. Add almonds and beat another 10 minutes. Bake in a greased tin for 1 hour at 350 degrees. (Use a large square tin, and do not open the oven before the hour).

★
Mrs. M. Taitz.

CHERRY CAKE

8 ozs. flour
 $\frac{1}{2}$ lb. butter
6 ozs. sugar
2 eggs
1 teaspoon baking powder
 $\frac{1}{2}$ cup milk
glace cherries (sliced)

Cream butter and sugar well. Add eggs one at a time, beating well after each addition. Add milk gradually. Then add flour and baking powder, and lastly fold in cherries. Pour into a paper-lined tin and cover top with brown paper. Bake in a moderate oven for about 1 hour.

★
Mrs. A. H. Ralstein.

CHEESE CAKE

1 lb. cream cheese
2 eggs (separated)
1 cup cream (thick)
2 teaspoons butter
3 ozs. sugar
2 teaspoons lemon juice
1 tablespoon flour
 $\frac{1}{2}$ teaspoon cinnamon
pinch salt

Mix all ingredients very well, folding in the beaten egg whites last. Line a buttered pan with any pastry, pour in the cheese filling, sprinkle top with sugar and cinnamon and cut dabs of butter on top. Bake at 400 degrees till the pastry is well-baked.

★
Mrs. A. H. Ralstein.

MYSTERY CAKE

4 ozs. butter
 $1\frac{1}{2}$ cups sugar
3 eggs
 $2\frac{1}{2}$ cups sifted flour
pinch salt
4 teaspoons baking powder
1 teaspoon nutmeg
1 teaspoon cinnamon
just under 1 cup milk

Cream butter and sugar well. Add eggs, one at a time, beating well after each addition. Sift flour, salt and spices together and add to mixture alternately with the milk. Add baking powder. Bake two-thirds of the mixture in two buttered sandwich tins lined with paper. To the remaining third, add 1 tablespoon cocoa mixed with 1 tablespoon cold water. Use this for the middle layer. Bake layers at 375 degrees for about 20 minutes. Put following filling and icing between layers and on top and sides of cake. (Use chocolate layer in centre).

Filling

3 tablespoons butter
3 cups icing sugar
2 tablespoons cocoa
1 teaspoon vanilla
3 tablespoons strong coffee
1 egg white

Beat all above together very well.

★
Mrs. A. H. Ralstein.

NUT CAKE

6 eggs
 $1\frac{1}{2}$ cups minced hazelnuts
1 teaspoon baking powder
1 breakfastcup sugar
 $\frac{3}{4}$ cup breadcrumbs
pinch salt

Beat egg yolks, sugar and salt well. Add nuts and breadcrumbs. Beat egg whites stiffly and add half to the mixture, beating well. Fold in the remainder of egg whites. Add baking powder. If you find the mixture not thick enough add more crumbs and nuts. Bake in two sandwich tins in a moderate oven for 25 to 40 minutes. When cool, fill either with jam or chocolate and cream.

★
Mrs. Kay Finkelstein.

ORANGE CAKE

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. castor sugar
3 eggs
two-thirds cup milk
2 cups flour
2 teaspoons baking powder
1 teaspoon orange rind
pinch salt—

Cream butter very well—gradually add sugar, beating all the time. When light and creamy, add eggs one at a time, beating well. Add salt, sifted flour and milk, reserving 2 tablespoons flour and baking powder. Add orange rind, and lastly fold in 2 spoonsful flour and baking powder. Bake in two 9-inch buttered sandwich tins at 400 degrees for 20 minutes. When cold, ice with butter icing to which $\frac{1}{2}$ cup orange juice is added and drop of orange colouring.

★
Mrs. P. Keet.

CARAMEL LAYER CAKE

5 egg yolks and whites
(separated)
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ cup flour
pinch salt

Beat yolks and sugar well. Add vanilla and gradually flour and salt. Fold in well-beaten egg whites. Bake in about 9 layers at 375 degrees for 5 to 8 minutes. Spread following filling between.

Beat in top of double boiler $\frac{1}{2}$ cup sugar, 1 teaspoon vanilla, 4 eggs until eggs thicken. Cool slightly. Melt $\frac{1}{2}$ lb. bitter chocolate in two tablespoons boiling water. Cream $\frac{1}{2}$ lb. (or less) butter. Add chocolate mixture and beat into the egg mixture. Glaze top layer with a caramel glaze. Melt and brown in a frying-pan 3 tablespoons sugar. Pour over cake—spread with hot knife. Rest cake in cool place for 12 hours.

V. Zacks.

STANDARD PHARMACY LTD.

8th AVENUE

Telephone 2618
Day and Night

Stockists of LENTHERIC,
INNOXA, MICHEL, WORTH
and all other Leading Cosmetics.

HONEY'S CHOCOLATE CAKE

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. cocoa
 $\frac{1}{2}$ lb. sugar
1 glass strong coffee
2 teaspoons cinnamon

1 teaspoon cloves
 $\frac{1}{2}$ lb. flour
2 teaspoons baking powder
4 eggs

Cream butter and sugar. Add eggs one at a time. Sift flour, cocoa and baking powder and add to mixture. Add cinnamon and cloves and stir in coffee slowly. Bake in a moderate oven in greased tin for 45 minutes.

Mrs. D. Frenkel.

NUT CAKE

6 eggs
6 tablespoons groundnuts
6 tablespoons sugar

3 tablespoons breadcrumbs
pinch baking powder

Beat yolks and sugar well. Add crumbs, nuts and baking powder. Fold in stiffly-beaten whites. Bake in 1 greased tin at 400 degrees and switch off oven as soon as cake is put in. Leave for $\frac{1}{2}$ hour.

Filling

$\frac{1}{2}$ pint cream
 $\frac{1}{2}$ teaspoons Nescafe powder

Whip cream and coffee powder. When cake is cool, cut in half across and fill.

Icing

Melt 1 teaspoon butter, 4 ozs. slab bitter chocolate, 2 tablespoons cocoa, 2 tablespoons icing sugar and 2 tablespoons water. Mix to smooth paste.

Mrs. J. Zlattner.

★

MAIZENA CAKE

3 eggs
1 small cup sugar
1 breakfastcup flour
 $\frac{1}{2}$ cup Maizena

2 teaspoons baking powder
 $\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla

Cream butter and sugar. Rub each yolk in one at a time. Add vanilla. Sift flour, baking powder and Maizena and add alternately to mixture with milk. Beat well beaten whites in last. Bake 25 to 30 minutes in a moderate oven.

Ethel Margolis.

★

REFRIGERATOR CAKE

one packet Marie biscuits,
broken into small pieces
 $\frac{1}{2}$ lb. butter

4 dessertspoons sugar
3 dessertspoons cocoa
2 well-beaten eggs

Mix all well together. Line a small tin with greaseproof paper. Then put the mixture into it and press well down. Leave in the refrigerator for a few hours.

Mrs. S. Grevler.

47

SPONGE CAKE

3 eggs
3 tablespoons sugar
3 tablespoons flour

1 tablespoon water
2 teaspoons baking powder

Beat sugar and eggs very well. Add flour and water and lastly, baking powder. Bake in greased tin at 350 degrees for 20 minutes.

Faye Fredman.

★

COOKIES

$\frac{1}{2}$ lb. butter
1 cup sugar
2 cups flour
3 teaspoons baking powder

milk
2 eggs
1 teaspoon vanilla essence

Melt butter. Add eggs one at a time. Add sugar and beat very well. Add flour and baking powder alternately with milk to make soft consistency. Add essence. Put in paper cases or buttered patty tins and bake at 400 degrees for about 10 to 15 minutes.

Mrs. R. Solovei.

★

ANGEL CAKE WITH MOCHA FILLING

1 cup flour
 $\frac{3}{4}$ cup sugar
3 eggs
1 tablespoon butter

$\frac{1}{2}$ teaspoon bi-carbonate of soda
1 teaspoon cream of tartar
4 tablespoons boiling water

Beat sugar and eggs for 15 minutes. Fold in sifted flour, cream of tartar and bi-carbonate of soda. Lastly, add butter melted in the water and pour into two greased and papered sandwich tins. Bake at 430 degrees for 20 minutes. When cool, fill with following filling:—

Filling

2 oz. butter
 $\frac{3}{4}$ tablespoon sugar
pinch cream of tartar

small teaspoon vanilla essence
 $\frac{1}{2}$ teaspoon gelatine
 $1\frac{1}{2}$ tablespoons hot water

Beat butter, sugar and cream of tartar well. Add essence. Melt gelatine in hot water and add to mixture. Continue beating till white.

Mrs. J. Wasserson.

48

HAPPINESS CAKE

$\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ lb. sugar
6 eggs

$\frac{1}{2}$ lb. flour
1 cup milk (or orange juice)
2 teaspoons baking powder

Cream butter and sugar. Separate eggs and add yolks to mixture. Sift flour and baking powder and add gradually to mixture. Add milk. Fold in stiffly-beaten egg whites. Pour into greased tin and bake at 400 degrees for 45 minutes.

Mrs. D. Frenkel.

★

HOT MILK SANDWICH CAKE

1 cup flour
2 eggs
 $\frac{1}{2}$ cup sugar
1 heaped teaspoon baking powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk (hot)
piece of butter size of an egg
vanilla essence

Beat sugar and eggs well. Add hot milk in which butter has been melted. Beat in well-sifted dry ingredients. Add vanilla. Pour into greased sandwich tins. Bake in a moderate oven for 15 to 20 minutes.

Mrs. Reichman.

★

MADEIRA CAKE

8 ozs. flour
6 ozs. sugar
6 ozs. butter
4 eggs

1 teaspoon baking powder
grated rind of 1 lemon
 $\frac{1}{2}$ teaspoon almond or lemon essence

Cream butter and sugar. Add eggs one at a time and lemon rind. Sift in flour and baking powder. Add flavouring. Pour into a greased tin and bake in a moderate oven for 1 hour.

Mrs. O. Rosenberg.

★

NUT CAKE

5 eggs
4 ozs. castor sugar

7 ozs. nuts (minced)
juice of 1 lemon

Beat yolks and sugar well. Add lemon juice and nuts, then fold in stiffly-beaten egg whites. Bake at 350 degrees for 50 to 60 minutes in a large shallow greased tin (about 9 inches round).

Mrs. B. Goldstein.

49

WALNUT AND RUM CAKE

6 eggs
6 tablespoons sugar

5 dessertspoons flour
1 dessertspoon cocoa

Separate yolks and whites of eggs. Beat yolks and sugar well for 20 minutes and divide into two equal parts. Add to one part 3 dessertspoons flour and to the other part, 2 dessertspoons flour and 1 dessertspoon cocoa. Beat egg whites stiffly and add half to each portion of the mixture. Bake in two greased sandwich tins in a moderate oven. When cool, put together with the following filling:—

Filling

4 ozs. walnuts
4 ozs. butter
6 ozs. sugar

$\frac{1}{2}$ cup boiling milk
 $\frac{2}{2}$ tablespoons rum

Grind nuts and pour boiling milk over them. Rub into a paste till cool. Cream butter and sugar and add to nut mixture. Add rum. Fill cake with this mixture and also spread top and sides with the mixture with a fork.

Mrs. Feldman.

For your requirements

in

Electrical Kitchen Ware

try

PREMIER RADIO CO.

85 Abercorn Street, Bulawayo

Telephone 2366

MIKADO CAKE

$\frac{1}{2}$ lb. butter
1 cup sugar
1 egg
1 teaspoon vanilla

1 teaspoon baking powder
(heaped)
enough flour to make a soft
paste

Cream butter and sugar. Add egg, flour and baking powder. Then add vanilla. Pat dough with hand in three or four greased sandwich tins and bake at 350 degrees till light brown—about 20 minutes.

When cool, put layers together with the following two fillings used alternately.

Filling No. 1

1 tablespoon custard powder
1 cup milk

3 teaspoons sugar
4 teaspoons brandy

Make custard with custard powder, milk and sugar and when ready add brandy. Cool and use.

Filling No. 2

Put any jam between next layers.

Icing

1 slab plain chocolate, melted
with 1 tablespoon boiling
water

1 tablespoon icing sugar, 3
teaspoons brandy

Ice cake with above icing and decorate with cherries or almonds.

Mrs. S. Zelichov.

★

FAIRY CAKES

4 ozs. Stork margarine
 $\frac{3}{4}$ breakfastcup sugar
2 breakfastcups sifted flour
2 teaspoons baking powder
(heaped)

1 tablespoon coconut
3 eggs
vanilla essence
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup water

Cream margarine and sugar. Add eggs one at a time. Add 1 cup flour, then half the liquids, then the remaining cup of flour (minus 1 tablespoon). Add remaining liquids and essence and the coconut. Then add the baking powder mixed with the last tablespoon of flour. Bake in greased patty tins at 400 degrees for about 10 to 15 minutes. When cool, cut off tops, fill with cream and put tops back.

Mrs. D. Middeldorf.

SPONGE CAKE

6 eggs
5 tablespoons sugar
6 tablespoons sifted flour

1 teaspoon baking powder
2 tablespoons ground almonds
few drops almond essence

Beat eggs well. Add sugar and beat again till pale yellow colour—about 20 minutes. Fold in 3 tablespoons flour and rest of ingredients. Add remainder of flour mixed with baking powder. Bake in greased and papered tin at 300 degrees for about 45 minutes.

Mrs. D. Middeldorf.

★

COFFEE SPONGE CAKE

4 eggs (separated)
1 cup castor sugar
1 cup sifted flour
1 heaped teaspoon baking powder

3 tablespoons cold water
1 tablespoon coffee essence
vanilla essence

Beat egg yolks well with castor sugar. Sift flour and baking powder and add alternately to egg yolks with cold water. Add essences. Lastly, fold in stiffly-beaten egg whites. Bake in two greased tins at 375 degrees for 20 minutes. When cold, fill with any coffee filling or cream, and ice top.

Mrs. E. R. Thal.

★

CHOCOLATE CAKE

4 eggs
1½ cups sugar
5 tablespoons milk
2 round teaspoons baking powder

3 ozs. butter
1½ cups flour
2 tablespoons cocoa

Beat eggs well, add sugar and beat again. Boil milk and butter together and add to mixture while very hot. Beat. Add sifted flour and cocoa. Beat again. Add baking powder and fold in. Bake in two greased tins at 350 to 375 degrees for 15 to 20 minutes.

Icing

6 ozs. butter
1 lb. icing sugar

2 tablespoons cocoa
1 egg

Cream butter (don't melt). Add sugar and cocoa. Finally, add egg. Beat very well for about 10 minutes till fluffy. Use as filling and icing.

Pauline Sussman.

QUICK CARAMEL SPONGE CUP CAKE

1 cup light brown sugar
2 eggs
½ cup cake flour (sifted)
½ teaspoon baking powder

½ teaspoon salt
1 cup chopped nuts (or ½ cup chopped nuts and ¼ cup chopped dates)

Beat eggs till very light. Sift sugar and add gradually to the eggs, beating till well blended. Sift flour with baking powder and salt and add in three parts to the egg mixture, beating well till smooth after each addition. Fold in the nuts. Bake in greased pans at 325 degrees for about 25 minutes. Permit the cake to cool in the pans.

Mrs. Baecher.

★

FARFEL CAKE

½ lb. butter
½ cup sugar
1 tablespoon oil

1 egg
2 teaspoons vanilla
2 breakfastcups flour
2 teaspoons baking powder

Cream butter, sugar and oil well. Add 1 egg. Add sifted flour and baking powder. Then add vanilla. Halve the dough. Grate half into a greased tin and spread apricot jam over, then grate the second half of the dough on top. Bake at 450 degrees for 45 minutes.

Mrs. O. Rosenberg.

★

LARGE CHEESE CAKE

Pastry

Enough for one large tart and one dozen small tart shells.

½ lb. butter
½ cup sugar
½ teaspoon vanilla
1 large egg
1 tablespoon cold milk

approx.: 2 cups flour
1 tablespoon Maizena
2 level teaspoons baking powder
(This must not be a stiff mixture).

Cream butter and sugar, add all other ingredients. Pat into greased pyrex dish not too thickly.

Cheese

Mash 1 lb. very fresh cheese with sugar to taste. Add 2 eggs, ½ teaspoon vanilla, 1 heaped teaspoon custard powder mixed into ½ cup milk and ¼ cup cream. Pour into Pyrex dish and sprinkle the top with crushed Marie biscuit. Bake in moderate oven for 25 minutes.

Ethel Margolis.

CAKE FILLINGS AND ICINGS

CREAMY COFFEE FILLING

2 level dessertspoons corn- flour	$\frac{1}{2}$ pint milk
1 heaped teaspoon Nescafe dissolved in 1 tablespoon hot water	$1\frac{1}{2}$ ozs. butter 1 oz. castor sugar

Blend cornflour with little of the cold milk. Warm rest of milk with dissolved Nescafe. Stir into blended cornflour and return to heat, and stir until well-cooked and thick. Cool. Cream butter and sugar well together, then gradually add cooled cornflour and beat until consistency of thick whipped cream.

Mrs. A. H. Ralstein.

★

COFFEE ICING

2 level teaspoons Nescafe dissolved in 2 tablespoons hot water	2 oz. butter 2 level tablespoons cocoa 8 ozs. icing sugar
--	---

In a large bowl, blend butter and cocoa together. Stir in half the Nescafe liquid then half the sugar. Mix well. Gradually add remaining sugar and liquid. Beat until smooth and easy to spread. This makes enough for top and three layers.

Mrs. A. H. Ralstein.

★

FILLING FOR SMALL TARTS

1 cup chopped raisins (or figs or dates)	$\frac{1}{2}$ teaspoon grated lemon rind
6 tablespoons sugar	2 teaspoons lemon juice
5 tablespoons boiling water	2 teaspoons butter $\frac{1}{2}$ teaspoon salt

Boil all ingredients together and stir until thick. Makes enough to fill three dozen tart shells.

Mrs. A. H. Ralstein.

★

BUTTER ICING

2 cups sifted icing sugar	$\frac{1}{2}$ cup butter
1 whole egg	flavouring

Mix all well together. Enough for one small cake.

Mrs. H. Eliasov.

54

FILLING FOR LAYER CAKE

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ slab plain chocolate ($\frac{1}{2}$ lb.)
1 cup strong coffee	1 cup sugar

Cream butter until very soft. Grate chocolate and add to it coffee and sugar and boil until you can spin a thread. Remove from fire and stir until cold. Then add to the creamed butter and spread this filling carefully and thinly between the layers of the cake. Enough for six layers.

Mrs. H. Eliasov.

★

LEMON FILLING FOR CAKE

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup lemon juice
2 tablespoons cornflour	$\frac{1}{2}$ cup water
pinch salt	1 egg, beaten
1 tablespoon grated lemon rind	1 tablespoon butter

Mix sugar, cornflour and salt very well. Add remaining ingredients and blend. Cook over boiling water, stirring constantly till thick. Cool.

Mrs. A. H. Ralstein.

★

BANANA FROSTING FOR LAYER CAKE

$\frac{1}{2}$ cup mashed banana	2 ozs. butter
$\frac{1}{2}$ teaspoon lemon juice	1 lb. icing sugar

Mix banana and lemon juice. Cream butter with 1 cup sugar, then add banana and enough of remaining sugar to make mixture thick enough to spread.

Mrs. A. H. Ralstein.

★

SEVEN-MINUTE ICING

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon salt
2 egg whites	1 teaspoon vanilla

Combine all ingredients except vanilla in top of double boiler and beat until well mixed. Place over boiling water and beat with egg-beater constantly for 7 minutes. Remove from fire. Add vanilla and beat till cool and thick.

Mrs. A. H. Ralstein.

55

The perfect background
to your successful
recipes . . .

Flowers in
your home
by

Joan *The Florist*
1 Southern Buildings
and 2 Kirrie Bldgs. from 1st Jan., 1952

MAXIMS

Overseas
Food Parcel
Specialists

Israel - United Kingdom
Continent

Abercorn St., Bulawayo
Phone 2174 P.O. Box 549

It might not "PAS" you to shop at

HAROLDS LTD.

but you will be surprised at the
wonderful values we have in

TROPICAL CLOTHING

and for the Yom Tavim, we offer our

POTS AND PANS

FISH

FISH PIE

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

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

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

Mrs. Abe Bernstein.

★

SWEET AND SOUR FISH

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

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

Mrs. J. Blumenthal.

★

BAKED SOLE WITH SHERRY

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

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

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

Mrs. Arthur Kaplan.

FRIED FRESH HERRINGS

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

Mrs. P. Taub.

★

FISH IN LEMON JELLY

about 8 slices fish	2 medium-sized onions
lemon juice to taste	2 peppercorns
1 dessertspoon vinegar essence	$\frac{1}{2}$ pkt. lemon jelly
1 bayleaf	2 dessertspoons sugar

Wash fish and salt it, and allow to stand for a while. Boil one onion in enough water to cover fish. Place fish in this, then add the essence and sugar and boil for about $\frac{1}{2}$ hour. Add peppercorns, bayleaf and jelly and as much lemon juice as desired, according to taste and boil for another few minutes. Remove from stove and put into a glass dish with the strained gravy. Cool, and place in refrigerator to set.

Mrs. A. Sarif.

★

SWEET AND SOUR HERRINGS WITH RAISINS

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

Mrs. D. Charney.

★

BAKED SOLE WITH ASPARAGUS AND CHEESE

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

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

Mrs. H. Sussman.

58

GEFILTE FISH

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

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

Mrs. Bloch (Sr.).

★

LEMON FISH

3 lbs. sliced Line Fish	lemon juice
3 sliced onions	sugar
few peppercorns and bay-leaves	$\frac{1}{2}$ cup vinegar
1 doz. raisins	2 egg yolks
pepper and salt	$\frac{1}{2}$ teaspoon gelatine

Boil onions, spices, pepper and salt with any bones or head from the fish with enough water to cover fish. Boil about $\frac{3}{4}$ hour. Then put fish in and bring to the boil. Add lemon juice, vinegar and sugar to taste. Boil slowly for about 30 to 40 minutes. Remove from stove. Put slices of fish in a Pyrex dish. Strain juice and put the onions and raisins on the fish. Take egg yolks, beat up with the gravy and add $\frac{1}{2}$ teaspoon gelatine. Pour over fish and put in refrigerator to set.

Mrs. Becky Marks.

★

BAKED STUFFED FISH

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

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

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

Mrs. Becky Marks.

59

ESCO FOR EYES

For all your EYE TROUBLE
consult our qualified
refractionist

Mr. E. S. COHEN
M.P.S. (Tvl.), F.S.M.C., F.I.O.O. (London),
F.S.O.A. (South Africa),
(Qualified by Examination)

and obtain the CORRECT
GLASSES for ALL purposes

For Appointments
DIAL 2535

The Esco Pharmacy &
Scientific Optical Co.
Selborne Avenue, BULAWAYO

Gish Models LTD.

For Everything
in Millinery
and Accessories

★

Abercorn Street, Bulawayo

S. LIBERMAN

Telephone 4269
P.O. Box 35

Watchmaker and Jeweller

86d Abercorn Street
BULAWAYO

Sole Agent for

LONGINES

The world's most
honoured watch

BOREL

A watch of quality

The Chocolate Box

THE HOME FOR
SWEETS AND
CHOCOLATES

MAIN STREET, BULAWAYO

Telephone 3976

FISH MOULD

2 cups cooked fish
1 hard-boiled egg
1 tablespoon chopped capers
parsley
Pickled onions or pickles

$\frac{1}{4}$ cup vinegar and 2 table-
spoons lemon juice OR
 $\frac{1}{4}$ cup lemon juice
2 level tablespoons gelatine
dissolved in fish stock

Dissolve gelatine in 1 cup hot fish stock or water, add lemon juice and vinegar and $\frac{1}{2}$ cup cold water. Season well and add a little sugar. Cool, and when mixture begins to set, put a little into a rinsed mould and decorate with slices of egg and parsley. Mix rest of jelly with fish and pour gently in and do not disturb pattern. Allow to set. Serve on a bed of lettuce and garnish with tomatoes, etc.

Mrs. P. Taub.

★

BOILED FISH

2 sliced onions (fried in very
little oil)
2 cups water
2 sliced carrots

2 sliced parsnips
2 sliced tomatoes
pepper and salt

Boil all the above ingredients together. Then place $1\frac{1}{2}$ lbs. sliced fish into the boiling mixture. Add 5 teaspoons sugar and boil again for 20 to 25 minutes. The amount of water should just cover the fish. Cool, and place in refrigerator to jell. Serve cold.

Mrs. H. Haimowitz.

★

BOILED FISH IN WHITE SAUCE

2 lbs. fish
onions
2 tablespoons flour

butter 1 tablespoon
sugar

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

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

Mrs. S. Benyshai.

BAKED FISH BALLS

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

Mrs. P. Taub.

★

FISH CAKES

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

Mrs. P. Taub.

★

SALMON AND SWEETCORN PIE

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

Mrs. P. Taub.

HORS D'OEUVRES

BRINJAL SALAD (EGG FRUIT)

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

Mrs. S. Benyshai.

EGG FRUIT SALAD

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

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

Mrs. I. Miller.

★

STUFFED PICKLED CUCUMBERS

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

Mrs. E. Katz.

★

SAVOURY EGGS

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

Mrs. E. Abeles.

★

HERRING SALAD

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

Mrs. E. Katz.

★

PICKLED HERRINGS IN EGG AND CREAM

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

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

Mrs. Ray Rabinowitz.

HERRING SALAD

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

Mrs. N. Blake.

★

SOUSED HERRINGS

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

Mrs. H. Banet.

Seafoods

WE CAN SUPPLY YOUR
HORS D'OEUVRES

Try our
LAX, SNOEK, OLIVES, SARDINES, HERRINGS,
ANCHOVIES, Etc.

★

PHONE 3112 FOR PROMPT SERVICE

★

EGG FRUIT HORS D'OEUVRE

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

Mrs. E. Zacks.

★

APPETIZER

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

Mrs. L. Michaels.

64

INVALID COOKERY

BEEF TEA

$\frac{1}{4}$ lb. beef $\frac{1}{2}$ pint cold water

Shred the meat finely. Rub it into cold water with a little salt and allow to stand 30 minutes. Place it in a pot of boiling water. Cook it gently for 3 hours. Pour the liquid off without straining. Season and serve.

Mrs. O. Lowenstein.

★

GRUEL

$\frac{1}{2}$ oz. oatmeal
 $\frac{1}{2}$ pint cold water
sugar

Mix the oatmeal with a little cold water. Boil $\frac{1}{2}$ pint water and pour over the oatmeal mixture, hot. Put back into the pot and boil for 15 to 20 minutes, stirring constantly. Season with sugar or salt. (Milk can be used instead of the cold water).

Mrs. O. Lowenstein.

★

MILK JELLY

$\frac{1}{2}$ pint milk flour
 $\frac{1}{2}$ oz. gelatine lemon or vanilla
1 teaspoon sugar

Dissolve gelatine in 2 tablespoons water. Melt on stove, stirring till clear. Add the milk, sugar and little flour. Cool. Put into a wet mould and set in refrigerator.

Mrs. O. Lowenstein.

65

*The Best Recipe for
Sound Sleep is still*

EDBLO

*Obtainable from All
High-Class Furnishers*

Trade Enquiries:

Messrs. DENTON & KENNEDY
SALISBURY — and — BULAWAYO

Factory:

HATFIELD ROAD, SALISBURY, Southern Rhodesia

BARLEY WATER

2 ozs. barley
juice of $\frac{1}{2}$ lemon and rind

1 pint boiling water
3 teaspoons sugar

Put barley into some cold water, bring to the boil and pour off the water. Put barley into a jug. Add sugar, boiling water and lemon rind. When cold, add the lemon juice and strain.

Mrs. O. Lowenstein.

★

APPLE WATER

2 apples
3 teaspoons sugar

1 pint water
 $\frac{1}{2}$ lemon (do not peel)

Wash the apples but do not peel. Cut into slices. Place in a jug with lemon, sugar and add 1 pint of boiling water. Leave to cool. Then strain and use.

Mrs. O. Lowenstein.

★

EGG JELLY

1 egg
2 ozs. sugar
 $\frac{1}{2}$ oz. gelatine

$\frac{1}{2}$ lemon (juice)
 $\frac{1}{2}$ pint water

Put all ingredients except egg into a pot and simmer gently for 10 minutes. Cool and strain. Add to the beaten egg. Put into a mould and set in refrigerator.

Mrs. O. Lowenstein.

★

WINE WHEY

1 teaspoon sherry
 $\frac{1}{2}$ pint milk

Mix the sherry and milk, and if it does not curdle, add a little vinegar. Boil the milk and sherry and when it curdles, strain through muslin.

Mrs. O. Lowenstein.

JAMS, PRESERVES and SWEETS

PRESERVED GRAPEFRUIT

Cut 3 grapefruit in halves. Squeeze out juice. Soak in lime water (1 tablespoon lime to 1 gallon water) overnight. In morning, pour off. Add fresh cold water and repeat for 3 nights (change water also during day). Use limewater only the first time. Remove fruit from water, drain well, and rinse. Put on to boil until tender, but not broken up. Remove from stove. Rinse with cold water, squeeze out all water. Peel very finely.

To the 6 halves grapefruit take 8 cups sugar and 6 cups water, and boil, and squeeze in juice of 1 lemon. Boil fast till it becomes transparent. Slice if required and bottle. If preferred dry, use 2 cups sugar to 1 cup water and drain on wire tray. Chop nuts and roll in the skins, then slice.

Anonymous.

★

TEIGLACH

1½ cups egg yolks	enough flour to make a soft
1 tablespoon ginger	dough
Filling:	minced raisins and prunes
Syrup:	4 cups Golden Syrup
	2 cups sugar
	2 cups water

Make dough of egg yolks, ginger and flour. Roll out, cut into squares, place a little filling on each and roll up to form balls. Put syrup on to boil and when boiling, add the teiglach and boil on medium till brown. Ten minutes before taking off, add 1 tablespoon more ginger to syrup. Remove from fire and pour over ½ cup of boiling water. Take out of syrup and roll in sugar and a little ginger.

Mrs. L. Brenner.

★

COCONUT ICE

2 cups sugar
5 tablespoons milk
about ½ lb. coconut

Bring to boil the sugar and milk and boil hard for 3 minutes. Take off stove and add sufficient coconut to make a happy medium mixture. Separate and colour one half pink and place on plates covered with greaseproof paper.

Mrs. C. Whiteson.

68

TEIGLACH

6 egg yolks	minced dried fruits (not wet),
3 egg whites	prunes, raisins, apricots, etc.
2 dessertspoons oil	2 cups golden syrup
1 dessertspoon brandy	2 cups water
2 heaped teaspoons ginger	2 cups sugar
	flour

Make a dough of yolks, whites, oil, brandy, ginger and enough flour to make fairly hard dough for rolling, but not too stiff. Roll out thinly, cut in squares, fill each square with minced fruit and close up.

Boil in a large pot, syrup, water and sugar. When boiling, throw in teiglach and cover pot. Allow to boil quickly for 20 minutes without uncovering pot. Boil further until golden brown, mixing carefully with a wooden spoon. When right colour, add further 2 teaspoons ginger and mix again.

Remove from stove, push teiglach to one side, and pour against side, 1 cup water to loosen syrup. Take teiglach out and roll in coconut or leave plain.

Mrs. D. Charney.

★

TEIGLACH

6 eggs	4 teaspoons ground ginger
4 dessertspoons oil	filling of mixed orange and
2 lbs. Golden Syrup	lemon peel, seedless
2 lbs. sugar	raisins and nuts
grated rind of 4 oranges	flour
	4 cups water

Beat eggs, oil, half the orange rind, half the ginger, with an egg-beater. Then add enough flour to make a soft dough. Divide into three portions. Roll each into oblong and sprinkle with the filling. Roll up and seal the ends well. Roll into long strips and then cut to the required sizes.

Boil together sugar, syrup and water. When it comes to the boil, put in the teiglach. Boil on high for first 15 minutes, then lower to medium and boil about 1½ to 1¾ hours, stirring occasionally. Must be kept covered. When nice chocolate brown colour, take off fire and add rest of orange peel and ginger and pour on about 1½ pints boiling water. Stir while adding water. Cover and leave to cool.

Mrs. S. Favish.

★

COCONUT ICE

9 tablespoons milk	½ lb. coconut
2 teacups sugar	vanilla and cochineal

Put milk and sugar into saucepan and let it come to the boil. Remove from stove, add coconut and mix with wooden spoon. Divide and add vanilla to one half and cochineal to the other. Pour on greased plate to set.

Mrs. Becky Marks.

69

MARMALADE

Shred fruit and allow 2 pints water to every 1 lb. fruit and soak overnight. Keep pips and hard membranes separate and cover with a little of the measured water.

Next day, boil fruit and water from membranes, etc. for 1 hour. Let stand overnight. Now weigh the pulp. Allow 1 lb. sugar to every 1 lb. fruit. Bring fruit to the boil till tender, add sugar and boil fast till it jellies.

Mrs. A. J. Lassman.

★

CANNING GUAVAS (Method 1)

Peel the guavas, using a silver fruit knife, or else they will turn black. Pack them nicely into bottles, allowing the cut side to show. Pour prepared syrup (made of 1 cup sugar to 2 cups water) over.

Mrs. Golub.

★

CANNED APRICOTS

Never peel apricots for canning. They can be left whole, or to remove the stones, split them. Prepare syrup by boiling up 1 cup sugar to 2 cups water. Pack the apricots in jars and pour over the boiling syrup.

Mrs. Golub.

★

CANNED PEACHES

Boil the peaches either whole or halved in a syrup made of 1 cup sugar to 3 cups water. When soft enough, place fruit in jars and pour the boiling syrup over.

Mrs. Golub.

★

ORANGE JAM

Take about 22 oranges and squeeze out the juice into a large pot. Add 1½ lbs. sugar and let it boil until a nice brown colour. Then add juice of 3 or 4 lemons to taste. Test this mixture by putting a teaspoonful on to a plate and try and roll it. When it rolls easily it is ready to be removed from the stove. Cool, and put in jars.

Mrs. S. Benyshai.

★

GRAPEFRUIT MARMALADE

Shred 4 grapefruit and to every pound of fruit add 3 pints cold water. Leave to soak for 24 hours. Then boil till tender. Pour into a dish and stand again overnight. Weigh, and to each pound of fruit add 1 lb. sugar and boil about 2 hours.

Mrs. J. Graham.

70

APRICOT JAM

1 lb. dried apricots
3 pints water
3 lbs. sugar

Wash fruit. Soak in the 3 pints water for 12 hours. Boil in the same water for 1 hour, or until fruit is soft. Add sugar and boil another hour. Cool and bottle.

Mrs. L. A. Rubinstein.

★

LEMON CURD

¼ lb. butter
6 ozs. castor sugar
5 eggs
juice of 6 medium lemons

Melt butter in double boiler. Add sugar and lemon juice. Add slightly-beaten eggs and cook until thick, stirring constantly. Strain and bottle.

Mrs. B. Goldstein.

★

POMERANTZEN

6 thick-skinned grapefruit
5 lbs. sugar
4 lemons

Cut grapefruit in halves and remove centre with pips, leaving half the pulp in. Put on to boil in water for 6 hours. Then remove from stove and wash in five fresh waters (cold). Peel skin off very thinly. Put back in pot with 1 glass water and the sugar and boil again. When nearly ready, peel the lemons, slice and remove pips and add. Almonds can also be added if liked.

Mrs. D. Bernic.

★

ORANGE MARMALADE

3 oranges
½ lemon

Peel oranges very finely. Remove white pulp (do not use). Shred peel finely and shred oranges and lemon. Take 1 pint water to each orange. Soak overnight. In the morning, boil about 10 minutes. Then leave again overnight. Then take 1 lb. sugar to each pound of fruit and boil until it jells. (When putting on to boil, add juice of an extra lemon).

Anonymous.

★

STUFFED DATES

Stone dates. Whip white of an egg stiffly. Add a little icing sugar and a good handful of ground almonds. The mixture must not be too stiff. Stuff the paste into the date and put a walnut on top.

Mrs. Ben Baron.

71

EASY LEMON CURD

2 ozs. butter
4 ozs. sugar

2 eggs
2 lemons

Grate rind and squeeze juice of lemons. Mix these together. Melt butter and add sugar, rind, juice and well-beaten eggs. Cook gently all together in top of double boiler until mixture is thick.

Mrs. Ben Baron.

★

PINEAPPLE PLETZLACH

2 pineapples
2 cups sugar
1 pkt. jelly

Grate pineapple and strain off all juice. Boil for 10 minutes, add sugar and boil for another 10 minutes. Add jelly and boil 10 minutes. Boil another few minutes and keep at low temperature. Pour into a wet dish and allow to set. Cut into shapes and dip into icing sugar.

Mrs. F. Reiff.

★

GINGERS

2 cups grated carrots (packed tight)
2 cups sugar

grated rind of 1 orange
chopped nuts
1 heaped dessertspoon ginger

Put all together and boil till it sets. Pour on to a damp board, flatten out and cut into squares.

Mrs. A. L. Rubinstein.

★

COCONUT ICE

2 lbs. sugar
 $\frac{1}{4}$ teaspoon cream of tartar

$\frac{1}{2}$ pint water
2 lbs. coconut

Boil sugar, cream of tartar and water fast for 12 minutes from the time it starts to boil. Let it cool. Whip till cloudy. Add coconut quickly. Grease a flat tin and pour in. Cut when cold.

Mrs. L. Michaels.

★

FUDGE

2 cups sugar
1 tablespoon butter
 $\frac{3}{4}$ cup milk

2 heaped tablespoons cocoa
vanilla essence

Boil sugar, milk and butter. Add cocoa and stir until granulated. Add vanilla. Beat till creamy and pour into a buttered dish. Mark when cool.

Mrs. L. Michaels.

72

STUFFED PRUNES

1 lb. prunes. Stone the prunes and put in an almond instead. Put a little water and 2 tablespoons sugar and 1 teaspoon citric acid into a small pot and bring to the boil. Taste and add sugar or acid to taste. Put prunes in and boil them for a few minutes. Baste them continually.

Mrs. Ben Baron.

★

APRICOT PLETZLACH (MEBOS)

Soak 1 lb. dried apricots in hot water. Remove and pour fresh boiling water over and allow to stand for 2 hours. Then mince apricots and squeeze in juice of 2 or 3 lemons. Put on to boil and keep stirring till it forms a jelly (about 30 to 40 minutes). While cooking, add 2 lbs. sugar and boil all together. Remove from fire, put on to a board and allow to cool. Then cut into shapes and roll in sugar.

Mrs. S. Herman.

★

FUDGE

2 cups sugar
 $\frac{3}{4}$ cup milk
1 level tablespoon butter

2 rounded tablespoons sifted cocoa
 $\frac{1}{4}$ teaspoon vanilla

Heat sugar, butter and milk to boiling point. Add cocoa and stir till melted. Keep stirring till mixture granulates against side of pot. Remove from stove, add vanilla and beat until smooth. Pour into a buttered dish and mark squares when set slightly.

Mrs. H. Stern.

★

MARZIPAN

$\frac{1}{2}$ lb. ground almonds
 $\frac{1}{2}$ lb. icing sugar
1 whole egg

a few drops each vanilla and almond essence
a few drops lemon juice

Knead all well together and put in refrigerator for $\frac{1}{2}$ hour. In the meantime, melt some plain chocolate for icing. Roll the marzipan into 4 or 5 long sticks, about 1 inch thick. Spread tops with chocolate and leave to set. Cut into slices as required. Can be kept for weeks.

Mrs. S. Israel.

73

**Rhodesian
Sweet
Manufacturers**

For Fresh and Best Quality
Sweets and Chocolates

Ask for RHOSMANS

Rhodes Street, Bulawayo
(Between 9th and 10th Avenues)
P.O. Box 887

*When in town stay
at the*

**Selborne
Hotel**

BULAWAYO

P.O. Box 219
Telephones: 2532, 3617

"It's the finishing touch that means so much"

ESBEN
TAILORED RIGHT
SHIRTS

Stocked throughout the Rhodesias by the Better Outfitters
and Departmental Stores

Esben Clothing Factory Ltd.
EIGHTH AVENUE, BULAWAYO

Telephone 4825

Tel. Address: "ESBEN"

MEATS and POULTRY

CHICKEN FISH

1 Chicken (uncooked)

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

Mrs. Bloch (Snr.).

★

HUNGARIAN BRAISED CHICKEN

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

Mrs. J. Zlattner.

★

STUFFED BIG GREEN CHILLIES

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

Mrs. J. Zlattner.

★

JELLIED CHICKEN (*Nice for late supper*)

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

Simmer chicken in just enough water to cover it for $\frac{1}{2}$ hour. Remove chicken from stock and wash it. Replace in saucepan, add onions, garlic and salt. To make sure that the chicken sets in jelly when cool, water should be added at this stage and not when nearly cooked. When chicken is tender, remove from stove and leave to cool. Place it in a bowl. Stir the stock, then strain and cover the chicken. When quite cool, chill in refrigerator.

Mrs. Dulberger.

75

STUFFED GREEN PEPPERS

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

Mix bread, onion, egg and tomato sauce with meat. Remove tops from peppers and remove seeds. Stuff with the meat mixture. Put in pot with very little water and $\frac{1}{2}$ tablespoon fat and simmer gently for $\frac{1}{2}$ hour on medium heat. Mix some tomato sauce with water. Add to the peppers and simmer again for $\frac{1}{2}$ hour. Add salt and 1 teaspoon sugar when tomato sauce gravy is added.

Mrs. Dulberger.

★

MEAT BLINTZES

5 ozs. Pastrine	Pastry	5 ozs. water (iced)
8 ozs. flour		little lemon juice and salt

Make pastry, roll out and cut into squares. Mince any cold chicken, brisket or steak with fried onions; add pepper, salt and a little fat and $\frac{1}{2}$ teaspoon sugar. Fill into the squares, seal and bake in a moderate oven.

Mrs. O. Lowenstein.

★

STUFFING FOR POULTRY

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

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

Mrs. S. Benyshai.

★

CARROT TZSIMES

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

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

Mrs. B. Lange.

76

CHITUNDI (An Indian Dish)

1 chicken	Oil
1 lb. onions per head	salt and sugar
tomato puree	lemon juice
tumeric	

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

Mrs. N. Blake.

★

PERROGEN (MEAT PIES)

2½ cups flour	Pastry	½ teaspoon salt
2 tablespoons chicken fat		1½ teaspoons baking powder
2 eggs		½ cup cold water

Meat

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

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

Mrs. M. Watkins.

★

HUNGARIAN GOULASH

1½ lbs. beef	1 tablespoon paprika
5 or 6 onions	salt and pepper
1 or 2 cloves garlic	few caraway seeds

Add sliced onions to hot fat in saucepan and cook until beginning to brown. Add cubed beef, crushed garlic, paprika, caraway seeds. Season to taste. Cover pan and cook until slightly brown. Add sufficient hot stock or water and simmer $1\frac{1}{2}$ to 2 hours. Serve with dumplings.

Mrs. N. Blake.

77

CABBAGE BLINTZES

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

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

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

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

Mrs. A. Leifer.

STATION BUTCHERY

Family Butchers

44A THIRTEENTH AVENUE

PHONE 3583

BRAWN

Boil 1 cow's trotter until tender. Mince into a pot all the soft parts with 1 onion and 3 leaves of garlick. Put in the strained soup 1 dessertspoon salt, pinch pepper and $\frac{1}{2}$ teaspoon ginger. Boil all together once. Mix well and pour in flat dishes to set. Decorate with sliced hard-boiled eggs.

Mrs. D. Charney.

★

CURRY

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

Mrs. H. Eliasov.

78

INDIAN CURRY

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

Coat bottom of pan with oil and heat. Add finely-chopped onions and salt. Don't allow to brown, just cook gently. Add curry powder, 1 teaspoon chili powder, 2 teaspoons ginger, 1 teaspoon corriander powder and $\frac{1}{4}$ pint vinegar. Stir and cook 5 minutes. Add cubed meat (beef is best) a small quantity of water, and simmer gently at least 8 hours, adding small quantities of water as necessary to keep curry to a consistency of porridge. Serves 6 to 8.

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

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

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

Mrs. N. Blake.

★

BRAIN SALAD

1 set ox brains (cleaned) 1-1 $\frac{1}{2}$ tablespoons lemon juice
2 tablespoons olive oil 1 $\frac{1}{2}$ teaspoons salt

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

Mrs. Courian.

★

SWEET AND SOUR CHICKEN

Skin a chicken and mince the raw flesh.

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

Mrs. T. Zacks.

79

MEAT BLINTZES

3 eggs
½ cup cold water

Batter
salt
1 cup flour

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

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

Mrs. O. Freed.

★

PERROGEN

4 eggs
2 tablespoons chicken fat or
Pastrine
salt

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

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

Mrs. J. Blumenthal.

★

FILLING FOR KISHKA OR NECK

2 cups unsifted Boermeal
1 large grated onion
salt and pepper

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

Mrs. D. Middledorf.

★

CHICKEN PILAU

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

Mrs. H. Banet.

80

BOILED CHICKEN AND RICE (A Tasty Dish)

Boil a chicken, adding to the water 1 chopped onion, a bay leaf, about 6 peppercorns, ½ teaspoon cinnamon and about 1 tablespoon salt. When the meat is tender, remove the chicken. The stock should now be strained and a cup of rice added. Cover and boil this for about 10 to 12 minutes. The chicken may now be returned either cut up or whole. Cook gently until the rice has taken up all the stock.

Mrs. A. Sarif.

★

INDIAN CURRY

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

Mrs. A. H. Ralstein.

★

BRAWN

1 doz. sheeps' trotters
½ doz. pickled sheeps' tongues

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

Mrs. Becky Rabinowitz.

★

BRAIN PIE

1 set ox brains
4 eggs
1 small grated onion

pepper and salt
fat

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

Anonymous.

★

MEAT ROLLS

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

Mrs. Kuttner.

81

OX TAIL

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

Mrs. H. Eliasov.

★

STUFFING FOR POULTRY

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

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

Mrs. H. Eliasov.

★

POT ROAST

3 lbs. Topside

Put washed meat in dish with about 1 inch deep vinegar and leave three days and turn every day.
Then early in morning, rub meat with 1 teaspoon salt crushed with 1 corner garlic. Sprinkle little mustard over meat, roll in flour and put in pot on stove to brown with fat. When brown, put in 1 whole onion, 1 carrot, 1 parsnip and add a little water. Stew till done.

Mrs. Kuttner.

★

MONKEY GLAND STEAK

Sauce

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

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

Mrs. Marcia Rubenstein.

82

PASSOVER RECIPES

PRUNE AND APPLE DEEP DISH PIE

In a greased baking dish place alternate layers of sliced apples and stewed prunes drained and broken into pieces. Heat $\frac{1}{2}$ cup prune juice and $\frac{1}{2}$ cup water and in it melt 1 tablespoon fat and $\frac{1}{2}$ cup sugar. Pour a little of this over each layer of fruit. Add a little nutmeg and cinnamon.

Crumble some Matzoh coarsely over the top layer of fruit. Pour a little melted fat on top. Sprinkle with cinnamon and sugar and bake in a moderate oven of 350 degrees till browned and the apples tender.

Mrs. Rose Rubin.

★

MATZOH SWISS ROLL

4 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup Matzoh Meal

Beat yolks well. Stir in sugar and beat again. Add Matzoh Meal finely-sifted. Fold in stiffly-beaten egg whites. Spread in paper-lined tin and bake for 10 minutes at 400 degrees. Turn on to a board sprinkled with castor sugar, remove paper, spread with lemon honey or jam and roll up. Sprinkle with sugar.

Mrs. Rose Rubin.

★

BISCUITS

1 $\frac{1}{2}$ cups cake meal	3 eggs
1 $\frac{1}{2}$ cups potato flour	$\frac{1}{2}$ teaspoon lemon juice
$\frac{1}{2}$ lb. butter	1 teaspoon brandy
1 cup sugar	

Rub butter into flour and sugar. Beat in eggs one by one. Add other ingredients. Roll out to about $\frac{1}{4}$ inch only, cut and prick biscuits. Bake at 300 degrees. (After 5 minutes, look at them, as they burn easily).

Mrs. P. C. Ralstein.

★

PASSOVER SPONGE CAKE

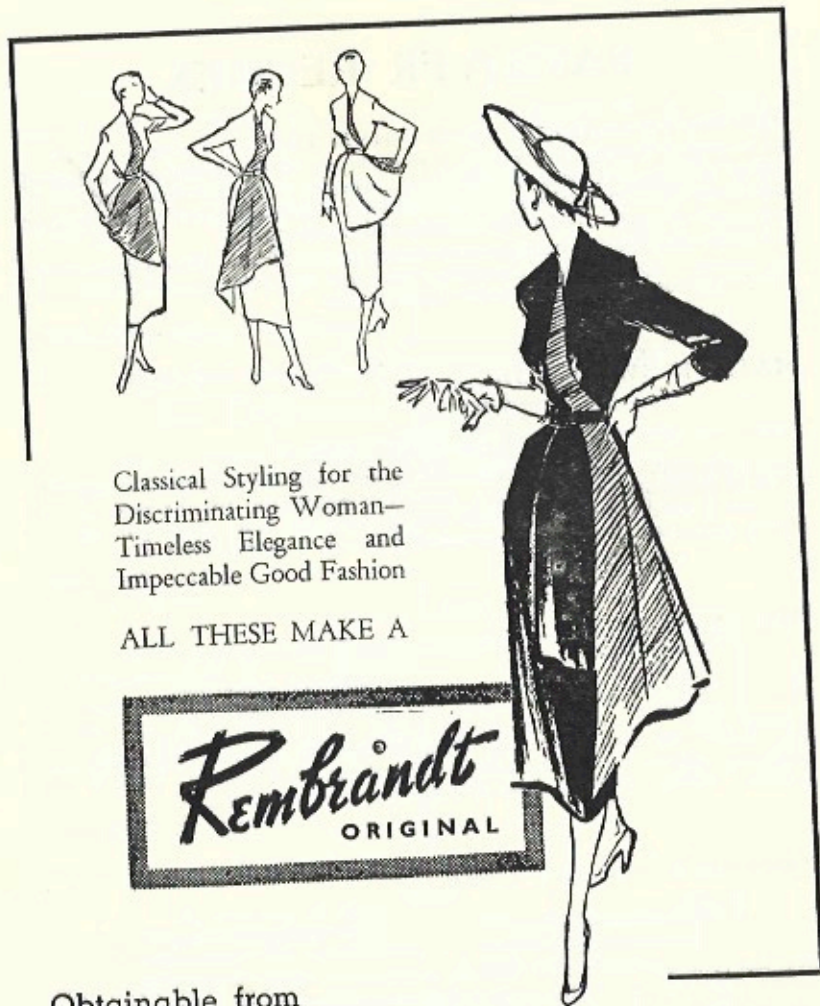
10 eggs	juice of $\frac{1}{2}$ lemon or
10 tablespoons sugar	1 tablespoon brandy
10 tablespoons potato flour	

Beat egg yolks and sugar well till thick and creamy. Fold in potato flour. Add lemon or brandy and lastly, fold in stiffly-beaten egg whites. Pour into large tin, and bake at 350 degrees for about 45 minutes.

Note.—Instead of 10 tablespoons potato flour, you can use 5 tablespoons potato flour and 5 tablespoons cake meal.

Anonymous.

83



Classical Styling for the
Discriminating Woman—
Timeless Elegance and
Impeccable Good Fashion

ALL THESE MAKE A



Obtainable from

G R E A T E R M A N S
BULAWAYO

BISCUITS

6 ozs. cake meal	2 eggs
$\frac{1}{4}$ lb. potato flour	$\frac{1}{2}$ lb. butter
$\frac{1}{4}$ lb. sugar	3 tablespoons almonds (heaped)

Cream sugar and butter. Add eggs, then almonds and flour. Roll and cut, sprinkle with almonds and sugar and bake at 350 degrees.

Mrs. J. Blumenthal.

★

MATZOH PUDDING

2 Matzohs	1 teaspoon sugar
1 egg, beaten	2 tablespoons syrup
1 tablespoon fat, or little more	salt, cinnamon, sultanas and cherries

Soak Matzoh in water and squeeze out. Add all other ingredients and mix well. Grease a Pyrex dish or basin with fat and a little syrup. Pour in pudding and bake about 1 to 1 $\frac{1}{2}$ hours.

Mrs. P. C. Ralstein.

★

MATZOH FRITTERS

4 eggs	1 oz. ground almonds
3 tablespoons Matzoh Meal	ground cinnamon

Beat up eggs very lightly. Add meal and ground almonds and beat again for 5 minutes. Fry a spoonful at a time in boiling oil till brown on both sides. Drain well and dust with cinnamon and sugar.

Mrs. Magidson.

★

NUT CAKE

$\frac{1}{2}$ lb. sugar
$\frac{1}{4}$ lb. ground almonds (wipe almonds, do not wash, then grind). If white cake preferred, take skins off almonds)
8 eggs
1 tablespoon Matzoh Meal

Beat yolks and sugar well. Add almonds and Matzoh Meal. Fold in stiffly-beaten egg whites. Bake at 350 degrees for 30 to 35 minutes.

Mrs. J. Fabian.

★

PASSOVER NOODLES

Beat up 2 eggs slightly, add a pinch of salt and 2 tablespoons Matzoh Meal. Melt a little fat in a frying-pan and pour in little mixture. Cook on both sides, roll up each pancake and slice finely. Drop into boiling soup.

Anonymous.

COLD PUDDINGS

EGYPTIAN SOUFFLE

2 eggs
1 small cup water
2½ teaspoons gelatine
1 small cup castor sugar

3 teaspoons lemon juice
½ small cup of any fruit juice

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

Mrs. Ben Baron.

★

ORANGE CREAM

1 large coffeecup hot water
1 large coffeecup orange juice
grated rind of 1 or 2 oranges

sugar to taste
2 dessertspoons gelatine
3 eggs

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

Mrs. Ben Baron.

★

ICE CREAM

3 eggs
1 cup milk
1 pint cream

½ cup sugar
vanilla essence

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

Mrs. L. Schragger.

★

COFFEE PUDDING

6 sponge fingers
2 ozs. butter
4 tablespoons strong clear coffee

yolks of 2 eggs
2 ozs. castor sugar

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

Mrs. Ben Baron.

86

STRAWBERRY CREAM

2 cups strawberries
½ cup water
1 cup cream

juice of 1 orange
1½ level dessertspoons gelatine
sugar to taste

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

Mrs. A. H. Ralstein.

★

COFFEE CREAM

½ pint custard
½ pint cream
3 or 4 tablespoons very strong coffee
1 level tablespoon gelatine

½ cup water
2 tablespoons sugar to taste
1 teaspoon lemon juice
greengage jelly

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

Mrs. A. H. Ralstein.

★

CUSTARD DELIGHT

½ pint milk
2 egg yolks
3 ozs. sugar
½ oz. gelatine

lemon essence to taste
2 or 3 bananas, mashed
1 tablespoon apricot jam
2 tablespoons whipped cream
or Ideal milk

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

Mrs. A. H. Ralstein.

★

CREME DE MENTHE PEARS

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

Mrs. A. H. Ralstein.

87

PINEAPPLE MOUSSE

1 tin Ideal milk (unsweetened) 1 dessertspoon gelatine
1 small tin pineapples $\frac{1}{2}$ cup boiling water

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

Mrs. R. G. Fredman.

★

FRUIT AND MILK COCKTAIL

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

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

Mrs. Feldman.

★

MARSHMALLOW PUDDING

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

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

Mrs. S. Barnet.

★

RUSSIAN CREAM

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

Mrs. N. Blake.

★

GRENADILLA PUDDING

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

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

Mrs. L. Gruber.

88

GRENADILLA PUDDING

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

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

Mrs. Ben Baron.

★

FRIGIDAIRE PUDDING

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

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

Mrs. B. Lange.

★

FAIRY RING

1 lb. strawberries 1 gill cold water ($\frac{1}{4}$ pint)
6 marshmallows 1 gill castor sugar
2 dessertspoons gelatine 2 tablespoons icing sugar
 $\frac{3}{4}$ pint walnuts 2 tablespoons lemon juice
 $\frac{1}{2}$ pint chopped apple $\frac{1}{2}$ pint cream

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

Mrs. A. H. Ralstein.

89

The very latest PERIODICALS
and
PAPER-BACKED NOVELS

always on sale at

**BROWN'S
BAZAAR** & Novelty Store Ltd.
P.O. BOX 93, BULAWAYO

Sole Agents for WELDON'S "SO-EASY" PATTERNS



*You must eventually use
Harris' Flour so why not
start NOW?*



Harris Bros. & Co. Ltd.

MILLERS AND PRODUCE MERCHANTS

P.O. Box 648 13th Avenue, BULAWAYO Phone 3262

PINEAPPLE SOUFFLE

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

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

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

Mrs. A. H. Ralstein.



ICE CREAM

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

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

Mrs. A. H. Ralstein.



RICH CHOCOLATE PUDDING

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

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

Mrs. Becky Marks.



GONE WITH THE WIND

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

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

Mrs. L. Gruber.

STRAWBERRY BAVARIAN CREAM

sponge fingers
1 packet strawberry jelly
1 pint boiling water

1 lb. strawberries, cleaned and sieved
 $\frac{1}{2}$ pint cream

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

Mrs. L. Gruber.

★

SHERRY FLUFF

1 tin Ideal milk (refrigerated overnight)
1 cup orange juice

$\frac{1}{2}$ wine glass sherry
1 pkt. jelly powder (any flavour)
1 cup boiling water

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

Mrs. H. Bernstein.

★

STRAWBERRY LOAF

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

Mrs. L. A. Rubinstein.

★

CHOCOLATE PUDDING

$1\frac{1}{2}$ packets sponge fingers
6 eggs

2 slabs plain chocolate
1 small tumbler sherry

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

Mrs. B. Lobel.

92

APRICOT CREAM

$\frac{1}{2}$ pint cream
 $\frac{1}{4}$ oz. gelatine
2 tablespoons syrup from apricots
1 tablespoon milk

$\frac{1}{2}$ pint sieved apricots
2 ozs. sugar
few drops almond essence

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

Mrs. A. H. Ralstein.

★

GRENADILLA PUDDING

1 lb. grenadilla pulp
3 ozs. sugar

2 tablespoons sherry
 $\frac{1}{2}$ pint cream

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

Mrs. M. Sussman.

★

EASY CHOCOLATE PUDDING

6 eggs
 $\frac{1}{2}$ lb. slab Cadbury's Bournville Chocolate (Plain)

2 teaspoons gelatine
2 tablespoons sugar

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

Rose Gordon.

★

GRENADILLA DELICIA

1 small cup sugar
1 tablespoon butter (1 oz.)
2 tablespoons flour

2 eggs
1 cup milk
pulp of 6 grenadillas

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

Mrs. H. Fox.

93

ICE CREAM

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

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

Sheila Fredman.

★

COFFEE CARAMEL ICE CREAM

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

Combine milk and coffee and scald. Put ¾ cup sugar into a heavy saucepan and brown slightly. Then add milk and coffee. Cream yolks with remaining sugar and pinch salt. Then add hot coffee caramel mixture slowly. Add vanilla and stiffly-beaten whipped cream when mixture slightly chilled.

Mrs. Arthur Kaplan.

★

ORANGE SNOW

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

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

Mrs. Arthur Kaplan.

★

ORANGE PUDDING

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

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

Mrs. O. Rosenberg.

JELLY SPONGE

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

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

Mrs. O. Rosenberg.

★

PINEAPPLE PUDDING

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

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

Mrs. M. Solomon.

★

ORANGE PUDDING

4 cups orange juice 1 dessertspoon custard powder
1 cup boiling water 1 pkt. orange jelly powder
½ cup sugar to taste 1 egg

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

Mrs. M. Solomon.

★

JELLY PUDDING

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

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

Mrs. H. Eliasov.

TRIFLE

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

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

Mrs. M. Solomon.

★

HONEYCOMB SPONGE

1 pint milk	1 dessertspoon gelatine soaked in 2 tablespoons
3 eggs	cold water
4 tablespoons sugar	1 teaspoon vanilla
	$\frac{1}{2}$ pint cream

Bring milk just to the boil. Stir in beaten egg yolks and sugar. Take off from stove. Then stir in softened gelatine. Stir in whipped egg whites, vanilla, and lastly, fold in beaten cream. Put in rinsed mould to set.

Mrs. H. Eliasov.

MEDICAL HALL, LIMITED

(OPPOSITE GRAND HOTEL)

DISPENSING AND PHOTOGRAPHIC CHEMISTS

★

Stockists of the Best English and
Continental Perfumes such as
SCHIAPARELLI CARON
GUERLAIN MILLOT
CHANEL
and all other well-known brands

★

P.O. Box 1752

BULAWAYO

Telephone 3749

96

CUSTARD PUDDING

1 packet jelly powder	custard powder
1 cup boiling water	3 egg whites
1 pint milk	

Dissolve jelly in water. Make a custard with the milk and add to the jelly mixture. Fold in stiffly-beaten egg whites. Pour into rinsed mould to set.

Mrs. M. Solomon.

★

CHOCOLATE PUDDING

3 eggs	1 dessertspoon gelatine
$\frac{1}{2}$ teacup sugar	$\frac{1}{2}$ teacup water
$\frac{1}{2}$ lb. plain chocolate	

Dissolve chocolate in water. Dissolve gelatine in a little water over hot water; add to chocolate and cool. Beat egg yolks with sugar; add chocolate mixture and lastly, fold in well-beaten whites.

Mrs. L. Ellenbogen.

★

MAPLE FLUFF

1 dessertspoon gelatine	1 cup maple syrup
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup shredded coconut
1 pint cream	$\frac{1}{2}$ teaspoon salt
2 eggs, separated	$\frac{1}{2}$ teaspoon almond extract

Soften gelatine in cold water and stand in boiling water till dissolved. Heat cream in double boiler, then pour slowly over beaten egg yolks. Return mixture to double boiler and cook till mixture begins to thicken. Stir constantly. Remove from heat and stir in softened gelatine. Add maple syrup and cool. When mixture begins to thicken, add coconut, salt and almond flavouring. Beat egg whites till stiff but not dry and fold into mixture. Pour into bowl. Serve with whipped cream topped with toasted coconut.

Mrs. H. Eliasov.

★

ICE CREAM

1 tin sweetened condensed milk	1 egg white
1 tin water, or milk, or strong	pinch salt
coffee for variation	2 teaspoons vanilla essence
$\frac{1}{2}$ pint cream	

Mix milk and water. Beat cream and fold in. Add vanilla and salt, and lastly, fold in stiffly-beaten egg white. Put into trays in refrigerator and stir once after $\frac{1}{2}$ hour.

Mrs. Marcia Rubenstein.

97

HOT PUDDINGS

LOCKSHEN PUDDING

Lockshen
3 eggs
¼ lb. butter
salt

3 tablespoons syrup
cinnamon
pinch ginger
grated rind and juice of 1 orange

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

Mrs. H. Eliasov.

★

LOCKSHEN PUDDING

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

Mrs. M. Solomon.

★

BROWN PUDDING

1 lb. breadcrumbs
4 ozs. butter
4 ozs. sugar
8 ozs. jam, honey or dried fruit

3 eggs
1 cup milk
1 teaspoon bi-carb.

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

Mrs. O. Rosenberg.

★

BANANA FRITTERS

4 tablespoons flour
1 egg
1 tablespoon sugar
1 teaspoon baking powder

bananas sliced lengthwise (into
about 8 pieces and then
halved)
about ½ cup water

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

Mrs. H. Eliasov.

98

CHEESE BLINZERS

2 cups sifted flour
4 cups water

3 eggs
dash pepper and salt

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

Filling

2 cream cheeses
salt

1 teaspoon sugar
3 eggs

Fry in butter or Pastrine. Makes about 21.

★

Mrs. H. Eliasov.

CREAM CHEESE PANCAKES

1 lb. cream cheese
1 tablespoon sugar
2 eggs

2 tablespoons flour
pinch salt
½ teaspoon vanilla essence

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

Mrs. Ben Baron.

★

PANCAKES

4 ozs. flour
1 large egg
sugar and lemon

½ pint milk
pinch of salt

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

Mrs. Magidson.

★

YORKSHIRE PUDDING (Served with Roast Beef)

2 eggs
1 cup flour
1 cup water

salt, pepper
1 teaspoon baking powder

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

Mrs. H. Eliasov.

99

STEAMED FRUIT PUDDING (1)

3 tablespoons butter	$\frac{1}{2}$ teaspoon vanilla essence
3 cups flour	pinch salt
1 cup sugar	1 lb. mixed fruit (sultanas, currants, cherries, almonds, walnuts, peel, etc.)
1 cup milk	
1 teaspoon bi-carb. soda	
3 eggs	

Sift flour, salt, sugar and soda together. Rub in the butter. Beat up eggs and add together with milk and vanilla to dry ingredients. Lastly, add fruit. Pour into a greased bowl and steam for at least $2\frac{1}{2}$ hours.

Mrs. H. Eliasov.

★

STEAMED FRUIT PUDDING (2)

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

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

Mrs. H. Eliasov.

★

LEMON CHIFFON PUDDING

5 tablespoons flour	1 cup milk
1 cup sugar	$\frac{1}{2}$ cup lemon juice
3 tablespoons butter	$\frac{1}{2}$ teaspoon lemon rind
3 eggs, separated	

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

Mrs. L. Michaels.

★

DUTCH APPLE CAKE

Make a moist scone mixture. Spread into greased cake tin. Core three or more large apples and slice. Press apple slices thickly into dough. Sprinkle with $\frac{1}{2}$ cup sugar mixed with 1 teaspoon cinnamon. Dot with butter and bake as scones. Serve hot with custard or cream, or cold as a cake.

Mrs. N. Blake.

POTATO LATKES

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

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

Mrs. B. Lange.

★

POTATO AND BREAD PUDDING

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

Mrs. S. Herman.

★

HONEYCOMB PUDDING

4 ozs. butter	4 tablespoons flour
4 tablespoons sugar	salt
4 eggs	$\frac{1}{2}$ cup milk to which add $\frac{1}{2}$ teaspoon bi-carb.
4 tablespoons gooseberry jam	

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

Mrs. S. Herman.

★

FARFEL PUDDING

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

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

Mrs. P. Taub.

BREAD PUDDING DE LUXE

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

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

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

Mrs. J. Wasserson.

★

CHERRY PUDDING

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

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

Mrs. L. Michaels.

★

FUDGE PUDDING

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

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

Mrs. L. Michaels.

APPLE PUDDING (Serves 6)

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

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

Mrs. M. Lewis.

★

TOASTED PRUNE PUDDING (Serves 10)

4 cups toasted bread cubes (about 8 slices)	¾ cup water
1½ cups cooked prunes, sliced	¾ cup sugar
1½ cups chopped cooking apples	½ teaspoon salt
1 cup prune liquid	½ teaspoon cinnamon
	2 tablespoons butter

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

Mrs. C. Berman.

★

BAKED ORANGES

Take oranges. Cut off tops and zig zag edges deeply. Remove pulp. Dice pulp and mix with prunes, dates, raisins and sugar. Put this filling back into the skins. Put ½ inch water in a Pyrex dish. Place filled oranges in dish and bake for ¾ hour in a hot oven. 5 minutes before serving, top each with meringue, and brown. Serve with or without cream.

Mrs. E. Katz.

★

POTATO PUDDING

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

Grate potatoes and onion. Then throw off liquid from potatoes. Add about ¼ cup water and rest of ingredients. Grease a Pyrex dish with lumps of fat (about 2 tablespoons). Pour in the pudding and bake at 425 degrees till brown.

Mrs. I. Sacks.

FINE INGREDIENTS
DESERVE
FINE REFRIGERATION

There is only one Genuine
"FRIGIDAIRE"
made only by General
Motors

Sole Distributors:

Modern Motors
LIMITED

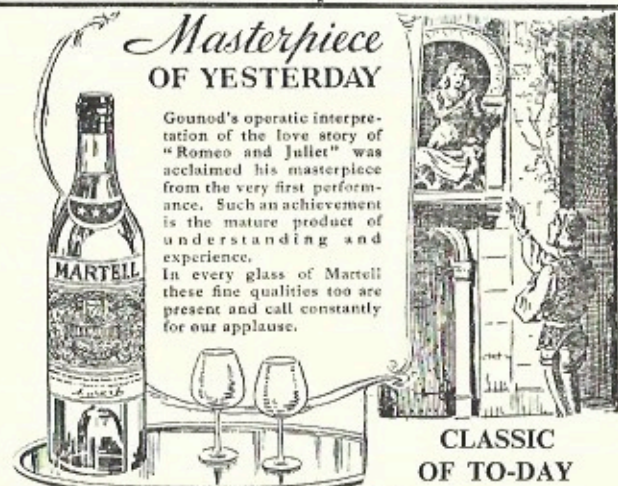
P.O. Box 76 — Bulawayo

*Carlton Gift
Shop*

BULAWAYO'S ALLADIN'S
CAVE . . . WHERE GIFTS
AND PIECES FROM THE
ART CENTRES OF THE
WORLD MAY BE FOUND
AT A PRICE RANGE TO
SUIT YOU

Under the Personal Supervision of Mr.
and Mrs. E. W. Hailbron

PHONE 2452 ABERCORN STREET



Gounod's operatic interpretation of the love story of "Romeo and Juliet" was acclaimed his masterpiece from the very first performance. Such an achievement is the mature product of understanding and experience.

In every glass of Martell these fine qualities too are present and call constantly for our applause.

Trade Distributors:

THE UNION AGENCIES (Distributors) LIMITED, P.O. Box 2, BULAWAYO

SALADS, SALAD DRESSINGS, SAUCES and PICKLES

APPLE AND BEETROOT SALAD

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

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

Mrs. Magidson.

★

CELERY AND BEETROOT SALAD

1 head of celery salad oil
1 cooked beetroot vinegar

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

Mrs. Magidson.

ORANGE SALAD

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

Mrs. Magidson.

★

STUFFED AVOCADO PEARS

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

Mrs. L. A. Rubinstein.

★

CABBAGE SALAD

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

Mrs. Celia Baron.

BEETROOT IN ASPIC

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

Mrs. Rebecca Rabinowitz.

★

CUCUMBER, TOMATO AND ONION SALAD

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

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

Mrs. O. Rosenberg.

★

AVOCADA SALAD

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

Mrs. M. Sussman.

★

MAYONNAISE

1 level dessertspoon salt	1 level dessertspoon mustard
1 level dessertspoon sugar	1 level dessertspoon butter

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

Mrs. Ray Rabinowitz.

★

PICKLED ONIONS

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

Mrs. L. A. Rubinstein.

106

PICKLED CABBAGE

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

Mrs. M. Sussman.

★

PICKLED GREEN CHILLIES (LARGE)

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

Mrs. Rebecca Rabinowitz.

★

FRESH CUCUMBER PICKLE

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

Mrs. C. I. Jacobs.

★

MAYONNAISE

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

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

SAUCE TARTARE

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

Mrs. M. Taitz.

★

BARBEQUE SAUCE

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

Mrs. M. Taitz.

107

SALAD DRESSING

the yolks of 2 hard-boiled eggs $\frac{1}{2}$ teaspoon mustard powder
1 heaped teaspoon sugar $\frac{1}{3}$ cup lemon juice
 $\frac{1}{2}$ teaspoon salt water or cream to mix

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

Mrs. A. H. Ralstein.

★

APRICOT CHUTNEY

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

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

Mrs. A. J. Lassman.

★

MAYONNAISE

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

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

Mrs. L. Schragger.

★

MAYONNAISE

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

Mix all ingredients well together and serve with salad.

Mrs. L. A. Rubinstein.

★

PICKLED GREEN TOMATOES

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

Mrs. J. Graham.

108

SOUPS

TOMATO SOUP

Slice 2 lbs. of tomatoes into quarters and boil with 2 cups of water, pepper, salt and a little sugar, till soft. Strain and add $\frac{1}{2}$ cup of sweet cream when cold. Serve iced.

Mrs. M. Smith.

★

RUSSIAN BORSHT

2 lbs. flank or brisket $\frac{1}{2}$ teaspoon tartaric acid
1 small cabbage, shredded 2 tablespoons sugar
2 large beetroots, grated coarsely salt and pepper
2 lbs. tomatoes (skinned)

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

Mrs. S. Eliasov.

★

CREAM OF CAULIFLOWER SOUP

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

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

Mrs. M. Berzack.

★

POTATO SOUP

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

Mrs. A. Taub.

109

STANDARD OUTFITTING

*for the
smartest
shoes
in town*

★

Fort Street, Sixth Avenue
BULAWAYO
Telephone 3935

TASTY EATS

124 FORT STREET
BULAWAYO
Telephone - 5312

FAMOUS FOR . .

Our Hamburgers, Pies,
Foot-Long Hot Dogs,
Sandwiches and
All Good Eats

Sarif's

Beverages

ON EVERYBODY'S LIPS

MILK VEGETABLE SOUP

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

Mrs. E. Katz.

★

MILK TOMATO SOUP

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

Mrs. Becky Marks.

★

OATMEAL SOUP

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

Mrs. A. H. Ralstein.

★

BETROOT SOUP

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

Grate onion and fry slightly in butter. Add salt and pepper. Add water and remainder of ingredients all grated. Boil for ¼ hour and rub through collander. Add hot milk, then a little lemon juice and sugar, etc., to taste. Add chopped parsley and/or mint. Serve hot or iced.

Mrs. Courian.

★

TOMATO SOUP

Boil 10 large tomatoes with 1 onion and 4 large cups water slowly for 1 hour. Add 1 tablespoon sago and boil another ¼ hour. Strain, and just before serving, add lemon juice, sugar and salt to taste. Add about 1½ cups cream.

Mrs. L. A. Rubinstein.

BEETROOT SOUP

2 to 3 lbs. brisket
6 beetroots
2 carrots

$\frac{1}{2}$ cup lemon juice
sugar and salt to taste

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

Mrs. A. Keet.

BEESLEY & CO.

Ladies', Gent's and Children's Outfitters
Household Linens

Telephone 2340

P.O. Box 888

PLUM SOUP

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

Mrs. O. Lowenstein.

★

SOUR SOUP

neck of mutton and giblets, or
chicken
salt to taste

vegetables, such as carrots, leeks
or spring onions

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

Mrs. Dulberger.

SOUP GARNISHES

RICE

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

Mrs. Feldman.

★

KNEIDLACH

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

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

Mrs. A. H. Ralstein.

★

KNEIDLACH (FILLED)

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

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

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

Mrs. B. Lange.

★

FARFEL TZIMMES

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

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

Mrs. B. Lange.

EGG BALLS

2 hard-boiled eggs
half a raw egg

1 tablespoon breadcrumbs
salt and pepper

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

Mrs. Magidson.

★

MEAT BALLS

Mince about $\frac{1}{2}$ lb. raw steak with 1 onion, pepper and salt and a pinch of sugar. Add 1 egg and a little Matzoh Meal or breadcrumbs to bind. Form into very small balls and add to boiling soup. Boil for about $\frac{1}{2}$ hour.

Anonymous.

★

FRITTER BEANS

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

Anonymous.

★

FARFEL

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

Anonymous.

TRY SIMPSON COOKERS FOR PERFECT RESULTS

SUPPER DISHES

WELSH RAREBIT

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

Phyllis Sussman.

★

STUFFED TOMATOES

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

Phyllis Sussman.

★

SPAGHETTI AND CHEESE

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

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

Mrs. Reichman.

★

SAVOURY EGGS

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

Mrs. W. Tregor.

★

SAVOURY FRIED EGGS

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

Mrs. E. Katz.

EGG, CHEESE AND POTATO DISH

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

Mrs. J. Graham.

★

SPAGHETTI AND TOMATO SAUCE

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

Mrs. J. Graham.

Telephones:
3297, 5017

Stand 5307
Belmont
Bulawayo



The
Best
Recipe
for
Successful
House-
keeping

Insist on kitchen and waiters' suits manufactured by
MATABELELAND CLOTHING COMPANY

Obtainable from all leading stockists and through MORGANS
WHOLESALE LINENS (RHOD.) LTD., Electric House, Bulawayo

STUFFED TOMATOES

6 large tomatoes
3 tablespoons rice
1 tablespoon butter

1 slice bread, soaked in 2
tablespoons milk

2 hard-boiled egg yolks
 $\frac{1}{4}$ teaspoon curry powder
 $\frac{1}{2}$ teaspoon salt

little pepper
1 teaspoon chopped parsley

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

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

Mrs. S. Benyshai.

★

TOMATO EGGS

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

Mrs. L. A. Rubenstein.

★

CURRIED EGGS

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

Mrs. A. H. Ralstein.

★

BAKED HERRING

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

Mrs. E. Katz.

TARTS and PASTRY

APPLE CREAM (TART)

	Pastry
2 cups flour	$\frac{1}{2}$ pint cream
$\frac{1}{4}$ lb. butter	1 egg yolk
pinch salt	

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

3 large sour apples, grated on a coarse grater	2 ozs. butter
rind of 1 orange finely grated	$\frac{1}{2}$ cup sugar
	3 eggs, beaten

Mix all ingredients together well and add a little lemon juice. Pour into the unbaked shell and bake at 400 degrees for about $\frac{1}{2}$ hour, or until the pastry is well baked. Take out and leave to cool. Can be trimmed with whipped cream and strawberries, and can be served as a pudding or cake.

Mrs. Becky Marks.

★

BIENENSTICH (ALMOND TART)

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

$\frac{1}{2}$ lb. chopped almonds	3 tablespoons milk
$\frac{1}{4}$ lb. butter	vanilla essence
$\frac{1}{4}$ lb. sugar	almond essence

Melt butter in pan; add sugar, etc. (not essences). Boil for 5 minutes. Add essences. Pour into half-baked pie-shell. Bake at 400 degrees for $\frac{1}{2}$ hour.

Mrs. Arthur Kaplan.

★

DUTCH TART

2 cups flour	6 tablespoons milk, iced
4 teaspoons baking powder	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ teaspoon salt	4 tablespoons sugar
1 egg	

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

Mrs. I. Sacks.

AMERICAN RAISIN TART

	Pastry
$1\frac{1}{2}$ cups flour	1 teaspoon baking powder
1 egg	$1\frac{1}{2}$ tablespoons butter
salt	1 good tablespoon sugar

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

	Filling
1 well-beaten egg	$\frac{1}{2}$ teaspoon cinnamon
3 tablespoons sugar	$\frac{1}{2}$ teaspoon sour milk
$1\frac{1}{2}$ tablespoons flour	1 teacup chopped raisins
pinch salt	

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

Mrs. M. Sussman.

★

PINEAPPLE TART

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

1 pineapple, grated	$\frac{1}{2}$ cup sugar to taste
$\frac{1}{2}$ cup water	1 dessertspoon custard powder

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

Mrs. M. Sussman.

★

ALMOND TART

$\frac{1}{2}$ lb. ground almonds	$\frac{1}{2}$ lb. flour
$\frac{1}{2}$ lb. butter	2 ozs. sugar

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

Mrs. Rae Rabinowitz.

★

QUICK PUFF PASTRY

$\frac{1}{4}$ lb. butter	pinch salt
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ pint cream

Grate butter. Add flour and salt. Rub in. Add cream and mix with knife. Leave in refrigerator for $\frac{1}{4}$ hour. Roll on enamelled-top table with a bottle filled with ice-water. Roll about $\frac{1}{8}$ -inch thick. Cut in rounds, fill with jam, fruit and nuts. Sprinkle with nuts and sugar and bake in greased pan at 450 degrees. Switch off oven after putting in pan and leave for 20 minutes.

Mrs. M. Lewis.

Attention Ladies!

The delicious dishes that you prepare from the recipes in this book require the correct setting to show them off to advantage.

You simply MUST HAVE a glass top on your dining table, which apart from being attractive to look at, protects your furniture.

Anglo African Glass Co. (Rhodesia) Ltd.

P.O. Box 1793
Phone 4489
BULAWAYO

P.O. Box 517
Phone 24015
SALISBURY

M. TREGER Ltd.

P.O. Box 208 Phone 2514
113 ABERCORN STREET

We have the
Right Recipe
for a
Modern Kitchen

Come and inspect our range of
Stainless Steel Sinks

UNITED SOAP & CHEMICAL WORKS LIMITED

BULAWAYO

Manufacturers of

IDEAL and DAWN Pure Soap

KLENZ Scouring Powder

also

Floor and Stoep Polishes

P.O. Box 873 ————— Telephone 3214

FOAMY LEMON TART

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

1 tablespoon gelatine	1 cup sugar
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup lemon juice
4 eggs (separated)	grated rind of 1 lemon

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

Mrs. S. Wolffe.

★

FRUIT TART

Pastry

6 ozs. butter	2 level tablespoons sugar
2 cups flour	$\frac{1}{2}$ teaspoon salt
2 teaspoons baking powder	
1 egg yolk	

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

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

Mrs. Becky Marks.

★

RUSSIAN TART

Pastry

1 lb. flour	1 egg
$\frac{1}{2}$ lb. butter	little cold water
1 teaspoon baking powder	

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

3 tablespoons butter	4 tablespoons milk
6 tablespoons sugar	1 level teaspoon almond essence
6 heaped tablespoons oats	3 tablespoons grated almonds

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

Mrs. F. Sacks.

CANADIAN SANDWICH TART

1 cup currants
1 cup sultanas
1 egg, well-beaten
½ oz. butter

½ cup castor sugar
lemon essence
vanilla essence

Melt butter and stir in castor sugar. Then add fruit and a little lemon essence and vanilla essence. Put in top of a double boiler and cook until the fruit swells. Beat egg well and add to mixture when cool.

Line a sandwich-tin with any short pastry, pour in the above filling. Cover with a layer of pastry and bake at 350 degrees.

Mrs. M. Sussman.

★

COCONUT TART

6 ozs. butter
2 cups flour
1 teaspoon baking powder
salt

Pastry

1 tablespoon sugar
1 egg yolk beaten with a little
water

Rub butter into flour, baking powder, salt and sugar. Add egg to form dough. Roll out and line a greased sandwich tin.

Filling

2 cups coconut
1 cup sugar
1 good lump butter

little water
2 eggs

Boil the coconut, sugar, butter and water for 10 minutes. When cool, add the beaten eggs. Pour into the unbaked pastry shell and bake at 350 degrees.

Mrs. M. Sussman.

★

PINEAPPLE TART

½ lb. butter
1½ cups flour
2 tablespoons sugar

pinch salt
2 egg yolks
1 teaspoon baking powder

Rub butter into flour. Add all dry ingredients. Beat up eggs well and add. Water may be added to dough if necessary.

Filling.—Grate 1 pineapple and 1 large apple. Add 2 tablespoons sugar and 1 dessertspoon custard powder. Simmer on stove, stirring till it thickens. Cool. Roll out pastry and line a greased layer tin with it. Pour in the filling and bake in fairly hot oven till almost done. Beat up whites of 2 eggs with a pinch of salt and 1 tablespoon sugar. Put on top of tart and brown slightly.

Mrs. R. Lonstein.

QUICK PUFF PASTRY

¼ lb. flour
¼ lb. cream cheese

¼ lb. butter
salt

Rub all well together. Put in refrigerator to chill. Then roll out and use as required.

Mrs. Becky Marks.

★

PUFF PASTRY (WITH WINE)

(1) ½ lb. flour and pinch salt
1 lb. butter

Rub butter into flour. Put in refrigerator while preparing (2).

(2) ½ lb. flour and pinch salt
4 egg yolks

white wine to mix, till dough forms

Roll out mixture (2) on floured board and leave it. Roll out mixture (1) on floured board and place it on top of mixture (2). Sprinkle slightly with flour and fold over (the two ends to meet in the centre) and the same with the sides after that.

Roll out and fold again in three and put in refrigerator. Roll about 4 or 5 times. Bake in oven of 450 degrees.

Mrs. H. Banet.

★

ROUGH PUFF PASTRY

4 ozs. flour
3 ozs. butter

pinch salt
iced water to mix

Sift flour and salt together. Cut butter into pieces the size of small walnuts. Add sufficient iced water to make a stiff dough. Roll out into strip about 3 times as long as wide. Fold into three, bottom piece up, top down, seal edges, turn half to left. Re-roll and re-fold 4 times in all. Roll and cut to size desired. May be used for tarts, rolls, etc. Bake in hot oven.

Mrs. L. Creewel.

★

HUNGRY BOY TART

3 heaped tablespoons flour
1 teaspoon baking powder
2 ozs. butter

1 tablespoon sugar
pinch salt

Rub butter into flour. Add other ingredients and mix to a softish batter with a little milk. Put into tart pan, leaving cavity in centre. Fill with jam and bake for 15 minutes in oven at 400 degrees. Make a meringue top with 2 egg whites beaten stiffly with 2 tablespoons castor sugar. Fill the meringue in tablespoonsful on the tart and allow another 2 minutes.

Mrs. J. Wasserson.

COSMOS Ltd.

★
*Largest Selection
of
Household Linen
and
Dress Materials*

★
Abercorn St., Bulawayo

If you want to
know
'what's cooking'

see

S. FREDMAN & Co.

73a FIFE STREET
BULAWAYO

P.O. Box 30 Phone 2719

Furnish

with confidence

Brighten your kitchen with our renowned kitchen scheme, comprising of white enamelled steel top table, dresser and four chairs to match.

**WHITESONS
FURNISHERS**

ABERCORN STREET
P.O. Box 95 Phone 3196

Raizons Ltd.

82 FORT STREET

For Everything in
Men's Wear at the
Most Reasonable
— Prices —

Telephone 3122, BULAWAYO

VEGETABLES

SAUTE RICE

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

Mrs. T. Zacks.

★

BAKED BEANS

1 cup haricot beans	1 teaspoon mustard powder
$\frac{1}{2}$ teaspoon salt	1 tablespoon vinegar
pinch pepper	1 tablespoon sugar

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

Mrs. A. H. Ralstein.

★

BAKED TOMATO AND RICE

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

Mrs. E. Katz.

★

PRINCESS POTATOES

$\frac{1}{2}$ lb. potatoes	1 oz. butter
2 ozs. grated cheese	1 teaspoon chopped parsley
1 egg	

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

Mrs. H. Banet.

SPINACH SALAD

3 cups chopped cooked spinach
1 diced onion
2 tablespoons butter
1 cup breadcrumbs
 $\frac{1}{4}$ lb. grated cheese
2 cups milk
2 eggs
salt and pepper to taste

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

Mrs. S. Benyshal.

★

CARROT LATKES

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

Mrs. O. Lowenstein.

★

EGG FRUIT

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

Mrs. O. Lowenstein.

★

LEEK FRICADELLES

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

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

Mrs. Courian.

★

VEGETABLE CUTLETS

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

Mrs. J. Graham.

CARROT LOAF

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

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

Mrs. H. Sergay.

★

POTATO AND SPINNACH PIE

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

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

Mrs. Courian.

★

BAKED SWEET AND SOUR CABBAGE

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

Mrs. M. Lewis.

★

POTATOES AU GRATIN

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

Mrs. Pauline Sussman.

BAKED CAULIFLOWER

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

Mrs. P. Taub.

★

SAUTE CARROTS

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

Mrs. T. Zacks.

Weights and Measures

LIQUIDS

2 teaspoons	= 1 dessertspoon
2 dessertspoons	= 1 tablespoon
2 tablespoons	= 1 oz.
5 ozs.	= 1 gill
4 gills	= 1 pint
2 pints	= 1 quart

SOLIDS

1 cupful flour	= 4 ozs.
1 cupful butter	= $\frac{1}{2}$ lb.
3 cups icing sugar	= 1 lb.
2 cups sugar	= 1 lb.
3 tablespoons gelatine	= 1 oz.
2 tablespoons butter	= 1 oz.
3 tablespoons cocoa	= 1 oz.

Some Useful Hints

To remove too salty a flavour in soup, etc., add sugar.

To prevent fruit juices soaking into pastry in tart, sprinkle about 1 teaspoonful flour over the bottom of the tart before adding fruit.

To measure lemon juice when 1 lemon is called for in recipe, 1 lemon reckoned at 3 tablespoons.

To remove scorch marks on furniture, rub with Silvo.

When a custard is hot and you want to prevent a skin from coating the top, sprinkle it generously with sugar while still hot.

To remove smell of cabbage while cooking, place a slice of brown bread on top of the cabbage.

If apples and tomatoes are scalded with boiling water they skin very easily.

Mix $\frac{1}{4}$ part pepper to $\frac{3}{4}$ part salt and keep mixture in a shaker in kitchen. This is a time-saver.

When threading beads, run thread or silk across a piece of soap; this doubles the strength of the thread.

For washing white woollies and Fair Isle woollies, put 1 teaspoon blue ink in Lux water and rinsing water. The colours will not run.

Use 1 teaspoon olive oil in water for washing white woollies.

Lemon juice or vinegar can be added to water when washing baby woollies to prevent them turning yellow.

ALWAYS sift flour once before measuring.

Try . . .

EXCELSIOR MARIE BISCUITS

Manufactured by:

EXCELSIOR BAKERY LIMITED

P.O. Box 1688

Bulawayo

MEADOW

BALANCED RATIONS

For Dairy Cows,
Poultry and Pigs

Manufactured by:

J. Palte Ltd.

Phone 3064/5

P.O. Box 143

BULAWAYO

**Cycle & General
Distributors Ltd.**

for

All
Your
Kitchen
Requirements

95 Grey Street, Bulawayo

Telephone 3148

To remove stains such as beetroot, etc., mix together strained juice of $\frac{1}{2}$ lemon, 1 tablespoon cold water, $\frac{1}{2}$ tablespoons ammonia. Wet stains, using clean rag dipped in liquid. When stained material is half dry dip rag into liquid and repeat process.

To remove tea stains from inside of silver tea pot, fill pot with boiling water and add a lump of washing soda. Allow to stand overnight. Rinse and clean out.

To wash woollen socks without shrinking, put $1\frac{1}{2}$ tablespoons coarse salt in basin of cold water. Put socks in and soak 3 hours, rubbing occasionally. Rinse in clean cold water.

When cooking white vegetables, such as cauliflower, put 2 lumps of sugar in the water. This will keep them a good colour.

Heat lemons thoroughly before squeezing and you will get double the amount of juice.

When peeling oranges for fruit salad, put in a bowl, cover with boiling water and leave for a few minutes. The oranges will then peel quite easily and all the pith will come away with the peel.

Dry mustard rubbed on the hands will remove any disagreeable odour.

★

LIFESAVERS: By a Mere Man

When the family have gone for a holiday, and father is alone.

STEAK A-LA-BACCHUS

Take a piece of steak, size immaterial, on a hot pan, and pour on finest old brandy—1 tot, add 1 tot of sherry and 1 tot of good Port. Now pour 1 beer on steak, which should be turning brown. Allow to cool slightly and pour off gravy. Give steak to dog, and drink gravy. Serves one.

Mr. E. Eliasov.

★

ANOTHER LIFESAVER

Equipment: 1 tin opener
1 big saucepan

Ingredients: 1 lb. tin Liebigs Bully Beef
1 lb. tin Hugo's Baked Beans (no pork)
1 bottle ketchup
salt and pepper to taste

Use tin-opener and open all the tins and bottle of ketchup. Mix up well with fresh tomatoes, if available, and as much water as is required to feed the unexpected guests, and allow for second helpings—if they can take it. Serve piping hot in soup-plates.

Mr. E. Eliasov.

★

VETKOEKIES

Equipment: 1 whisky bottle, cleaned on the outside
1 top of 1 lb. baking powder tin
1 smooth piece of plank
1 large frying-pan

Ingredients: flour, water and 1 teaspoon baking powder

Mix all ingredients to the right consistency of dough. Roll out with bottle and re-roll until comparatively weary. When nice and smooth, use top of tin to cut rounds of dough. Put fat or butter in frying-pan, and fry dough. Serve with butter, jam or syrup, and Bismints!

Mr. E. Eliasov.

★

WEST AFRICAN WAFFLES

When those unexpected guests arrive, and you've followed any one of the previous "Lifesavers" and you're stuck for a sweet, or lost the tin-opener. Take one packet of Marie Biscuits (army or dog type better), soak in milk, but don't let them lose shape, fry in butter and serve with jam.

Mr. E. Eliasov.

Make your baking easy —

Make your housework smooth

with our

COOKERS, KETTLES, STOVES
WASHERS, REFRIGERATORS
and RADIOGRAMS

Home Appliances (Rhodesia) Ltd.

Phone 5341
BULAWAYO

2 Marvel Court
MAIN STREET

High-Class Fruiterers and Greengrocers

ELGER HOUSE

Corner of 12th Avenue and Grey Street

CHOCOLATES AND MINERALS

We Deliver to All Districts

CORY'S

NOTE OUR NEW PHONE NUMBER — 5655

For all your
TOILET
MEDICINAL and
SURGICAL REQUIREMENTS

★ ★ ★

ALLAN GRAHAM M.P.S.

Telephones:
4801 Day
2256 Night

4 Southern Buildings
12th Avenue, Fife St.
BULAWAYO



The way to a man's
heart . . .

through the

Standard Butchery

EIGHTH AVENUE, BULAWAYO
Telephone 2273 P.O. Box 56