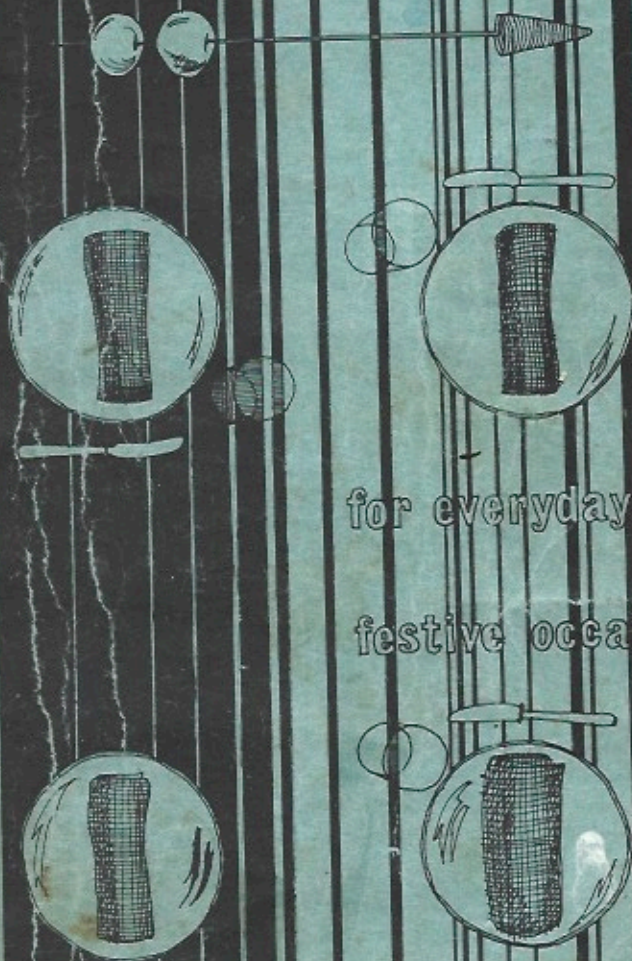


Home Cooking



for everyday and
festive occasions

Compiled by *Rusaka Women's Zionist
Society*

ILLUSTRATED BY L. DOR

50
50
2/10/11
3 1/2
3/10/11

SHAPCO

STOCKFEEDS
PRE-PACKS
BREAKFAST FOODS

QUALITY



Shop - Codrington Street
Mill - Manchester Street

Shapiro's Milling Co., Ltd.

P.O. Box 25

Lusaka

Tel. 72188

SERVICE

SHAPCO QUALITY MEALIE MEAL

MEALIE RICE

SAMP & FINEST
RICE

ENERGY PORRIDGE

INTRODUCTION

It is with great pleasure that I recommend this book as a useful asset to your kitchen.

I would like to take this opportunity of thanking all the ladies who kindly contributed their recipes, and regret that they could not all be included. Thanks also to those ladies who gave up so much of their time in the securing of advertisements and the typing of recipes.

A very big thank you to the Recipe Committee for their hard work, the Advertisers for their generous support, and the Printers for their assistance.

We are greatly indebted to our Artist who has contributed so much to the presentation of this book.

Finally, I would like to thank you, the reader, for having purchased this book, and trust you will recommend it to your friends, as all proceeds are in aid of charity.

JOYCE JOSEPH
CHAIRMAN

LUSAKA WOMEN'S ZIONIST SOCIETY.



CLOTHES
for the
Connoisseur
by
**MALCOLM
LEGGAT**

— : 0 : —
Codrington St. and
Livingstone Road
Lusaka

Tel. 72309 . Box 1961

INDEX

Page	
1.	Introduction
3.	Index
5.	Weights and Measures
7.	Dips and Snacks
12.	Soups and Soup Accompaniments
17.	Fish
25.	Herring
30.	Meat
43.	Poultry
47.	Vegetables and Salads
55.	Cold Desserts
65.	Hot Puddings
69.	Light Meals
73.	Bread, Rolls and Scones
79.	Pastry and Tarts
85.	Cakes and Icings
97.	Small Cakes and Biscuits
105.	Jewish Festival Fare
110.	Sweets
112.	Pickles and Preserves
115.	Beverages
118.	Health and Beauty
121.	Acknowledgments

PRAMS
PLAY PENS
PUSH CHAIRS

Marmet

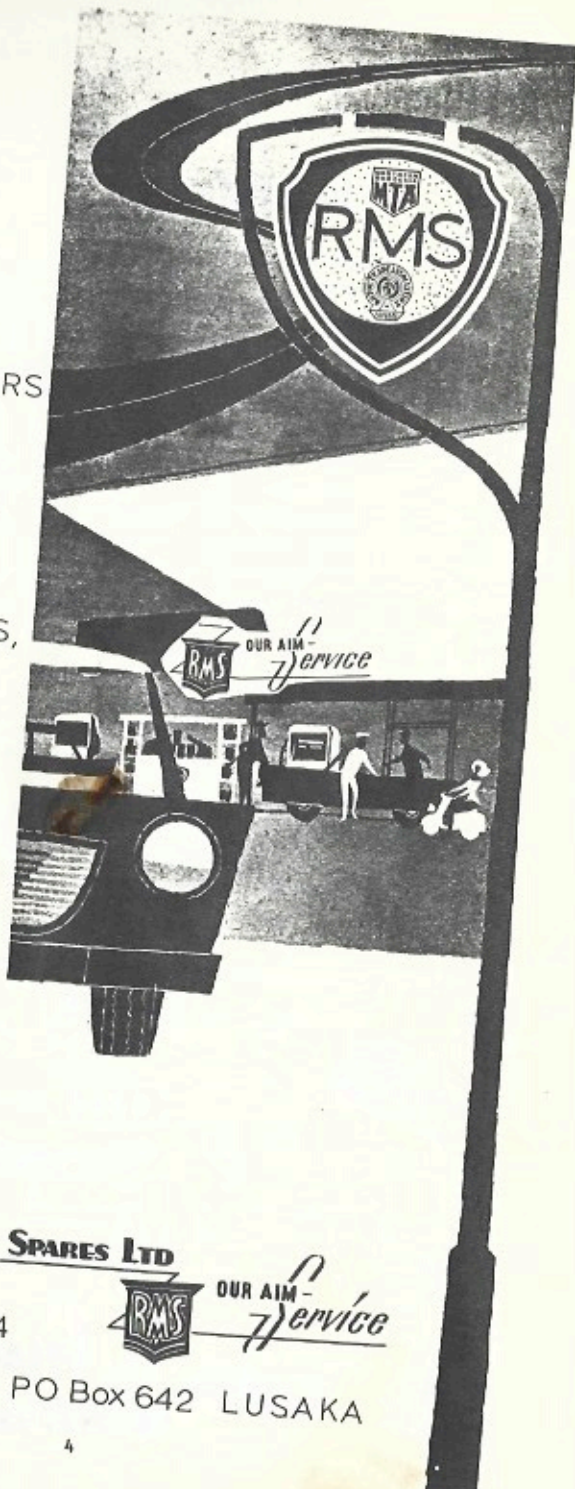
The best in the world goes into a Marmet

Folding Baby Carriages are available with reversible and detachable babies

P.O. BOX 367

H. Guttman Ltd.
LIVINGSTONE ROAD · LUSAKA

DISTRIBUTORS
OF
AUTOMOTIVE
PARTS,
ACCESSORIES,
TOOLS,
AND
GARAGE
EQUIPMENT.



RHODESIAN MOTOR SPARES LTD

tel. 73227/72754

Livingstone Road PO Box 642 LUSAKA



OUR AIM
Service

WEIGHTS & MEASURES

LIQUIDS

2 teaspoons	= 1 dessertspoon
2 dessertspoons	= 1 tablespoon
2 tablespoons	= 1 oz
5 oz	= 1 gill
4 gills	= 1 pint
2 pints	= 1 quart

SOLIDS

1 cupful flour	= 4 oz
1 cupful butter	= $\frac{1}{2}$ lb
3 cups icing sugar	= 1 lb
2 cups sugar	= 1 lb
2 tablespoons butter	= 1 oz
3 tablespoons cocoa	= 1 oz

MANUFACTURERS OF LIGHT STEEL WORK
& BUILDING MATERIAL MERCHANTS

W. H.
VARKER & CO. LIMITED



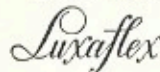
P.O. BOX 1251, LIVINGSTONE ROAD,
LUSAKA, N. RHODESIA. TEL: 73569



De-luxe Venetian Blinds:

17 delightful shades, 14 special designs. Each Tropicool Venetian Blind guaranteed for five years.

- * NATIONAL FOLDING DOORS: The most elegant space-saving device — fairly costly but will last a lifetime!
- * PANELFOLD TIMBER DOORS: For those who like timber in their homes, this is ideal.



Aluminium Awnings:

Guaranteed to reduce temperatures by at least 20°. A life-long investment to beautify your home.

- * GOULD CURTAIN TRACK: The sturdiest and most silent of all curtain tracks — with nylon glides will carry the heaviest curtains.
- * STORMLINE GLASS LOUVRES: Close in that open porch against rain or cold and still allow all the ventilation you require. In timber or steel frames.

AJAX

Aluminium Awnings:

Guaranteed to reduce temperatures by at least 20°, and completely waterproof.

REPAIRS: We specialise in repairs to all Venetian Blinds. We will fit new tapes and cords, launder your blinds and send them back almost new.





... sooner or later...
you'll have your hair-do
at either

Antoinettes of Codrington St.
phone 72296

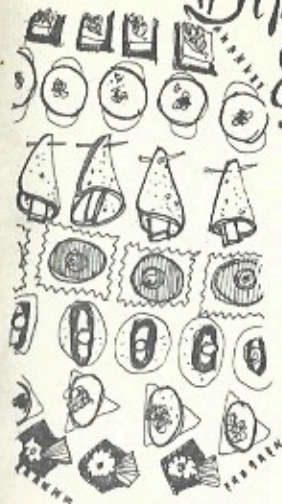
GARDENIA of Chester House
phone 73670

or **Margarets** of Woodlands
phone 62284

where you'll be in the
hands of experts!

so why not ring them now?

Dips, Snacks, & Hors d'oeuvres



EGG PLANT DIP

2 large egg plant (Brinjals)
4 large onions
1 large green pepper
4 tablespoons lemon juice
salt, pepper and sugar to taste.

Bake the egg plant in 475° oven until skin turns black. When cool, peel. Fry onions plus pepper until transparent and put onions, pepper and egg plant through mincer. Add the lemon juice, salt, pepper and sugar to taste. Chill.

Mrs. M. Teicher.

CREAM CHEESE DIP

1 lb cream cheese
1 lb butter
1 teaspoon paprika

top of spring onion finely chopped
1 teaspoon caraway seed

Beat butter until soft, add cream cheese, salt, paprika and onions. Use either as a Dip or spread. Will keep about 3 - 4 days. Seasoning is a matter of taste, either more or less.

Mrs. L. Heilbromm.

CHEESE DIP

2 hardboiled eggs
6 - 8 oz cream cheese
1/2 pint cream
1/4 cup finely chopped pickled cucumbers
1 tablespoon tomato ketchup
1 teaspoon Worcester Sauce

1 1/2 teaspoons horseradish
1 clove garlic
1/2 teaspoon dry mustard
salt and pepper to taste

Mix all ingredients and leave in fridge for a few hours.

Mrs. S. Fischer.

EGG PLANT HORS D'OEUVRE

2 medium egg plants
2 hardboiled eggs
1 clove garlic

1/2 cup mayonnaise or 1 tablespoon
Olivine
salt and pepper to taste

Bake the egg plant and when cool, peel. Mix all the ingredients together and serve on lettuce leaves. Garnish with tomatoes and cucumber.

Mrs. M. Grill.

CHEESE MERINGUES

2 egg whites
2 oz grated Parmesan cheese
pinch of salt

pinch of cayenne pepper
fat for frying

Whisk egg whites until stiff and dry. Combine the cheese and seasoning and fold into the whisked egg whites, using a metal spoon. Drop half teaspoonsful of mixture into deep fat, heated to 360° and fry until golden brown. Drain well on greaseproof paper. Serve either hot or cold. This quantity makes about 30 - 40 tiny meringues.

Mrs. L. Heilbronn.

SPANISH CHEESE ROLLS

1 pkt Rough Puff Pastry
3 large cooked potatoes
 $\frac{1}{2}$ lb cheddar cheese

$\frac{1}{4}$ teaspoon baking powder
1 egg

Roll pastry paper-thin. Mix three-quarters of the cheese (grated) with potatoes and baking powder. Cut pastry into squares, putting a teaspoon of the mixture into each square. Roll up like a sausage roll and brush with beaten egg. Sprinkle rest of cheese on top, and bake in hot oven (450°) for 20 minutes, or until brown.

Mrs. D. Gerber.

CREAM NUTS

$\frac{1}{4}$ pint cream
little brandy
Gloria flour (as much as will take to make firm dough)

fat for frying
icing sugar

Roll dough out thinly, cut in strips about 3" x $1\frac{1}{2}$ ". Make cut in centre of each strip and put other end of strip through cut, to look like tie. Fry in deep fat until golden brown; drain on crumpled kitchen paper and dust with icing sugar. These are very nice with drinks.

Mrs. L. Heilbronn.

FISH SALAD

1 lb hake
1 onion
salt
3 bay leaves
few peppercorns

2 hardboiled eggs (chopped)
 $\frac{1}{2}$ cup mayonnaise
2 - 3 tablespoons thick cream
4 drops tobasco sauce
1 pickled cucumber finely cut.

Boil hake with onion, salt, bay leaves and peppercorns for 20 - 25 minutes. When cooked, flake fish and mix with the rest of the ingredients. This can be served in cocktail glasses or in scooped-out tomatoes.

Mrs. H. Mohrer.

HUSSAR'S SALAD ("HUZARENSLA")

4 oz cooked cold meat
2 cooked beetroots
8 cold boiled potatoes
1 cooking apple
1 hard-boiled egg

a few cocktail onions and gherkins
Mayonnaise or salad cream
French mustard and seasoning

Dice the meat, chop the beetroots, potatoes, apple, onions and gherkins. Mix together with mayonnaise and add French mustard and seasoning. Spread the salad on a meat dish (on lettuce leaves) and garnish with mayonnaise, sliced egg and gherkins.

Mrs. M. Prins

AVOCADO WITH COTTAGE CHEESE

$\frac{1}{2}$ cup grated raw carrot (very fine)
 $\frac{1}{2}$ cup chopped spring onions
 $\frac{1}{2}$ cup finely chopped green pepper
12 oz cottage cheese
 $\frac{1}{4}$ cup mayonnaise

$\frac{1}{2}$ teaspoon salt
2 tablespoons lemon juice
3 large ripe avocado pears
Salad greens

Mix together carrot, spring onions, green pepper, cottage cheese, mayonnaise, salt and one tablespoon lemon juice. Cover bowl and place in refrigerator until well chilled. Just before serving, cut avocados in half lengthwise, remove pips. Sprinkle with remaining lemon juice. Top each half with cottage-cheese mixture, mounding high. Serve on salad greens.

Mrs. E. Levy.

AVOCADO WITH FRUIT SALAD

1 lb tin grapefruit segments
(or two ripe grapefruits)
2 large oranges
1 pear
6 small grape clusters

3 large avocado pears
1 tablespoon lemon juice
salad greens

Dressing:

$\frac{1}{4}$ cup sugar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{4}$ cup orange juice

3 tablespoons lemon juice
1 teaspoon grated onion
 $\frac{1}{4}$ cup Olivine

To make dressing, combine all the ingredients in a jar with a tight fitting lid; shake well, so that all ingredients are well mixed. Refrigerate until well chilled. Meanwhile, peel and section grapefruit, or, if canned fruit is used, pour off juice; peel oranges and the pear and cut into small pieces; mix together. Cover dish and refrigerate until well chilled. Just before serving, cut avocados lengthwise, remove pips and sprinkle with lemon juice. Top each half with fruit mixture and garnish with grape cluster. Serve on salad greens, with dressing separate.

Mrs. E. Levy

AVOCADO AND SALMON

2 large avocado pears
1 lb tin pink salmon
1 large onion
3 tablespoons salad cream

3 tablespoons tomato sauce
2 hard-boiled eggs
lettuce
black pepper and salt to taste.

Remove any skin or bone from salmon; chop onion. Mix with salad cream, tomato sauce, pepper and salt to taste. Cut avocados lengthwise, remove pips, pile salmon mixture in each half and garnish with hard-boiled egg. Serve on lettuce. Serves four.

Mrs. E. Levy.

Unpleasant odour on hands can be removed by rubbing hands with dry mustard powder.

To remove fat splashed on clothing of a light colour, cover immediately with flour and brush off after an hour.

Cold tea is an excellent tonic for ferns.

whatever your requirements in

STATIONERY & OFFICE
EQUIPMENT

we can supply them



CENTRAL AFRICAN STATIONERS
of Woodgate House

Telephone 73266

Agents for "HERMES" and "ROYAL" type
writers; "OCE" photo-printing equipment;
"DYMO" tapewriter; etc.

P.O. Box 994



'Iris' (Florists) Limited

WREATHS, BOUQUETS, CUTFLOWERS, POTTERY.

P.O. BOX 383,
FARMERS' HOUSE,
CAIRO ROAD, LUSAKA
N. RHODESIA

PHONES 73664, 72682
TELEGRAMS: 'IRIS'

'Iris' (Florists) Limited

flowers for all occasions

WEDDING BOUQUETS AND FLORAL ARRANGEMENTS
BOWL ARRANGEMENTS

FOR SPECIAL OCCASIONS,

HOSPITAL PATIENTS,

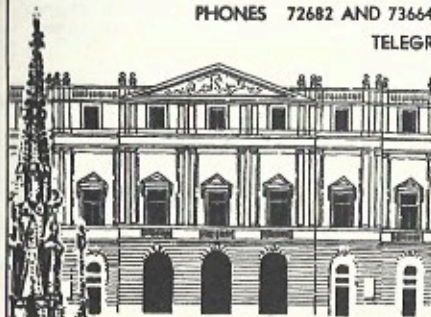
SHOWROOMS,

HOTELS,

AND THE OFFICE DESK

PRESENTATION BOUQUETS,
INDOOR PLANTS TO ADD ELEGANCE TO THE HOME
WREATHS.

CONSULT YOUR PERSONAL FLORIST AT PREMISES IN MAIN
SHOP, FARMERS HOUSE, CAIRO ROAD, LUSAKA
PHONES 72682 AND 73664 P.O. BOX 383
TELEGRAMS: 'IRIS'



SOUP



and soup accompaniments

CROUTONS

Cut bread into $\frac{1}{2}$ " slices, trim off crusts and cut into $\frac{1}{2}$ " squares. Fry in hot Olive until brown. Drain off Olive and fry a little longer until quite dry.

Mrs. E. Levy

FARFEL

1 cup Gloria flour
1 egg

1 egg-shell water
pinch of salt

Knead into a hard dough. Leave to dry. Grate on a coarse grater and spread on a floured board or tablecloth to dry. Keep in an air-tight tin.

Mrs. E. Levy.

KREPLACH

Filling:

1 lb soft steak
breadcrumbs
seasoning
1 egg

Dough:

2 cups Gloria flour
2 eggs
water to mix
pinch of salt

To make the dough, sift flour, make a well in the middle and put in eggs. Add salt and sufficient water to make a workable dough.

For filling, mince steak, add egg, seasoning and breadcrumbs.

Roll out dough and cut into squares. Fill with meat mixture. Press ends together and put into boiling salt water or clear soup. Boil until tender.

For variation, Kreplach can be fried in fat after being boiled and then served with the soup, or put in the oven with a little fat.

Mrs. E. Levy.

USE OLIVINE FOR SALADS

BEETROOT SOUP

6 large or 8 medium beetroots
 $1\frac{1}{2}$ pints water
sugar to taste
juice of 2 large lemons

$\frac{1}{2}$ pint sweet cream
boiled potatoes

Boil the beetroots for approximately 3 hours in salt water. Cool, peel and grate on large grater. Put in saucepan with $1\frac{1}{2}$ pints water. Bring to the boil. Add the sugar and lemon juice, and salt to taste. Cool and add $\frac{1}{2}$ pint sweet cream. Serve with hot boiled potatoes.

Mrs. L. Solomon.

BEETROOT SOUP

2 lb beetroots
2 egg yolks
2 egg whites
3 - 4 tablespoons sugar

Juice of 1 lemon
grated rind of $\frac{1}{2}$ lemon
pinch of salt
1 teaspoon sugar

Wash and peel beetroots, cut in half and place in saucepan with 2 - 3 pints cold water. Boil 2 - 3 hours; if necessary, more water may be added. When beetroots are soft and discoloured, strain liquid into a large bowl. Beat egg yolks with sugar until thick and creamy; slowly add lemon juice, pinch of salt, and then slowly add hot beetroot liquid, stirring constantly. Whip egg whites until very stiff, add sugar and place on top of the soup. Put into refrigerator and serve cold with cream.

Mrs. T. Hirschfeld.

COLD FRUIT SOUP

1 lb soft fruit
4 oz sugar (increase sugar when using black or red currants)

$1\frac{1}{2}$ pints milk and water
 $\frac{1}{2}$ pint cream

Cook berries until tender. Sieve. Whisk up this puree with sugar until it is frothy. Mix in liquid and put into fridge. Add whipped cream when serving.

Mrs. B. Schultz.

To remove tea stains on cups, rub with household salt.

To remove tobacco stains, rub gently with methylated spirit.

Split a cork and push it along the washline to clean the line.

Bread can be kept fresh for longer if the bin is left slightly open and a washed potato is put inside.

COLD SOUPS

- 1 tin fruit juice (orange, prune, pineapple, etc.) sugar to taste
1 egg, separated
2 dessertspoons unflavoured custard powder

Boil fruit juice with an equal amount of water, adding sugar to taste. Mix custard powder with a little cold water to a thin cream and add to boiling fruit juice. When thickened, remove from heat and allow to cool slightly, stirring to avoid the forming of a 'skin'. Mix egg yolk with a little cold water and add to the still hot soup. Strain. Keep in fridge, and, just before serving, beat egg white stiffly and decorate soup with this. Very refreshing during the hot season.

Mrs. E. Behrens.

BEAN AND BARLEY SOUP

- 1 lb soup meat $\frac{1}{2}$ cup barley
2 cups butter beans 3 carrots
1 parsnip 1 turnip
celery (optional)

Put soup meat in a pot of water and bring to the boil. Wash the beans and put into the pot with salt and pepper to taste. Add the cleaned vegetables and cook slowly until beans are tender (about 3 - 4 hours) then add washed barley. Allow to simmer for about another 3 hours. Take off stove. Next day, allow to simmer for 2 hours before serving. Vegetables can be taken out or left in, as preferred.

Mrs. J. Joseph.

VEGETABLE MILK SOUP

- $\frac{1}{2}$ cup green peas 2 large potatoes
2 large carrots 2 or 3 large tomatoes
1 turnip 1 small onion
1 parsnip 1 tablespoon pearl barley
1 leek 1 pint milk
1 tablespoon butter salt and pepper

Dice all vegetables (having first skinned the tomatoes) and place them, together with barley, in a saucepan. Cover with a little water and simmer for $\frac{1}{2}$ hour, or until soft. 15 minutes before serving time, add milk, butter and seasoning, and simmer slowly; soup should be served with the vegetables and not strained.

Mrs. V. Galaun.

MAKE A MEAL WITH MILK.

VEGETABLE SOUP

- 1 lb brisket 1 heaped tablespoon
1 lb green peas mixed dried vegetables
1 lb carrots 1 onion
2 medium potatoes 2 teaspoons sugar
2 heaped tablespoons barley 3 pints water
salt and pepper to taste

Dice carrots and potatoes and slice the onion. Place all ingredients in pot and let cook for about 4 hours. Add water when required.

Mrs. M. Rowelsky.

CABBAGE SOUP

- Soup meat $\frac{1}{2}$ cabbage
1 onion 2 tomatoes
1 carrot 1 lemon
1 beetroot sugar to taste
seasoning

Cook soup meat with whole onion and carrot and whole beetroot for 2 hours. Remove onion and carrot. Shred cabbage finely and put into soup with skinned tomatoes. Cook 1 hour. Add the juice of the lemon and sugar to taste. Season with salt and pepper. Serve with boiled potatoes.

Mrs. V. Galaun.

MINISTRONE

- 1 - 2 lbs shin 1 small cabbage
4 oz dried beans 1 lb fresh peas
1 onion 1 lb carrots
1 clove garlic 1 small cauliflower
1 peeled tomato $\frac{1}{2}$ lb green beans
1 turnip 1 parsnip
1 leek 4 oz macaroni
 $\frac{1}{2}$ lb grated parmesan cheese

Soak the dry beans overnight. Place meat in a large saucepan with all cleaned, diced vegetables - except cauliflower. Cover with 3 pints of water and add some salt. Boil slowly for 2 hours. Add cleaned, cut-up cauliflower. Boil slowly for 1 hour. Half an hour before serving, add macaroni and let boil. Serve very hot with grated parmesan cheese sprinkled over.

Mrs. T. Hirschfeld.

SUBSTITUTE OLIVINE FOR BUTTER IN COOKING



MOCK CRAYFISH SAUCE

$\frac{3}{4}$ cup mayonnaise
1 tablespoon thick cream
1 tablespoon vinegar or
lemon juice

1 heaped teaspoon sugar
1 dessertspoon tomato sauce
3 or 4 drops tobasco sauce
garlic, celery and onion
salt to taste

Blend together all the ingredients, season to taste. Place flaked fish on a bed of shredded lettuce, preferably in special seafood dishes, pour the sauce over the fish and sprinkle top with chopped hardboiled egg or parsley.

Mrs. M. Marcus.

FISH IN GINGER SAUCE

2 - 3 lbs kingklip or kabeljou
1 pint strained fish stock
2 - 3 tablespoons vinegar
4 - 6 gingersnaps

$\frac{1}{2}$ cup seedless raisins
pieces dried ginger
 $\frac{1}{4}$ cup golden syrup

Boil fish in stock. Remove pieces and place in bowl. Dissolve gingersnaps in vinegar and add to stock. Add remaining ingredients and boil five minutes. Allow sauce to cool before pouring over fish. Must stand 24 hours before serving.

Mrs. P. Folk.

USE MILK OR CREAM IN SOUPS.

EGG AND LEMON FISH

6 fillets of fish
2 eggs
sugar and salt to taste

1 medium onion
1 large lemon

Boil fillets of fish until tender. Care must be taken not to break fillets. Cut onions into rings and fry in butter until slightly brown. Place fish in pan with onions and pour in enough stock to cover the fish. Boil up again. Beat eggs well and add lemon juice. Stir well together with sugar to taste. Remove pan from stove, pour in egg and lemon sauce, and tilt pan until the sauce is well mixed with the fish gravy. Do not heat again as this will curdle the egg. Place in dish and keep in refrigerator. Serve cold.

Mrs. M. Marcus

GEFILTE FISH

2 lbs fish (two different kinds if possible)
1 large onion
2 eggs
salt and pepper
cold water

little matzo meal
carrots
1 beetroot
onions

Mince fish and onion, add salt, pepper, eggs, matzo meal and cold water. Put bones, head and skin to boil, when at boiling point, make minced fish into balls and place in saucepan. Add cut up onions, carrots and beetroot, salt and pepper to taste, but do not put on lid until it boils up. Boil $1\frac{1}{2}$ hours - add more water if necessary.

Mrs. A. J. Mendelsohn.

PICKLED FISH

4 lbs fish
4 lbs onions
salt to taste
sugar to taste
2 sour apples cut into pieces
4 whole pimento
13oz. water (approx)

2 tablespoons curry powder
 $\frac{1}{2}$ cup sultanas and seedless raisins together
1 banana diced
2 bay leaves
 $1\frac{1}{2}$ bottles brown vinegar

Fry the fish in usual method. Set aside to cool. Put the vinegar into a pot to boil with the water, bay leaves and pimento. Add salt and sugar. Make a paste with the curry powder and a little extra cold water. Add this to the vinegar and water and allow to boil. Add sliced onion and boil until it takes on the colour of the curry. When still hot but not boiling, add the fruit. Cool and pour over the fish. This should marinate for about 3 - 4 days - serve chilled.

Mrs. W. S. Wulfsohn

OLIVINE IS ODOURLESS AND TASTELESS.

DUTCH FISH CASSEROLE WITH MUSTARD SAUCE

1 lb boiled fish
1 oz. butter or margarine
2 large sliced onions

mashed potatoes
lemon juice

Sauce:

1 pint fish stock and water
 $1\frac{1}{2}$ oz. Gloria flour

1 oz. butter or margarine
prepared mustard.

First make the sauce. Bring liquid to the boil; blend flour with a little water, add to liquid and stir till it thickens; add fat and mustard to taste. Divide fish into pieces. Fry onion until golden brown. Place some of the fish on the bottom of a fireproof dish and add alternate layers of potato, onion, fish and sauce, with a squeeze of lemon juice - finish with a layer of potato on top. Put in oven to heat through and brown the top. Serve piping hot.

Mrs. M. Prins.

SHERRY SOLES.

2 large fillets of sole
 $\frac{1}{2}$ cup cream
2 oz. butter
3 tablespoons sherry
1 teaspoon salt

1 cup tomato purée
dash of pepper
 $\frac{1}{2}$ cup grated cheddar cheese
1 large chopped onion
parsley

Fry fillets and place in ovenproof dish. Fry onion in butter until golden brown; then add tomato purée, sherry, salt, pepper and cream. Stir and bring to boil. Pour over the fillets. Top with grated cheese and bake at 400 F. for about 30 minutes. Garnish with parsley.

Mrs. D. Golson.

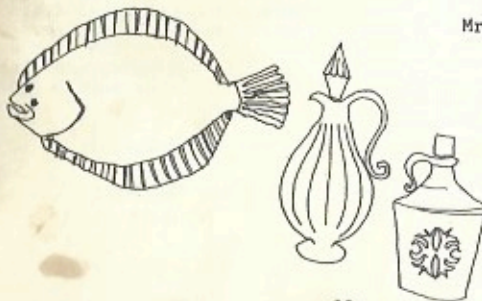
SOLE CAPRICE

2 fillets of sole
2 bananas
chopped parsley

chopped chutney
butter

Fry fillets of sole in butter - do not roll. Cut bananas in two lengthwise, and fry these in butter also. On a warmed serving plate, put chopped chutney, place fillets on this, and half a banana on each fillet. Keep warm, while browning some butter to pour over. Decorate with chopped parsley.

Mrs. E. Behrens



BAKED FISH - THERMIDOR

1½ lbs filleted white fish
¼ teaspoon salt
dash pepper
½ cup milk
2 tablespoons butter

2 tablespoons Gloria flour
1 cup milk
¼ cup sherry
¼ cup grated cheddar cheese

Place fish in greased 10" x 6" baking dish. Season with salt and pepper and add milk. Bake in moderate oven (350°) for 30 minutes. Melt butter, add flour and blend. Gradually add milk and cook over low heat until smooth and thick, stirring constantly. Add sherry and cheese. Pour over fish and grill until golden brown.

Mrs. M. Teicher.

FISH IN MUSHROOM SAUCE

1½ lbs slices or fillets of fish
1 tin cream of mushroom soup

1 tablespoon milk

Place fish in buttered pyrex dish. Pour undiluted soup over the fish. Rinse can with milk and pour over fish. Bake in moderate oven until fish is ready - 20 - 30 minutes approx.

Mrs. J. Gerber.

BAKED HAKE

2 lbs fillet of hake
salt
1 chopped onion
chopped parsley
½ cup milk or cream

small pats of butter
breadcrumbs
grated cheese (Parmesan if possible)

Place hake in well buttered pyrex dish. Mix together remaining ingredients and cover fish. Bake at 350° for approximately 30 minutes.

Mrs. B. Schultz.

STEAMED FISH

2 lbs fish
lemon juice or vinegar
celery

salt
2 pints water
onions

Clean fish but do not fillet. Rub inside and out with salt, then brush with lemon juice or vinegar. Leave for a while. Boil water with salt, celery and onions. Put the fish in the stock, but do not boil, simmer until cooked. Place on hot plate and add sliced lemon, tomatoes and parsley. Serve with boiled potatoes and melted butter, or any other sauce.

Mrs. M. Hamburger.

STERILISED MILK IS PERFECT FOR PUDDINGS AND CUSTARDS.

SALMON FINGERS

1 lb tin salmon
1 oz butter
1 oz Gloria flour
¼ pint milk

salt and pepper to taste
grated nutmeg
1 beaten egg
½ lb flaky pastry

Melt the butter and add flour. Stir in the milk and also the liquid from the tin of salmon; stir until it boils. Remove from stove. Add the salmon and season to taste with nutmeg, salt and pepper. Leave to get cold. Roll out half the pastry into an oblong piece and lay it on a baking sheet. Spread the cold salmon mixture over it, leaving ½" round the edge, which should be moistened with water. Roll out the other piece of pastry to the same size, place it on top and press edges together. Brush the top with a well beaten egg and mark it with a knife into diamond pattern and then into fingers. Leave it for 20 minutes and then bake in a hot oven for about 20 minutes. When cooked take out of oven and cut the pastry into fingers. Can be eaten hot or cold.

Mrs. M. Lipschild.

SALMON ROLL

¾ cups Gloria flour
¼ teaspoon salt
2 oz butter

¾ teaspoons baking powder
¼ cup milk diluted with water
(½ milk and ½ water)

Sift together flour, baking powder and salt. Grate in butter and rub well into flour. Slowly add the liquid, stirring in lightly with a knife. Dough must be very soft, but not wet or sticky. Roll out on board into oblong shape ¼ inch thick.

Filling:

1 large tin salmon
2 tablespoons lemon juice
1½ tablespoons chopped parsley

4 tablespoons milk
2 teaspoons grated onion
½ teaspoon salt
pepper to taste

Mix ingredients well, spread on dough evenly and roll up like a swiss roll. Bake on baking sheet in hot oven (425°) for 30 minutes. Serve very hot with parsley or anchovy sauce.

Mrs. M. Wulfsohn.

SAUCE TARTARE

1 cup mayonnaise
1 medium onion chopped fine
1 medium tomato diced small

1 tablespoon finely chopped pickled cucumber
1 teaspoon capers (optional)

Mix all these ingredients together, and your sauce is ready for use.

Mrs. H. Mohrer

CREAMY CHEESE FISH-PIE

1 lb cooked fish
1½ oz butter
1 oz Gloria flour
creamed mashed potatoes

½ pint milk
salt and pepper
squeeze of lemon juice
grated cheese

Skin, bone and flake fish finely. Melt 1 oz butter, stir in flour and cook a few minutes without browning. Stir in milk and bring to boil. Add seasoning, lemon juice and fish. Place in fire-proof dish, grate cheese on top and cover with mashed potatoes. Dot with butter, and bake for about 20 - 30 minutes in a moderate oven (350°).

Mrs. S. Fischer

NILE PERCH A PROVENCALE

1½ lbs sliced fillets Nile perch
yolks of two eggs
1 tablespoon chopped capers

½ pint white sauce
1 tablespoon chopped gherkins
salt and pepper
lemon juice

Sprinkle fish with salt, pepper and lemon juice. Place on greased fireproof dish, cover with greased paper, and bake in a moderate oven for 20 minutes. Heat white sauce, add lightly beaten egg yolks, chopped gherkins, capers, salt and pepper. Stir over gentle heat until egg yolks are cooked, but do not re-boil. Place the fish on a hot dish and pour over the sauce.

Mrs. I. Saunders.

Telephone 72461



E. Tingleff

P.O. Box 1818,

Cairo Road
Lusaka
N. Rhodesia

DANISH STAINLESS STEEL
HOLLOWARE, CUTLERY
AND
SILVER JEWELLERY



Visit

The Green Parrot

(AT LONGACRES)

NO MORE NEED FOR WORRY.

We Undertake

DELICATESSEN, SNACKS, TAKE-AWAY MEALS, HAMBURGERS,
HOT-DOGS, SANDWICHES, (TOASTED OR PLAIN) PIES
AND SAUSAGE ROLLS.

OUTSIDE CATERING

WE DELIVER

ICE CREAM

COLD DRINKS

HAVE YOU TRIED OUR CORNISH PASTIES!

PHONE 82687

RENNIE ROAD

P.O. BOX 1743



It's SMART to be PRACTICAL

MELAMINE BREAK-RESISTANT

MELAWARE



LUSAKA
PLASTICS

LIMITED

NEWCASTLE STREET

LUSAKA



TELEPHONE 73701

P.O. BOX 1663

DESCO CLOTHING FACTORY

LIVINGSTONE ROAD LUSAKA P.O. BOX 108

**MANUFACTURERS OF UNIFORMS FOR
ALL PURPOSES**

SCHOOL, HOME, FACTORY OR OFFICE

famous throughout

NORTHERN
RHODESIA!



Consult us for Quality Decorating...



INTERIOR
& EXTERIOR
DECORATING
SPECIALISTS

P. O. BOX 696 LUSAKA

TELEPHONE
73663

MARINATED HERRINGS (German Recipe)

8 salt herrings
4 large apples
2 large onions
4 medium-sized pickled cucumbers
½ pint fresh cream

1 bottle yoghurt or sour
milk
1 tablespoon sugar
1 tablespoon mustard
3 tablespoons Olivine
4 tablespoons vinegar

Clean herrings and soak overnight. Cut into pieces and place in a glass dish and place all the other ingredients in layers on top. Lastly add cream and milk. The cream and milk should cover the herrings. Cover dish and put in refrigerator until required. Serve with new potatoes.

Mrs. E. Lazarus.

CHOPPED HERRING

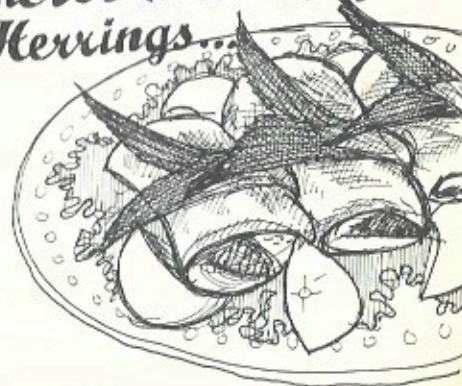
2 salt herrings
1 small onion
little white vinegar
2 hard-boiled eggs

Soak herrings overnight. Skin, fillet and chop the herrings and put through sinner with all the other ingredients, but keep one egg separate. Then add the vinegar and sugar, (to individual taste). Decorate with the other egg, chopped finely.

Mrs. H. Moss.

1 large cooking apple
little granulated sugar

*here's how with
Herrings...*



HERRING AND PINEAPPLE

2 filleted salt herrings
1 small tin pineapple
chunks
pepper to taste
2 medium-sized onions
1 small jar mayonnaise

Cut herring into small pieces. Place in dish in layers with pineapple and sliced onion. Mix juice from pineapple with mayonnaise and pour over herring and pineapple. Allow to marinate for at least twelve hours. Serve chilled.

Mrs. M. Wulfsohn.

ADD A LITTLE SALT WHEN BAKING WITH OLIVINE.

HERRING IN SOUR CREAM

4 - 6 salt herrings
 $\frac{1}{2}$ pint sour cream
vinegar or lemon juice

Soak herrings overnight, clean and fillet and cut into small pieces. Put soft roe through a sieve, and, together with chopped or grated onion, and little pepper, add to cream and mix well. Then add vinegar or lemon juice to taste and pour over herrings. Can be served after a few hours. Some finely chopped or grated apple may also be added.

1 small onion
pepper

Mrs. M. Hamburger.

SWEET AND SOUR HERRING

4 fresh herrings
1 dessertspoon salt
1 onion
handful sultanas

Wash herrings and boil in water containing salt for a few minutes - strain. Transfer to pyrex dish. Boil sliced onion for about 10 minutes, add sultanas, syrup, lemon juice, salt and bay leaves and boil for another $\frac{1}{2}$ hour, until the gravy looks syrupy in colour. When ready, pour over herring.

3 - 4 tablespoons syrup
juice of 2 lemons
pinch of salt
2 bay leaves

Mrs. M. Cohen.

RED HERRING SALAD

6 salt herrings
2 chopped dill-pickled cucumbers
6 chopped walnuts
3 - 4 cooked chopped beetroots
 $\frac{1}{2}$ teaspoon vinegar essence
pinch pepper

Soak herrings overnight, clean and fillet. Cut into small pieces and place in large mixing bowl. Add all ingredients and mix well. Garnish with chopped or grated egg white and egg yolk.

2 - 3 chopped apples
1 chopped onion
2 - 3 chopped hard-boiled eggs
3 tablespoons mayonnaise
1 teaspoon sugar

Mrs. T. Hirschfeld.

HERRING SALAD

3 salt herrings
 $\frac{1}{2}$ pkt Marie biscuits
3 hard-boiled eggs

Soak herrings overnight. Skin and fillet the herrings. Mince together with biscuits, eggs and cucumbers. Add salt, pepper and vinegar, and sugar to taste.

Mrs. M. Rowelsky.

GINGER HERRING

8 salt herrings
1 cup brown vinegar mixed with water
to taste
2 large apples
4 - 5 ginger biscuits

1 stick cinnamon
1 large onion
2 tablespoons syrup
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{4}$ cup seedless raisins

Soak herrings overnight in water, clean and fillet and cut into small pieces. Slice onions and boil in vinegar and syrup. When onions are half cooked, add apples sliced in rounds, cinnamon and raisins. Pour boiling water over the ginger biscuits to soften, add to mixture, stirring until cooked. Allow mixture to cool and pour over herring pieces; leave in a cool place for at least 24 hours before serving.

Mrs. D. Molk.

DANISH HERRING

6 salt herrings
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown vinegar
 $\frac{1}{2}$ cup tomato sauce
 $\frac{1}{2}$ cup chopped apple
 $\frac{1}{2}$ teaspoon pepper

$\frac{3}{4}$ cup chopped or sliced onion
 $\frac{1}{2}$ cup Olivine
 $\frac{1}{2}$ cup sweet wine (optional)
1 teaspoon prepared mustard

Soak herrings overnight. Clean and fillet and cut into small pieces. Mix remaining ingredients together and pour over the herrings. May be eaten at once, but is even better after two or three days.

Mrs. E. M. Greenberg.

MUSTARD HERRINGS

(1) $\frac{1}{2}$ cup sugar
 $1\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ cup water
few bayleaves and peppercorns

(2) 3 large or 4 small eggs
1 teaspoon mustard
1 teaspoon Olivine
 $\frac{1}{2}$ cup sugar

Boil together

Beat well together

6 Salt Herrings

3 sliced onions

Soak herrings overnight, then clean, fillet and cut into small pieces. Leave (1) on stove, then gradually mix (2) into it, using a wooden spoon and mixing until sauce is thick. Put in onions and allow to cool, then pour over herrings. May be served at once or left to marinate.

Mrs. L. Solomon.

SOUR CREAM MAKES DELICIOUS SCONES.

TOMATO ONION AND HERRING SALAD

1 lb onions
3 salt herrings
mayonnaise
1½ lbs tomatoes

chopped parsley
2 pints water
1½ tablespoons vinegar
1 teaspoon salt

Soak herrings overnight, clean, fillet and cut into small pieces. Slice onions and cook in about 2 pints of water to which 1½ tablespoons vinegar and 1 teaspoon salt have been added. Cook until they look glassy. Cool and put in a dish alternately with sliced tomatoes, herring and chopped parsley. Cover with mayonnaise and leave in a cool place before serving. Instead of herrings, 4 - 5 sliced hard-boiled eggs may be used.

Mrs. M. Hamburger.

Use a nail white pencil for marking notches while sewing. Chalk comes off too easily.

Boiling salted water will open choked-up sinks.

Rub a raw onion over steelwork that has rusted.

Nicotine fingers can be rubbed with lemon juice and a pumice stone.

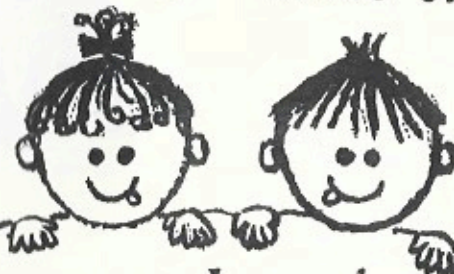
FIRST AND FOREMOST IN TEXTILES



MODERN FABRICS LTD.

P.O. BOX 197 CAIRO ROAD TELEPHONE 72301
LUSAKA
N. RHODESIA

Come rain—come shine



—come shopping!

our Supermarket offers
a wide selection of Fresh,
Frozen and Tinned
Provisions including Continental
Delicacies!

Telephone your order
- if you wish - on the direct
Groceries Department line
- 72485

super marketing at **KEE'S**



KEE'S LTD.

The Modern Department Store
Box 100 Lusaka Tel. 72001/2

MEAT

LIVER LOAF.

1 lb calves liver
 $\frac{1}{2}$ lb rump steak
 1 lb veal
 bay leaves, nutmeg, salt
 and pepper to taste
 1 large onion
 $\frac{1}{2}$ bread roll
 3 eggs

Cut meat and fry with sliced onion. Add spices. When ready, remove bay leaves and soften bread roll with gravy. Mince the meat, onions and bread roll three times. Add eggs and seasoning and mix very well. Add quite a lot of fat. Mix very well. Grease and line a large cake tin with bread crumbs and pack firmly with mixture. Bake 400° for approximately $\frac{1}{2}$ hour till browned. Cool and turn out.

Mrs. P. Wasserberger.

CHOPPED LIVER

$\frac{1}{2}$ lb liver (preferably chicken or calf)
 cinnamon
 salt
 pepper

Onion
 2 hard-boiled eggs
 chicken fat

Fry liver and onion in chicken fat; mince and add a little cold chicken (if any) and eggs. Add more fat, salt, pepper and cinnamon and mix well. Decorate with hard-boiled egg.

Mrs. A. J. Mendelsohn.

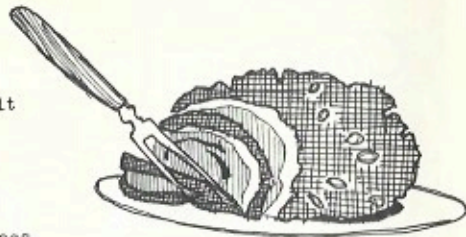
CHOPPED LIVER

1 lb calves liver
 1 large onion
 3 hard-boiled eggs

2 slices bread
 chicken fat

Fry sliced liver with the onion in chicken fat. Cool. Mince all the ingredients. Mix and add chicken fat, salt and pepper to taste.

Mrs. M. Rowelsky.



ITALIAN SALAD

$\frac{1}{2}$ lb cold roast (approximately)
 2 small apples peeled and cored
 1 pickled cucumber
 4 small boiled potatoes
 1 finely chopped onion
 finely chopped parsley
 mayonnaise as required

(2) 2 anchovies
 capers
 small quantity cooked
 carrot, peas or
 celery

Cut meat, cucumber, potatoes and apples into small cubes. Mix with the remainder of the above ingredients and add mayonnaise to moisten. Decorate with sliced hard-boiled eggs, cucumbers and tomatoes. This salad is usually made from leftovers - use what is available, although the first lot of ingredients is basic.

Mrs. E. Behrens

DRAWN

4 calves trotters (cleaned)
 1 knuckle-bone veal
 part of boiling chicken
 salt and pepper
 2 hard-boiled eggs

3 or 4 onions
 2 teaspoons peppercorns
 parsley
 2 or 3 cloves garlic (if
 desired)

Place trotters, knuckle-bone, chicken, salt, onions and peppercorns in a saucepan, cover well with water and simmer for 4 hours. Allow to cool. Remove skin from trotters, and cut up meat finely. Chop parsley and garlic and add to cut-up meat, with dash of pepper and more salt if desired. Slice hard-boiled eggs and arrange meat and eggs in glass bowl. Strain water in which meat etc., was boiled, and pour over meat and eggs. Allow to set in same bowl.

Mrs. V. Galaun.

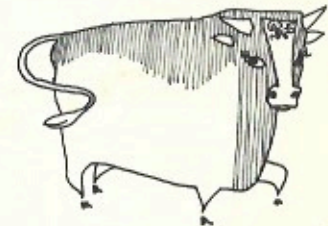
DRAWN

1 cow heel
 garlic
 bay leaves and
 peppercorns
 1 large onion

salt, pepper and
 ginger (rather more
 than usual)
 1 hard-boiled egg

Place all ingredients (except hard-boiled egg) in a large saucepan, and cover with water. Allow to boil until meat falls off the bone. Strain and pour into shallow pyrex dishes. Garnish with sliced hard-boiled egg and allow to set.

Mrs. M. Cohen



ONE OUNCE BUTTER EQUALS ONE TABLESPOON OLIVINE.

MILK IS A PERFECT FOOD ON ITS OWN.

GLAZED BRISKET

4 lbs salted brisket
1 turnip
1 carrot
6 peppercorns
1 tablespoon vinegar

1 dessertspoon gelatine
½ pint meat stock
1 dessertspoon meat or vegetable extract

Soak meat in water for 1 hour; put in pot and cover with water. Add roughly cut vegetables, peppercorns and vinegar. Simmer gently for 2 - 2½ hours. Place cooked meat in flat dish; cover with a board and weight. When cold, glaze with the following:

Dissolve gelatine in meat stock. Blend in meat or vegetable extract. Pour thin layer of this over meat. Allow to set and then cover with a second layer of glaze.

Mrs. L. Glasser.

PICKLED TONGUE, BRISKET OR BEEF.

4 - 6 lbs meat of your own choice
1 or 2 cloves garlic
1 dessertspoon saltpetre
1 teaspoon sugar

1½ - 2 cups coarse salt
bay leaves
2 - 3 cloves
peppercorns

Wash meat and dry. Prick surface all over with sharp-pointed knife. Chop garlic and mix with saltpetre, sugar and salt. Rub part of this mixture thoroughly into meat. Sprinkle deep dish with half of the remaining mixture, bay leaves, cloves and peppercorns. Place meat on this; cover with remaining salt mixture and few more bay leaves etc. Cover dish, place in fridge and turn meat every morning. Ready for boiling after 5 - 6 days. Wash meat well, soak for about 1 hour in cold water and then boil in fresh water until tender.

Mrs. I. Simon.

MICKY'S QUICK COMPANY DISH

2 lbs shoulder steak cut into
½" x 3" pieces
3 cloves garlic
¼ cup soy sauce
4 tomatoes cut into small pieces
1 large tin bean sprouts

¼ cup sherry
1 tablespoon sugar
2 large green peppers
1 tablespoon cornstarch
½ teaspoon salt
Olive for frying

Brown garlic in Olive. Add meat and brown quickly. Add salt, soy sauce, sherry, sugar and simmer for 10 minutes. Add drained bean sprouts and cut-up peppers. Simmer for 10 minutes. Add cornstarch, simmer for 5 minutes and add tomatoes. Serve at once on bed of rice.

Mrs. M. Teicher.

SUBSTITUTE OLIVE FOR BUTTER IN BAKING.

CHINESE SWEET AND SOUR SPARE RIBS

4 - 5 lbs spare ribs
1 cup sugar
1 cup vinegar
¼ cup Madeira
2 tablespoons Soy Sauce
1 green pepper

1 tablespoon cornstarch
1 tablespoon chopped preserved ginger
¼ cup pineapple chunks
¼ cup sliced sweet pickles

Select 4 - 5 lbs meaty spare ribs, brush them with soy sauce lightly and roast in a moderate oven for 1½ - 1¾ hours, or until they are brown and crisp, turning them once during the roasting. Cut the spare ribs into finger pieces with a heavy knife or cleaver, separating each rib. Serve on a heated platter with the following sweet and sour sauce:

Heat together in a saucepan the sugar, vinegar, Madeira and soy sauce. Cut the green pepper into thin strips and add. Bring to the boil and add the cornstarch, mixed with a little cold water, stirring constantly until thick and transparent. Two minutes before serving add the chopped preserved ginger, pineapple chunks and sliced sweet pickles. Spoon over spare ribs.

Mrs. A. Guttman.

CHILI CON CARNE

2 lbs topside or gravy beef minced
1 8oz tin of baked beans
1 large sliced onion
1 tablespoon fat

1 teaspoon cayenne pepper
½ teaspoon powdered chillies
salt and pepper
1 cup tomato purée

Put the fat into a pot and fry the sliced onion until light brown. Add minced meat and fry until meat is golden brown. Add seasoning whilst frying. Then add the baked beans and tomato purée. Do all this over a low heat and allow to simmer slowly for about 10 - 15 minutes, whilst the beans get hot. Serve with rice or boiled potatoes, and tomato, cucumber and lettuce salad.

Mrs. J. Joseph.

HUNGARIAN GOULASH

2 - 3 oz fat
1½ lbs onions
2 lbs topside
2 - 3 large peeled tomatoes

1 green chili
little piece fresh or dried red chili
salt to taste

Fry thinly sliced onions in fat until golden brown. Slowly add water and braise the onions for ½ hour. Add peeled and cut tomatoes and red and green chillies and cook for another ½ hour. Add the cubed meat and salt to taste and cook until meat is tender. The stew must be stirred several times to avoid burning. The green chili must be removed after an hour. When onions are sufficiently cooked they will give stew the desired thickness. If sauce is too thick, add a little water. Serve with rice, boiled potatoes or macaroni.

Mrs. T. Hirschfeld.

POLISH DISH

1 small cabbage
1 lb steak
 $\frac{3}{4}$ lb polony
1 large onion

a little wine, water and
fat
salt and pepper to taste
1 small tin sauerkraut

Shred the cabbage. Boil with a little water, fat and some of the onion. When ready add the sauerkraut. Cube steak and fry with the rest of the onion. Add to the cabbage. Cube the polony and add to the mixture. Let simmer for 10 minutes. Add a little wine.

Mrs. F. Wasserberger.

BEEF STROGANOFF

2 lbs porterhouse or rump steak
1 tablespoon Gloria flour
2 tablespoons margarine
2 cups beef stock
3 tablespoons heavy mayonnaise

2 tablespoons tomato sauce
3 tablespoons grated onion
salt
pepper

Cut the steak into thin strips, sprinkle freely with salt and pepper, let stand for two hours in a cool place or in the refrigerator. Make a roux by blending the flour with the margarine over gentle heat until mixture bubbles and is smooth. Gradually stir in the beef stock and cook until the mixture begins to thicken. Boil for two minutes, then strain through a fine sieve into a saucepan. Add the heavy mayonnaise with the tomato sauce, stirring constantly. Simmer very gently, without boiling. Leave on one side. Meanwhile, fry the pieces of beef in fat or Olive with grated onion. When meat is brown, pour the meat, onion and fat into the sauce, taste for seasoning and simmer gently, or cook in double boiler over hot water, for 20 minutes. Serve at once with a side dish of boiled rice or potato balls and thin slices of brown bread.

Mrs. A. Guttman.

BEEF OLIVES

2 lbs thin sliced topside
2 pickled cucumbers

1 large onion
seasoning and parsley

Sprinkle each side of the breaded slices of meat with salt, pepper, dry mustard, ground nutmeg and garlic. Rub in well. Place a few pieces of chopped onion, cucumber and parsley on each slice and roll up. Fasten with thread. Put rolls into hot fat and brown. Add 2 tablespoons of vinegar from pickled cucumbers and braise until tender. Add water if necessary. When done, remove threads. Thicken gravy with a little flour.

Mrs. U. Seftel.

ASK THE DAIRY MARKETING BOARD FOR A COMPLETE RECIPE BOOK FOR CREATIVE COOKING WITH CHEESE.

TELEFOAM 73867

TELEFOAM 73867

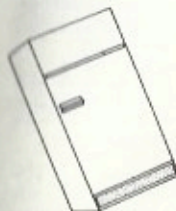


carpets & upholstered goods
repair & renovating of
& carpets
dyeing of garments curtains
& lounge suites
dry foam cleaning of carpets



FOAM KLEENERS

Every housewife knows...



J. KOPMAN

leads the way...
with ELECTRICAL
APPLIANCES

P.O. Box 1147 LUSAKA Telephone 7-3222

STUFFED CABBAGE ROLLS

1 cabbage	1 tablespoon syrup
1 lb steak	1 tablespoon fat
1 egg	lemon juice
1 small onion	salt and pepper
2 potatoes	2 bay leaves

Separate the cabbage leaves, wash and place in a dish and pour boiling water over them. Allow to stand for a few minutes. Mince meat with onion, season and add egg. Roll mince meat in cabbage leaves, tie with cotton if necessary, and prick with a fork. Place a layer of sliced potatoes in a greased pyrex dish, place cabbage rolls on top, and cover with another layer of sliced potatoes. Dissolve the syrup, fat and lemon juice, season and pour into pyrex dish. Add a little water and bake (375°) until brown.

Miss H. Glasser.

STUFFED GREEN PEPPERS

1 large green pepper per person	cooked rice
1 lb mincemeat	salt and pepper
1 finely chopped onion	
3 medium sized tomatoes	

Cut tops off peppers and keep. Remove seeds carefully so as not to pierce skin. Mix mincemeat with onion, salt and pepper to taste and then with cooked rice. Stuff the peppers with this mixture and replace lids, holding them in place with a toothpick. Wash tomatoes and remove skin by pouring boiling water over them and then leaving them in the water for a few minutes. Skin will then easily peel off. In a large, preferably heavy, saucepan, with lid, braise tomatoes until soft, then stand peppers upright in the saucepan, adding any leftover stuffing. Add enough water so the peppers are half in water, and simmer gently until soft, adding water as required. Keep basting the peppers with the gravy, as this improves the flavour. Enough for 6 people.

Mrs. E. Behrens.

MONKEY GLAND STEAK

1 lb sliced fillet steak
large chopped onion
large chopped tomato

Sauce:
2 tablespoons Worcestershire sauce
2 tablespoons tomato sauce
2 tablespoons Heinz 57 sauce
2 tablespoons Ideal sauce
2 tablespoons chutney
½ teaspoon curry powder

Brown onions and tomato in Olivine. Add meat and brown. Pour sauce over meat, onions and tomatoes, and simmer on low for 5 minutes, covering pan with lid. Serve with chips and green peas.

Mrs. D. Gerber.

APPLE STEAK

2 lbs topside	4 cooking apples
1 small onion	1 dessertspoon Olivine
1 teaspoon lemon juice	breadcrumbs
salt and pepper	

Make a slit in topside and fill with finely chopped onion and apple. Sew up. Brush with Olivine. Roll in breadcrumbs and sprinkle with salt and pepper. Put in baking dish with more Olivine and cook 2 - 2½ hours. Serve with gravy.

Mrs. P. Folk.

CARAMELISED STEAK WITH PRUNES

3 tablespoons sugar	1 teaspoon Worcestershire sauce
2 lbs rump steak	grated rind and juice of lemon
3 tablespoons Gloria flour	½ lb finely chopped prunes
salt and pepper	mushrooms may be added
pinch each of ground ginger, mustard, curry powder and mixed spices	1 tablespoon chopped parsley
1 wine glass vinegar	2 sliced onions
1 wine glass port or marsalla	2 tablespoons tomato sauce

Put sugar into heavy saucepan and heat until well browned. Cut steak into small pieces, dip in flour, salt and pepper; brown. Add sliced onion. Stir all ingredients together over medium heat until well coated with caramel. Add all other ingredients. Simmer very slowly for two hours.

Mrs. H. Taube

SWEET AND SOUR TONGUE

1 fresh tongue	2 tablespoons syrup
1 large apple	salt and pepper to taste
1 cup raisins	1 pint water
1½ tablespoons vinegar or lemon juice	8 - 10 ginger biscuits

Place tongue in cold water and cook until skin can be easily removed. Peel and slice apple. Cook in 1 pint of water all ingredients except the tongue and syrup. When this is cooked to a soft mixture put in tongue, whole or sliced, and allow to cook until soft. Add syrup half an hour after tongue has been cooking.

Mrs. M. Donin.

If you burn yourself, quickly dab some vinegar on the burn and it will not blister.

HALF-A-CUP OLIVINE WEIGHS 3 OUNCES.

SWEET AND SOUR CABBAGE

2 lbs boned brisket	2 tablespoons sugar
2 lbs red cabbage (if unavailable, white will do)	juice of 1 or 2 lemons
$\frac{1}{2}$ pint water	1 level tablespoon Gloria flour
3 apples	salt to taste

Chop cabbage and cut apples into small pieces. Place meat and all other ingredients, except flour, into pot and cook for 4 to 5 hours on a low heat. After $1\frac{1}{2}$ hours, mix flour with a little water before adding to the rest of the ingredients.

Mrs. M. Rowelsky.

TOMATO-CABBAGE BRISKET (one-pot-meal)

2-2 $\frac{1}{2}$ lbs fresh boned brisket	1 onion
1 cabbage 3 - 4 lbs	1 tablespoon Gloria flour
1 medium tin Italian tomato purée	1 tablespoon sugar
or 2 $\frac{1}{2}$ -3 lbs peeled ripe tomatoes	1 teaspoon salt
	1- $\frac{1}{2}$ oz fat

Shred cabbage. Pour boiling water over it and rinse again twice in cold water. Put the cleaned brisket in a saucepan, add 2 pints water, 1 teaspoon salt, the cabbage, tomato purée or sliced tomatoes, and cook slowly until meat is soft. Fry chopped onion until golden brown, add flour and mix. Take sufficient liquid from the stew to make a sauce, and add to onion mixture, stirring constantly until smooth. Return this sauce to the stew. Stir again. Add 1 tablespoon sugar and boil slowly for approximately 5 minutes. Before serving, slice brisket and return to cabbage mixture. If stew is too sour, add more sugar, if too sweet, add lemon juice or vinegar. Serve with boiled potatoes.

Mrs. T. Hirschfeld.

BRISKET AND PRUNE TZIMMES

2 - 3 lbs fat brisket	1 tablespoon syrup
1 - $1\frac{1}{2}$ lbs potatoes	1 teaspoon cinnamon
1 lb carrots	2 - 3 bay leaves
1 small onion	a little Gloria flour
2 - 2 $\frac{1}{2}$ cups prunes	salt

Boil meat, with whole onion and salt, for 2 - 3 hours; add carrots sliced or diced and continue boiling for about 1 hour. Add bay leaves, potatoes and prunes and boil for a further $\frac{1}{2}$ hour. A little boiling water can be added if necessary. Mix flour with a little water, cinnamon and syrup, add to meat and simmer gently for about 5 minutes, shaking the saucepan occasionally to avoid burning. Serve on platter with prunes, potatoes and carrots surrounding the meat.

Miss H. Glasser.

WHAT ABOUT A CREAM OR COTTAGE CHEESE SALAD.

BRISKET AND CARROT TZIMMES

4 lbs boned, lean brisket	2 tablespoons syrup
2 onions	salt and pepper
4 bunches carrots (diced)	2 bay leaves
3 diced potatoes	few peppercorns

Fry sliced onions slightly in a little fat. Pour off excess fat. Add brisket, bay leaves, salt and pepper, peppercorns and a little water. Simmer until almost tender. Pour off excess fat. Add diced carrots and potatoes. Simmer until cooked. Remove brisket, put into a roasting tin and put into a medium oven. Add syrup to carrot and potato purée, cook slightly, pour around the brisket and leave in the oven to brown slightly.

Suggestion: Serve a lemon pudding as sweet when serving above as main dish.

Mrs. E. Levy.

BAKED MEAT RING

1 lb minced beef	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup mushroom soup	1 teaspoon Worcestershire sauce
1 teaspoon salt	$\frac{1}{2}$ teaspoon chopped parsley

Garnish with peas, carrots, potatoes, tinned tomato juice for gravy.

Mix all ingredients well together and press lightly into a 7" ring mould. Bake in a moderate oven (360°) for 1 hour. Invert the ring on to a serving dish and turn out. Drain off juices; add sufficient tomato juice to make up to $\frac{1}{2}$ pint for gravy. Season to taste. Fill centre of the ring with peas, carrots etc., and surround it with small potatoes boiled and then fried in hot Olive until golden brown.

Mrs. L. Glasser.

CHOPPED MEAT WITH RAISINS.

1 lb chopped beef	$\frac{1}{2}$ cup water
1 grated onion	1 tablespoon fat
1 egg	1 tablespoon sugar
$\frac{1}{2}$ cup matzo meal	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ teaspoon salt	3 slices of lemon
$\frac{1}{2}$ teaspoon pepper	

Mix together beef, grated onion, egg, matzo meal, salt and pepper. Form into small balls. Put meat into a saucepan; add water, fat, sugar, raisins and lemon. Cover tightly and simmer for $\frac{1}{2}$ hour. Add a little more water, if necessary.

Mrs. R. Hirszon.

OLIVINE IS THE HOUSEWIFE'S CHOICE.

PERROGEN (Meat Pies)

Pastry:

4 eggs
2 tablespoons' chicken fat
salt
a little cold water

2 teaspoons baking powder
enough Gloris flour to
make a soft dough

Filling:

minced fried meat
fried onion

salt and pepper

Beat the eggs and the chicken fat; add the water and put into fridge to keep cold. Sift the dry ingredients and make a well in centre. Fold in the liquid, working with a fork. Roll the pastry on a floured board and cut into squares. Fill the squares with minced fried meat and onions, seasoned with salt and pepper; fold towards centre and pinch together. Paint over with egg and bake in 400° oven, about 20 minutes. Serve hot with soup.

Mrs. M. Wulfsohn.

PERROGEN

Dough:

1 egg
1 cup iced water
½ teaspoon salt
pinch of pepper
½ teaspoon sugar

2 tablespoons fat or
chicken fat
1 teaspoon baking powder
Gloris flour to mix

Meat filling:

1 lb steak
1 medium chopped onion

salt and pepper to taste
little chicken fat

Mince meat and fried onion. Add fat and seasoning.

Beat egg, add seasoning, fat and water. Add flour and baking powder. Mix to a firm dough, but not too hard. Roll out and cut into squares. Put in filling. Damp edges and press together. Bake at 350° until golden brown. Can also be served with soup.

Mrs. B. Baitz.

To whiten rice and separate grains, add a little lemon juice to water for boiling.

To remove stains from furniture, (wood) dip a cloth in vinegar and rub the stain.

PUFF CHEESE PATTIES MAKE EXCELLENT SNACKS.

For all your
Paint Requirements
see



ROUX & SCOTT
Limited

also
Stockists of Timber and all
Building Materials
come and see our new range of
Krommie Floor Tiles

P.O. Box 1839
Coventry St.,
Lusaka, N.R.
Telephone 72441
Tel. Add.: "RANS"



BENNETT'S

FURNITURE MART

LTD.

The Largest Furniture Dealers in Town
Prices to suit all pockets for
New and Second-hand Furniture
Prompt and Friendly Service
FREE DELIVERIES IN AND ABOUT TOWN



Staple Road Branch: Phone 73843, P.O. Box 1229
Cairo Road Branch: Phone 72575, P.O. Box 1229

Looking for crockery that can easily be replaced?

Use 'RHODESIWARE'



Quality cups, saucers and
a range of five
different plates

made by

MOORE

POTTERY LTD.

in Harlequin colours or decorated

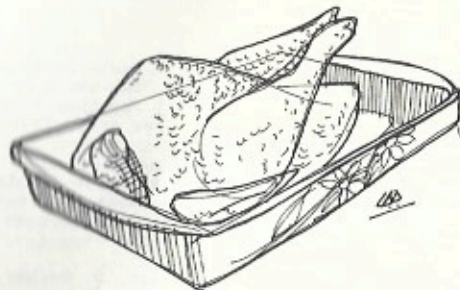


P.O. Box 1933

Lusaka

Lusaka Hotel

POULTRY



HAWAIIAN CHICKEN

- 2 broilers seasoned and cut into small pieces
- 3 tablespoons cornstarch
- 1 cup vinegar
- 1 cup sugar
- dash tobacco
- 1 large tin pineapple chunks
- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared mustard
- green peppers
- red pepper

Brown chicken well in Olive. Remove from stove. Combine cornstarch and vinegar and cook with sugar until clear. Add tobacco, Worcestershire sauce and mustard. Cut large pieces of pepper, add pineapple chunks and juice; pour over chicken in casserole and bake about 45 minutes at 350°. Uncover and bake for further 10 minutes.

Mrs. M. Teicher.

CHICKEN À LA ITALIENNE

- 1 chicken 2 - 3 lbs
- 1 - 2 medium onions
- 4 oz mushrooms
- 1 wine glass red wine
- 1 tablespoon tomato paste

- little Gloria flour
- Olive
- 6 peeled tomatoes
- chopped parsley
- salt and pepper to taste

Cut chicken into serving pieces. Rub with flour and fry in Olive. Add chopped onion and fry until light brown. Add rest of ingredients (except parsley) and cook slowly in a covered pan until chicken is tender. Add a little stock if it becomes too dry. Sprinkle with chopped parsley before serving.

Mrs. M. Fraenkel.

BARBEQUED CHICKEN

chicken
Gloria flour

salt and pepper
Olivine

Sauce:

1 chopped onion
teaspoon celery salt
teaspoon chili powder
2 tablespoons sugar
2 tablespoons Worcestershire sauce

2 tablespoons vinegar
1 cup water
½ cup tomato sauce
few drops Tobasco sauce

Cut up chicken, dip in flour, salt and pepper and fry in Olivine. Combine all ingredients for sauce and heat in saucepan. Pour over chicken, cover pot and cook on low heat for 30 minutes.

Mrs. D. Gerber.

CHICKEN MARENGO

1 chicken 2 lbs
2 - 3 tablespoons Olivine
½ lb fresh mushrooms
3 tablespoons tomato purée

1 chopped clove garlic
1 tablespoon brandy
1 tumbler white wine

Cut chicken into approximately 7 pieces (if it is a bigger chicken, increase ingredients). Heat Olivine in pan and brown chicken, then turn down heat and fry slowly for approximately 20 minutes. Remove chicken from pan. Into Olivine put sliced mushrooms, tomato purée, garlic, brandy and wine and cook for 5 minutes. Return chicken to sauce and season with salt and pepper. Cook for another 15 minutes or until chicken is tender. Just before serving, add a squeeze of lemon and chopped parsley. Serve with croutons, chips or rice.

Mrs. T. Hirschfeld.

CHICKEN A LA KACHALOLA

chicken (mutton or any kind of meat)
2 apples
1 large onion
2 bananas

1 large tomato
1 teaspoon curry powder
little water

Boil the chicken and chop up the apples, onion, bananas and tomato and stew until soft. Add stock of chicken to the fruit

stew. Mix curry powder with a little water and add to fruit stew. Boil for about 10 minutes and serve with sliced bananas, diced tomatoes, coconut and chutney.

Mrs. J. Simonsohn.

OLIVINE IS PURE



CHICKEN A LA ISRAEL

3 lb chicken
3 - 4 tablespoons Olivine
3 sliced tomatoes
2 cloves garlic
½ wineglass Cognac
1 glass dry white wine
2 sliced oranges with peel
Olivine for frying

1 teaspoon salt
4 bay leaves
½ root celery with several leaves
6 peppercorns
pinch of ginger
10 - 15 green olives

Cut chicken into portions, fry on all sides in pan containing Olivine. Add tomatoes and garlic. When chicken is golden, add Cognac, dry wine and salt, bay leaves, celery, peppercorns, ginger and olives. Cook on low plate for 25 - 30 minutes. When chicken is tender, add sliced oranges (with peel) and cook several more minutes. Serve with hot rice.

Mrs. R. Moss.

POTTED DUCK

6 lb duck
1 pint cheap wine
little water
6 whole cloves
1 teaspoon salt

6 sprigs parsley
4 spring onions
2 stalks celery
1 large sliced carrot
1 small wineglass brandy

Put duck into a saucepan with the wine and a little water to cover the bird. Tie into a muslin bag the parsley, onions, celery, carrot and clove. Add salt and cover and simmer for 3 hours until tender, adding brandy half an hour before the bird is cooked. Remove duck, skim the stock and boil down until one pint remains. Cut meat from bones in large slices, place in loaf pan and strain over broth. Chill overnight and serve with watercress and orange spiced peaches.

Mrs. J. Gerber.

DUCKLING IN APRICOT SAUCE

4 lb duckling
1 tin canned apricots

3 cloves garlic
seasoning to taste

Pre-heat oven to 325°. Cut duckling into portions and sprinkle with salt and pepper. Place with skin side up and put on rack in basting pan and roast for 1 hour. Grate garlic and add contents of tin of apricots. Skim excessive fat off gravy in basting pan, add apricot sauce, and continue roasting in sauce, basting well from time to time. When done, add apricots to sauce, heat well and serve portions decorated with apricots.

Mrs. M. Marcus.

CREAM CAN BE USED WITH ALMOST ANY DESSERT.

easy parking

self service

WOODLANDS STORES

for finest quality

GROCERIES
PROVISIONS
LIQUOR
VEGETABLES



Phone 62108

P.O. Box 8085,
WOODLANDS, LUSAKA

phone 82651

p. o box 678,
LUSAKA, N.R.

HOTEL VICTORIA

for comfortable accommodation...



EGG PLANT

2 medium egg plants
1 chopped onion

1 chopped garlic clove
1 small tin tomato purée

Batteri

1 egg
 $\frac{1}{4}$ cup Gloria flour

pinch of salt
water to mix

Peel and slice egg plants and sprinkle with salt. Squeeze to remove excess liquid. Mix batter to soft consistency. Dip egg plant in batter and then fry in hot oil. Drain well. Fry onion and garlic until golden brown; add tomato purée and egg plant and let simmer. Serve hot as a vegetable.

Mrs. M. Grill.

MARROW

$\frac{1}{2}$ marrow
 $\frac{1}{2}$ lb green beans
1 green pepper
1 small egg plant
2 tablespoons cream (optional)

1 small cauliflower
2 onions
2 large tomatoes
2 cloves garlic

Chop onion and garlic and fry until golden brown. Dice all remaining vegetables and add to onion and garlic; simmer slowly in very little water. Add salt and pepper to taste. Before serving, add cream but do NOT cook with cream.

Mrs. M. Grill

SWEET POTATO AND PINEAPPLE CASSEROLE

3 cups mashed sweet potatoes
2 tablespoons butter or margarine
 $\frac{1}{2}$ cup firmly packed brown sugar
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{2}$ cup drained crushed pineapple
2 egg whites, stiffly beaten
 $1\frac{1}{2}$ teaspoons salt

To mashed potatoes add butter, sugar, salt, cloves and pineapple, and mix well. Fold in egg whites. Turn into buttered $1\frac{1}{2}$ quart casserole dish and bake in moderate oven (350°) for 45 minutes or until potatoes are puffy and brown. Delicious with chicken.

Mrs. M. Teicher.

Vegetables & Salads



POTATO PUDDING (KUGEL)

8 large potatoes
2 eggs
1 teaspoon Gloria flour
1 small onion
salt and pepper

Wash and peel potatoes. Grate potatoes and onion. Add eggs, flour, salt and pepper and mix well. Bake in moderate oven (350°) for about 1½ hours.

Mrs. E. Baitz .

POTATO LUTKES

2 or 3 large potatoes
2 tablespoons Gloria flour
1 teaspoon fat
1 egg
½ teaspoon salt
1 teaspoon baking powder

Peel and grate potatoes. Beat egg and then add all other ingredients. Beat well and drop spoonful of the mixture into hot Olive and fry until golden brown. Drain well on brown paper.

Mrs. M. Cohen.

POTATO TART

4 eggs
½ lb sugar
¼ lb ground almonds
½ lb boiled potatoes
(coarsley grated)
Rind of one lemon

Separate eggs. Beat yolks with sugar until stiff. Add almonds, potatoes and lemon rind. Beat egg whites stiffly and fold into mixture. Bake in medium oven (375°) for 30 - 40 minutes.

Mrs. E. Isaak.

RED CABBAGE

2 lbs red cabbage
1½ oz cooking fat
½ lb apples
salt
¼ pint vinegar
2 oz sugar
¼ pint water
1 whole clove)
2 tablespoons tinned) optional
cranberries or fresh)
stoned cherries)

Shred red cabbage, peel and cut apples. Bring water, vinegar, salt, sugar and cooking fat to the boil. Add red cabbage and apples. Then add optional ingredients. Cook slowly for 2½ hours. Serve hot as a vegetable.

Mrs. M. Cohen.

OLIVINE COMBINES EXCELLENCE WITH ECONOMY.

SWEET AND SOUR CABBAGE

1 medium cabbage
1 level teaspoon salt
1 large diced apple
2 tablespoons lemon juice
sugar to taste
2 tablespoons fat

Shred cabbage and boil with very little water, salt and diced apple. When nearly ready, add lemon juice, sugar and fat and cook on low heat for half an hour. This recipe is most successful when cooked for a few hours in a simmering oven.

Mrs. H. Mohrer.

CARROTS WITH HONEY

1 - 1½ oz fat
2 lbs carrots (if small, leave whole, 1 teaspoon honey otherwise slice)
salt to taste

Heat fat in a saucepan. When fat is very hot add carrots. Stir together for several minutes. Add water just to cover; turn down heat and let simmer slowly until carrots are tender. After carrots have been cooking for half an hour, add salt to taste and honey. When carrots are ready there should only be a little liquid left. Serve with all kinds of meat.

Mrs. T. Hirschfeld.

SPINACH

2 lbs spinach (small leaf)
2 oz fat
1 tablespoon Gloria flour
yolk of 1 egg
salt to taste
1 small chopped onion

Remove spinach leaves from stalks, and rinse a few times until clean. Put spinach in saucepan with a lot of water and bring to the boil. Take off stove and strain to remove all water. Put spinach back in saucepan and just cover with clean water. Bring to the boil; then turn down heat and simmer for 10 - 15 minutes. Remove from stove, strain spinach but do not discard this water. Chop or mince spinach. Heat fat in saucepan and then add onions and flour and use spinach water to make a thick sauce. Add spinach and salt to taste. Remove from stove and carefully add beaten yolk of egg. Return to stove and bring to the boil, stirring constantly. Serve as vegetable with fricadels, roast beef and also as light supper dish with fried egg on top.

Mrs. T. Hirschfeld.

Heat lemons thoroughly before squeezing to give a larger amount of juice.

Peel onions under cold water to prevent those tears.

USE A PINTA TO MAKE A BETTER BATTER.

PUMPKIN WITH MARSHMALLOW

3 or 4 pieces pumpkin (or as much as required)
12 marshmallows

Boil pumpkin until cooked, then mash it and place in a pyrex dish. Dot the marshmallows around the top of the pumpkin and put into oven for about 10 - 15 minutes until the marshmallows have melted and form a topping.

Mrs. J. Joseph.

MUSHROOMS IN SOUR CREAM

1 lb mushrooms
 $\frac{1}{2}$ pint sour cream
2 oz butter
2 tablespoons milk

1 onion
salt, pepper and paprika
 $\frac{1}{2}$ tablespoon Gloria flour

Chop the onion and brown in butter. Add the flour, brown, and then add the milk slowly. When this is boiling, add the sliced mushrooms, salt, pepper and paprika to taste, and add half the sour cream. Stew gently until the mushrooms are tender, and just before serving stir in the rest of the sour cream.

Mrs. B. Schultz.

CAULIFLOWER PUDDING

White Sauce:

3 oz butter
3 oz Gloria flour

1 cup milk

Cool this sauce and mix in the following:

3 egg yolks
1 small cauliflower divided into
small roses

3 egg whites stiffly beaten
salt, pepper and nutmeg to
taste

Steam in pudding form for 45 minutes. Serve with mushrooms or other sauce.

Mrs. L. Austen.

INDIAN RICE

2 tablespoons butter or Olivine
1 dessertspoon curry powder
pinch of cinnamon,
pinch of salt
a little lemon juice

2 oz coconut
4 oz salted peanuts
some cashew nuts (salted)
1 cup rice

Melt the fat, add the rice and toss until lightly browned. Add curry powder, salt and cinnamon. Stir well; cover with water and cook until the rice is soft and the water has been absorbed. Flavour with lemon juice and stir in the coconut and salted peanuts. If desired, add one teaspoonful chutney. Pile in a hot dish and garnish with cashewnuts and lemon.

Mrs. C. Cohler.

POTATO AND CHEESE PUFFS

1 lb hot mashed potatoes
1 egg separated
 $\frac{1}{2}$ cup grated cheese

1 tablespoon cream (or top milk)
 $\frac{1}{2}$ teaspoon baking powder
salt and pepper to taste

Beat egg yolk well, and egg white stiffly. Add baking powder to mashed potatoes, beat well. Add the cheese, egg yolk and cream and salt and pepper to taste. Lastly fold in egg whites. Place heaped dessertspoons of the mixture on a greased baking sheet, a little distance apart. Place in hot oven (400°) and bake 7 - 10 minutes to brown the tops of the puffs. Serve with steamed tomato slices.

Mrs. A. J. Mendelsohn.

BOILED MAYONNAISE

2 eggs
6 tablespoons Olivine

3 tablespoons vinegar
3 tablespoons bouillon

Whip together and still beating, steam-heat until thickened. Remove from heat and add:

2 tablespoons Olivine
2 tablespoons lemon juice

$\frac{1}{2}$ cup chives finely cut
(or grated parmesan cheese)
salt, pepper and sugar to
taste.

Mrs. L. Austen.

CABBAGE SALAD

1 small firm head of cabbage
1 small finely chopped onion

French Dressing

Cut cabbage into quarters and remove white core. Chop cabbage finely, and, in a colander, scald a few times with boiling water. Allow to drip-dry. Take a large bowl and mix cabbage well with 2 tablespoons salt, then squeeze out liquid. Mix the cabbage with the onion and french dressing, and, if liked, caraway seeds. Leave for a day or two before serving.

Mrs. E. Behrens.

COLE SLAW

1 medium or large cabbage
1 or 2 onions
1 or 2 green peppers
2 hard-boiled eggs
2 large carrots

Mayonnaise
Cream
Lemon juice
salt and pepper

Finely chop cabbage, onions and green peppers. Mash hard-boiled eggs. Grate carrots. Blend mayonnaise, cream, lemon juice, salt and pepper. Mix altogether and chill.

Mrs. A. Guttman.



SUMMER SLAW

1½ lb firm white cabbage
2 tablespoons finely chopped onion
½ teaspoon caraway seed
2 tablespoons vinegar
8 tablespoons salad cream
3 tablespoons top of milk
1 tablespoon prepared mustard

Shred the cabbage very finely and mix with onions and caraway seed. Toss in the salad cream, milk, mustard and vinegar.

Mrs. J. Gerber.

POTATO SALAD

4 lbs potatoes
4 hard-boiled eggs
1 bottle mayonnaise (10 oz)
1 large or 2 medium onions
salt
dash of pepper
1 tablespoon milk

Boil potatoes and cut into fairly small pieces. Mash hard-boiled eggs. Chop onion finely. Mix all with mayonnaise and milk. Add salt and pepper to taste.

Mrs. S. Fischer.

CUCUMBER SALAD

6 large firm cucumbers
1 clove garlic
2 bay leaves
6 peppercorns
6 pimento
1 bottle white vinegar
1 bottle water
sugar to taste (should be sweet and sour)
salt

Wash the cucumbers and slice, not too thin. Boil the vinegar, sugar and all the spices. When the vinegar is still hot, pour over the cucumbers. Allow 2 - 3 days and then use as a salad.

Mrs. M. Wulfsohn.

SUMMER SALAD

1 pkt lemon jelly
2 teaspoons gelatine
1 cup hot water
½ cup mayonnaise
½ cup cold water
2 tablespoons vinegar
1 teaspoon dry mustard
salt to taste
2 cups finely shredded cabbage
½ cup sliced radishes
1 cup diced celery
1 cup diced carrots
2 tablespoons chopped onion
4 tablespoons chopped green pepper

Dissolve gelatine and add to hot water and dissolve jelly in this. Blend mayonnaise, cold water, vinegar, salt and mustard together. Add to jelly mix and mix very well. Cool, then toss in cold greens and set in mould.

Mrs. E. M. Greenberg.

APPLE AND CELERY SALAD

1 large celery or
1 tin celery (if fresh not available)
4 large apples
½ pint cream
½ lb nuts (any kind)

Clean and chop celery. Peel, clean and chop apples. Grind or chop nuts. Mix all above ingredients and add a little salt and pepper.

Mrs. A. Guttman.

FRENCH DRESSING

1 cup salad oil
½ teaspoon salt
½ teaspoon pepper
½ cup vinegar
few grains cayenne
2 tablespoons chopped parsley

Shake well together in a bottle.

Mrs. E. M. Greenberg.

GREEN BEAN SALAD

2 lb green beans
2 - 3 tablespoons Olivine
1 finely chopped onion
3 tablespoons vinegar
1 teaspoon salt
pepper

Cut beans and cook in the usual way. Pour into strainer and allow to cool, then mix with the above french dressing, or, if preferred, mayonnaise.

Mrs. E. Behrens.

PINK SALAD

1 lb tin pineapple
1 lb tin celery
1 lb tin beetroot
1 lb tin pickled cucumber
6 fresh apples
home-made mayonnaise
(from 5 eggs)

Strain juices from all fruits and vegetables. Dice all above ingredients evenly into a bowl. Mix well with home-made mayonnaise. Serve chilled. This is delicious with cold buffet. Sufficient for 20 people.

Mrs. V. Galaun.

To bake potatoes more quickly, first stand them for 15 minutes in a basin of hot water.

To remove fishy smell from a pan wash it with a little vinegar.

OLIVINE IS THE SUPER REFINED VEGETABLE OIL.



- LADIES' FASHIONWEAR
- CHILDREN'S SMARTWEAR

Specially Try

LILLIAN & MEHTA



Cairo Road

LUSAKA

Tel. 73625

a COOKERY
BOOK

beyond compare...

...COOKING

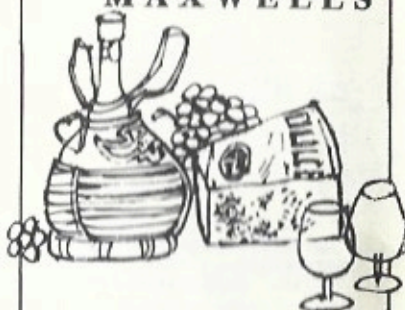
&

SERVICE

beyond compare

at

MAXWELLS



MORNING COFFEE AND TEA

LUNCHES

AFTERNOON TEAS

DINNER AND DANCING

BAR

Phone 73446

Cold Desserts



VANILLA MERINGUE ICE CREAM

2 egg whites
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup sugar
 1 cup whipped cream
 $\frac{1}{2}$ teaspoon vanilla essence

Beat egg whites with salt until nearly stiff, then beat in sugar gradually to make stiff meringue. Whip cream until thick enough to hold soft peak, add vanilla essence and fold into meringue. Pour into freezing tray of refrigerator and freeze, without stirring, until firm. For variation, serve with either hot chocolate sauce or grated apple.

Mrs. L. Heilbronn.

VANILLA ICE CREAM

$\frac{3}{4}$ egg whites
 $\frac{1}{2}$ pint fresh cream
 2 teaspoons vanilla essence
 2 tablespoons castor sugar

Beat the egg whites stiffly and also the cream. Add egg whites to cream and also the sugar, and mix well. Then add the vanilla essence and freeze in ice-tray of refrigerator.

Mrs. V. Galaun.

STRAWBERRY ICE CREAM

1 tin strawberries with juice
 2 tablespoons castor sugar
 $\frac{3}{4}$ egg whites
 $\frac{1}{2}$ pint fresh cream

Beat the egg whites stiffly and also the cream. Add egg whites to cream and add sugar. Mix well. Add strawberries with juice and freeze in ice-tray of refrigerator.

Mrs. V. Galaun.

To sharpen scissors, cut a darning needle.

To whiten and soften hands stained by cooking etc., rub with a piece of lemon.

THE FINEST COOKING FAT IS PURE BUTTER.

FRUIT ICE CREAM

1 large ripe banana
juice of 2 medium-sized oranges
juice of 1 medium-sized lemon

$\frac{1}{2}$ pint cream
1 cup castor sugar
whites of 2 eggs

Mash banana and sugar until liquid; add fruit juice. Whip cream until thick, add banana and juice. Whip egg whites until thick and fold into mixture. Pour into trays, cover them with a double layer of waxed paper, held in position with an elastic band. Freeze for about 24 hours.

Mrs. H. Taube.

COFFEE - GINGER ICE CREAM

1 tin sweetened condensed milk
1 tablespoon coffee essence

1 pint cream
4 eggs

Put condensed milk and egg yolks in basin. Mix very well and then add cream and essence. Fold in stiffly beaten egg whites and freeze until fairly hard. Remove from freezer and add cut-up preserved ginger to ice cream. Beat well and then return to freezer.

Sauce:

$\frac{1}{2}$ lb bitter chocolate
1 teaspoon coffee essence
1 cup milk

little cocoa
little sherry

Melt all together and serve with ice cream.

Mrs. L. Solomon.

PEACH ICE CREAM SANDWICH

1 slab sponge cake
1 brick ice cream

peach halves
cherries

Cut sponge slab into squares $\frac{1}{2}$ " thick. Cut ice cream the same size so as to match sponge squares. Place alternatively in two layers and top with a peach half and garnish with cherries.

Mrs. D. Golson.

ORANGE CREAM

5 level tablespoons sugar
juice of 3 or 4 large oranges
2 tablespoons boiling water

4 eggs
1 tablespoon gelatine

Beat yolks of eggs for 20 minutes. Slowly add orange juice and continue beating. Add gelatine which has been dissolved in boiling water. Beat again for 5 minutes. Fold in stiffly beaten egg whites. Place all in bowl and set in fridge.

Mrs. V. Galaun.

PINEAPPLE CREAM

$\frac{1}{2}$ teaspoon grated lemon rind
2 tablespoons lemon juice
1 large tin pineapple
2 tablespoons cold water

6 oz castor sugar
2 eggs
 $\frac{1}{2}$ oz gelatine
 $\frac{1}{2}$ pint thick cream

Soften gelatine in the water. Separate eggs. Beat together yolks, lemon rind, juice and sugar until mixture is thick. Measure $\frac{1}{2}$ pint pineapple juice and heat; then take three tablespoons of juice and add to gelatine. Chop the pineapple and add with juice to egg mixture. Add gelatine mixture. Whip the cream and fold in stiffly beaten egg whites. Place in fridge.

Mrs. J. Kallmann.

LEMON WHIP (parava)

5 tablespoons lemon juice
2 tablespoons hot water
2 teaspoons gelatine

3 eggs
1 tablespoon cold water
6 oz castor sugar

Soak gelatine in cold water for 10 minutes. Separate eggs. Beat yolks and sugar till creamy, add lemon juice, pour hot water over gelatine and stir until dissolved. Add to yolk mixture and mix well. Whip whites until stiff, fold lightly into yolk mixture until mixed. Chill.

Mrs. P. Folk.

BANANA MOUSSE

juice of 1 orange and $\frac{1}{2}$ lemon
6 bananas
2 oz castor sugar

$\frac{1}{2}$ pint custard powder
 $\frac{1}{2}$ pint cream
2 egg whites

Mash the bananas with castor sugar and orange and lemon juice. Stir the custard powder with cream and the egg whites, which must be stiffly beaten and put this into the banana mixture. Spread in an ice tray and put in refrigerator in the freezing compartment. Serve when frozen.

Mrs. L. Glasser.

HONEYCOMB CREAM

1 tablespoon gelatine
1 teaspoon vanilla essence
3 tablespoons sugar

1 pint milk
3 large eggs

Make a custard with milk, sugar and egg yolks. Add gelatine dissolved in a little boiling water, and just bring to the boil to curdle the custard. Remove from heat and cool. Add vanilla essence and stiffly beaten egg whites. Beat all together. Pour into mould and set in refrigerator.

Mrs. I. Saunders.

OLIVINE HELPS THE BUSY HOUSEWIFE.

CHOCOLATE PUDDING

1 large slab plain chocolate
2 pkts Boudoir biscuits
1 large tin pears
 $\frac{1}{2}$ pint cream
2 eggs
hundreds and thousands

Melt chocolate with a little milk over slow heat. Set aside to cool. Beat egg yolks and add to chocolate. Place pears on bottom of dish; line sides with boudoir biscuits. Mix $\frac{1}{2}$ pint whipped cream with stiffly beaten egg whites. Fold into chocolate mixture. Pour this over pears and biscuits. Decorate with cream and hundreds and thousands.

Mrs. R. Hirszson.

CHOCOLATE CREAM

1 slab plain chocolate
5 tablespoons white wine
4 eggs

Melt chocolate in wine slowly; add egg yolks and boil for one minute. When almost cool, fold in beaten egg whites. Put in fridge.

Mrs. J. Kallmann.

CHOCOLATE MOUSSE

4 oz plain chocolate
4 eggs
little whipped cream
2 tablespoons brandy
2 - 3 tablespoons sugar

Soften chocolate over hot water. Beat egg yolks and sugar until thick, and add to the melted chocolate. Add the brandy and beat again for 3 minutes. Take the basin off the hot water and fold in the stiffly beaten egg whites. Put into glasses and chill. Garnish with whipped cream and a little chocolate sprinkled on top.

Mrs. A. J. Mendelsohn.

CREME A LA KING OF CHINA

1 egg (per person)
1 tablespoon sugar (per person)
1 tablespoon rum or brandy
1 dessertspoon gelatine

Beat the egg yolk and sugar until thick, then add the rum or brandy and gelatine. Beat the white of the egg and mix together. Serve with finger biscuits dipped in rum or brandy.

Mrs. J. Simonsohn.

DELICIOUS HOT DRINKS WITH MILK.

BANANA BLANCMANGE

4 tablespoons cornflour
 $\frac{1}{2}$ teaspoon vanilla essence
2 tablespoons apricot jam
 $1\frac{1}{2}$ cups boiling milk
4 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
1 cup cold milk
2 eggs separated
4 ripe bananas sliced
2 tablespoons coconut

Mix dry ingredients with the cold milk. Add boiling milk and pour into a double boiler or thick-bottomed saucepan. Allow to boil slowly, stirring continuously. Cook for 5 minutes.

Beat egg yolks until light and foamy. Add a little of the hot milk mixture and then return to the remaining hot milk mixture. Bring to the boil again. Remove from heat. Beat egg whites until stiff, and fold, with the flavouring, into the milk-egg mixture. Place alternate layers of blancmange, apricot jam and banana slices in a glass dish. Sprinkle with coconut. Decorate with halved cherries and green coloured coconut (coloured with 2 to 3 drops of green vegetable colouring). The colour is rubbed into the coconut with the tips of the fingers.

Mrs. C. Auerbach.

MARSHMALLOW DELIGHT

1 cup sugar
 $1\frac{1}{2}$ tablespoons gelatine
 $\frac{1}{2}$ cup cold water
1 teaspoon vanilla essence
 $\frac{1}{2}$ cup boiling water
4 egg whites
 $\frac{1}{2}$ teaspoon salt

Soak gelatine in cold water and dissolve in boiling water. Leave to cool. Whip egg whites and salt until stiff. Add gelatine to this in a slow stream, whipping constantly, and add sugar half a cup at a time, whipping after each addition. Whip in vanilla and continue to whip until pudding thickens, and chill thoroughly. Serve with crushed fruit. (6 - 8 servings).

Mrs. L. Glasser.

APRICOT RUSSE

finger biscuits
1 large tin apricots (drained)
1 tin sweetened condensed milk
 $\frac{1}{2}$ pint whipped cream
juice of 1 lemon
1 egg white

Line a loose-bottomed spring form tin with finger biscuits which have been dipped in unbeaten egg white to make them stick. Purée the drained apricots. Add the tin of condensed milk and lemon juice. Whip cream. Fill tin with alternate layers of apricot mixture and cream. Chill.

Mrs. M. Marcus.

OLIVINE CAN BE USED MEDICINALLY.

STRAWBERRIES A LA SINGAPORE

$\frac{3}{4}$ cup rice	1 teaspoon vanilla essence
1 quart milk	2 envelopes gelatine
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup sugar	1 cup thick cream

Cook well washed rice in milk with salt and sugar. When rice is very soft and creamy, force it through a fine sieve and add the vanilla. Soften the gelatine in water and dissolve it in the hot rice. Cool rice to lukewarm. Fold in well beaten cream and turn into ring mould. Chill for at least 2 hours until set. Unmould on a cold round platter and fill the centre with the following filling:

Filling:

2 oz Kirsch or Cointreau	3 cups strawberries
$\frac{1}{2}$ cup granulated sugar	

Marinate the strawberries in the Kirsch for $\frac{1}{2}$ hour, with the sugar. Put the filling into the mould. Reserve the handsomest berries to use as a garnish for the ring.

Mrs. A. Guttman.

PEACH MARSHMALLOW PUDDING

40 marshmallows	2 tablespoons lemon juice
2 cups juice of canned peaches	3 egg whites
1 cup sieved or crushed canned peaches	
$\frac{2}{3}$ cups water	
pinch of salt	

Place juice, water and marshmallows in a double boiler and steam until liquid. Add lemon juice and crushed peaches, and set aside until slightly jellied. Add salt to egg whites and whip until stiff. Fold into the mixture. Put into freezing tray and freeze.

Mrs. M. Marcus.

NESSSELRODE PIE

1 envelope gelatine	$1\frac{1}{2}$ cups milk
1 tablespoon brandy or rum	3 eggs
$\frac{1}{2}$ cup chopped raisins	1 cup macaroon crumbs
2 tablespoons ground almonds	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla essence	$\frac{1}{2}$ cup sugar

Soften gelatine in milk. Scald the rest of the milk on top of double boiler. Beat the yolks and add to the milk, stirring. Add the softened gelatine and cook until mixture coats wooden spoon. Add raisins, almonds, macaroon crumbs, vanilla, brandy and salt. Whip the whites with sugar and fold into the mixture. Let set.

Mrs. A. Guttman.

PEACHES AND CHEESE CAKE

20 Marie or tennis biscuits	1 teaspoon cinnamon
4 oz butter	2 oz castor sugar

Crumble biscuits until very fine; mix with melted butter, castor sugar and cinnamon. Press into a greased pie dish and fill with the following mixture.

Filling:

2 teaspoons grated orange rind	2 egg yolks
1 tin sliced peaches, drained	$\frac{1}{2}$ pint orange juice
$\frac{1}{2}$ pint whipped cream	2 egg whites
2 tablespoons gelatine	$\frac{1}{2}$ teaspoon salt
12 oz cream cheese	4 oz sugar

In the top of a double boiler, mix sugar, gelatine, salt, egg yolks and orange juice. Cook over boiling water until gelatine is dissolved. Cool. Stir in the cheese and the orange rind. Reserve a few peaches for decorating; dice the remainder. Add to the cheese mixture. When it begins to set, fold in the stiffly beaten egg whites and whipped cream. Pour into crust and allow to chill before serving. Garnish with reserved peaches and cherries.

Mrs. M. Wulfsohn.

PINEAPPLE PUDDING OR CAKE

1 large tin pineapple chunks	2 pkts tennis biscuits
1 pkt pineapple jelly	1 large tin Ideal milk

Freeze the Ideal milk overnight. Whip the milk until thick. Heat half the pineapple juice and dissolve the jelly in it. Let it cool and then add to the Ideal milk. Whip again. Add pineapple chunks. Mince the biscuits and put layers of biscuits and mixture alternately in a loose bottomed tin.

Mrs. M. Donin.

PARADISE PIE

2 cups marshmallows, diced small	pineapple rings
1 cup sweetened whipped cream	toasted almonds
almond extract	maraschino cherries
1 baked pie shell	mint

Mix marshmallows with cream and flavour with almond extract. Fill pie shell with this mixture. Put pineapple rings on top and garnish with almonds, cherries and mint.

Mrs. D. Golson.

BUTTER : THE BEST BASIS FOR ALL GOOD PASTRY.

MARSHMALLOW TART

$\frac{1}{2}$ lb butter	Satsuma plum jam
1 egg	2 cups Gloria flour
1 dessertspoon sugar	16 marshmallows
1 teaspoon baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ dozen stewed apples	1 cup sweet cream

Cream butter with sugar, add egg, baking powder and flour. Put into pyrex dish and bake at 250° for 20 minutes. Remove from oven and leave to get cold; then spread with jam and apples. Place marshmallows and milk in a double boiler and let cook until the milk boils. Remove from stove and cool. Whip cream and pour into marshmallows. Pour over the tart and leave to set.

Mrs. D. Joseph.

GRANADILLA CAKE

12 granadillas	1 pint milk
2 pkts Boudoir biscuits	whipped cream
4 level dessertspoons custard powder	cherries
	nuts

Mix custard powder with a little milk, then add to rest of milk and bring to the boil, making a thick custard. Mix this with granadilla pulp. Line a dish with the boudoir biscuits, then cover with the granadilla mixture, then more biscuits and cover with the remaining mixture. Put in fridge. Decorate with whipped cream, cherries and nuts. Serve as a sweet or as a cake.

Mrs. M. Donin.

CHOCOLATE ANGEL PIE

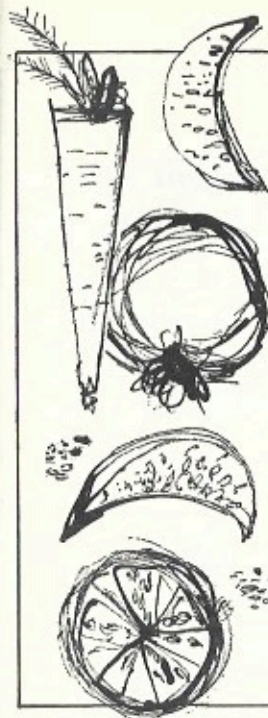
$\frac{1}{2}$ lb marshmallows	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ cup milk	1 x 9" baked pie shell
$\frac{1}{8}$ teaspoon salt	or marie biscuit shell
1 teaspoon vanilla essence	$\frac{1}{2}$ cup shredded coconut
1 cup heavy, whipped cream	2 oz bitter, grated chocolate

Add marshmallows to milk. Heat over boiling water until marshmallows are melted. Cool. Add salt and vanilla. Fold in whipped cream, chocolate and nuts. Pour into cooled, baked pie shell. Sprinkle with coconut. Chill. Top with whipped cream and grated chocolate.

Mrs. M. Teicher.

tel. 72232

po box 242
LUSAKA



FARMERS PRODUCE ASSOC. LTD.

CODRINGTON STREET



‡ fresh farm produce ‡
* eggs & poultry ‡ jersey milk & cream *

DRINK THE MILK WITH ALL THE EXTRAS!

prompt deliveries



Mr. Nino

Mr. Osvaldo

and Frankie

in attendance at

VANITA

HAIRDRESSERS

for appointment
please phone 72348

SELOUS ST., LUSAKA



**CHURCH ROAD
SERVICE
STATION**

FOR
EXPERT

Mobil


SERVICE

We Collect and Deliver
"Mobil Engine Clean and Seal" and
"Mobil Undercoating" our Specialties
Phone 73878 P.O. Box 1296


The Regent College
Approved Educational College

shorthand / typing
classes daily Mondays to
Fridays

evening classes
shorthand speed: 5-7 pm
7-9 pm
Mondays Wednesdays
& Fridays



phone 73980
P. O. Box RW.134,
Ridgeway



Brass Merson
and Company
ESTATE AGENTS
LUSAKA

HOT PUDDINGS



CREPE SUZETTES

- 1/2 cup Gloria flour
- 1 egg and 1 egg yolk
- 3/4 cup milk
- 1/2 teaspoon salt
- 6 tablespoons butter
- 2 oranges
- 5 tablespoons sugar
- 7 tablespoons liqueur
(Curaco or Cointreau)

Put the flour in a bowl with 1 egg and 1 egg yolk, 1 tablespoon of cool melted butter, 1/2 cup milk, salt, and beat until smooth.

Add the rest of the milk and chill in refrigerator for not less than 1/2 hour. Remove. Heat a thick cast-iron or aluminium pan, until very hot. Grease pan with a little butter, cover the bottom with a thin layer of the batter, brown on one side, turn over and brown the other side. Pile the pancakes on top of each other, cover with an inverted bowl and keep in a warm place. Spread each pancake with the following:

Orange Butter:

Cream 3 tablespoons of butter with 2 tablespoons sugar; add grated rind of one orange and 1 tablespoon liqueur; pile the pancakes in three layers, overlapping, down a serving dish, and pour over the following sauce:

Suzette Sauce:

Put into a shallow skillet the rest of the butter, juice of 1 orange, finely shredded rind of 1 orange and cook very slowly with 3 tablespoons of liqueur, until the rind has become translucent. Then add the skinned sections of 1 orange. Pour over the pancakes. Heat and light the rest of the liqueur and pour over the pancake at the last moment, just before serving.

Mrs. A. Guttman.

CRUMBED APPLE PUDDING

- 3 large peeled and sliced apples
- 1 cup Gloria flour
- 1/2 cup sugar
- 4 oz butter

Place a few lumps of butter in a pyrex dish, and then sliced apples. Work balance of butter, sugar and flour into crumbs and cover the apple. Bake for 20 minutes in moderate oven (350 - 375°). Serve with whipped cream.

Mrs. D. Gerber.

BANANA FLAMBÉE (for 8 people)

8 halved bananas
1 block of ice cream
 $\frac{1}{2}$ tot brandy
 $\frac{1}{2}$ tot orange liqueur or sherry
 $\frac{1}{2}$ cup finely chopped nuts

3 oranges
1 lemon
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ lb butter

Carefully remove rind of oranges and lemon, without leaving any pith on the skin. Place half the sugar in a frying pan and allow to brown. Add half the butter and mix well, and then add the skins, stirring all the time. Strain the juice of the oranges and lemon and add to the mixture and let simmer slowly for about 10 minutes until it thickens slightly. Add the rest of the butter and sugar. If necessary, add more sugar. If too sweet, add more orange juice. Add bananas and liquor and cook quickly for about 5 minutes. Place ice cream in serving dishes and top with nuts. Pour over sauce, and serve immediately. Tinned peaches may be used instead of bananas.

Mrs. D. Joseph.

BAKED FRUIT ROLL

1 cup Gloria flour
1 heaped teaspoon baking powder
2 oz butter

1 dessertspoon sugar
pinch of salt
 $\frac{1}{2}$ cup water

Sieve flour, salt and baking powder into a bowl. Add sugar and rub butter into dry ingredients. Mix to a firm dough with water. Roll out dough to a thickness of about $\frac{1}{8}$ ", and spread with the following:

1 grated apple
 $\frac{1}{2}$ lb grated or chopped prunes

few chopped almonds
sultanas and/or currants

Sprinkle well with sugar and cinnamon and a little lemon juice. Roll up and cut into slices. Place slices in a greased dish and cover with the following syrup:

$\frac{1}{2}$ cup sugar
1 tablespoon butter } boil together
1 cup water

Bake in hot oven (400°) for $\frac{1}{2}$ hour. Serve with cream or custard.

Miss. H. Glasser.

APPLE FRITTERS

$1\frac{1}{2}$ cups self-raising Gloria flour
2 tablespoons sugar
1 tablespoon melted butter
Vanilla essence

1 cup milk
2 eggs
2 medium-sized apples
cinnamon and sugar

Mix sugar, butter and eggs, and then add milk, flour and flavouring to make batter. Peel and core apples, then slice, and put into batter. Remove from batter and fry in hot Olive oil until golden brown. Sprinkle cinnamon and sugar over fritters. Makes about 18.

Mrs. I. Simon.

FRUIT-FILLED PANCAKES

Batter:

4 oz plain-Gloria flour
1 egg
1 egg yolk

$\frac{1}{2}$ pint milk
Olive oil for frying
pinch of salt

Sift flour and salt into basin and make a well in the centre. Add the whole egg and yolk and half the milk, and beat with a wooden spoon, gradually drawing in flour to make a smooth batter. Add the rest of the milk and beat again. Let the batter stand for 1 hour.

Filling:

1 small tin pineapple chunks
3 tablespoons raspberry jam
little lemon juice

pineapple juice
2 teaspoons cornflour

Drain pineapple and put jam and 3 tablespoons pineapple juice into pan. Bring to the boil and boil for 5 minutes. Mix cornflour with a little of the remaining juice to make a smooth paste. Add to syrup and boil. Add pineapple chunks and lemon juice and keep warm.

Fry thin pancakes and fill with fruit. Roll up and place on serving dish. Serve hot, with cream, if desired.

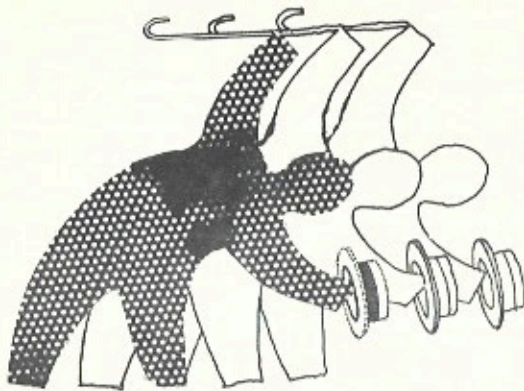
Mrs. L. Heilbronn.

Teleradio & Lusaka Winding

RADIO and ELECTRICAL REPAIRS
INDUSTRIAL ELECTONICS
ELECTRIC MOTORS and GENERATORS

P.O. Box 2 STANLEY ROAD,
Facing Harry Rich Street
LUSAKA
Phone No. 7-3628

USE OLIVINE FOR MAYONNAISE.



The City's Leading Trio

S. J. Patel & Co. (N.R.) Ltd.

Phones 72505 & 73617

LIVINGSTONE ROAD

CITY CASH AND CARRY STORE

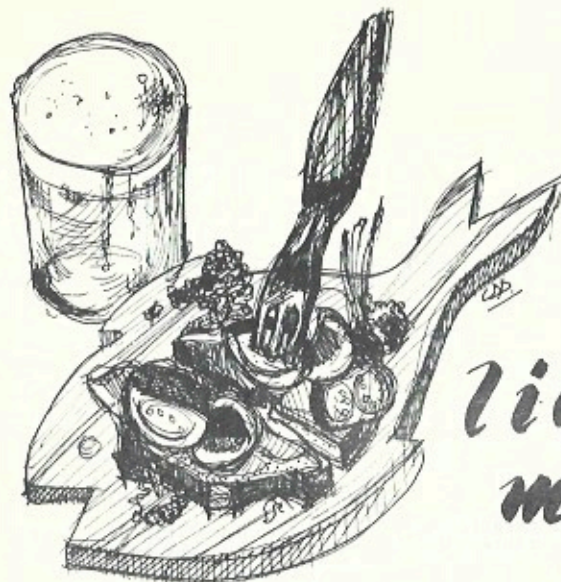
Phone 72315 (Opposite Carlton Cinema) LUSAKA

CITY SUPERETTE

Phone 72330 (Next door to Standard Bank)



*For Groceries, Provisions and Fruit
Vegetables. Wines and Spirits Etc.*



Light meals

OMELETTE ARNOLD BENNET

4 eggs (separated)
4 oz flaked cooked smoked haddock
2 tablespoons top of milk cream

2 tablespoons grated cheese
 $\frac{1}{2}$ oz butter
salt and pepper

Beat egg yolks with salt and pepper and fold in the stiffly beaten egg whites. Mix in haddock, heated through in one tablespoon of creamy milk and one tablespoon of cheese. Melt butter and cook omelette in usual way. Sprinkle top with the rest of the cheese, pour over remaining cream, glaze for one minute under hot grill before serving. Do not fold this omelette.

Mrs. C. Cohler.

CHINESE EGGS

2 oz cooked rice
4 tomatoes
 $\frac{1}{2}$ cup breadcrumbs
salt and pepper

2 oz grated cheese
4 eggs
1 oz butter
little sugar

Place rice in an ovenproof glass dish. Peel and cook tomatoes with salt, pepper and a little sugar. Melt butter and pour over rice. Make 4 holes in rice, break an egg into each, pour tomato over. Mix cheese and breadcrumbs, sprinkle over tomato, place a dab of butter on top of each egg and bake in a moderate oven (300 to 350°) for 20 minutes.

Mrs. J. Gerber.

FOR DELICIOUS DESSERT USE ICE CREAM.

SWISS EGGS

eggs
salt and pepper

medium white sauce
grated cheese

Break as many eggs as required into a fireproof dish (greased). Salt and pepper the eggs. Cover with white sauce and sprinkle with grated cheese. Bake in a moderate oven until the whites of eggs are firm.

Mrs. I. Saunders.

CHEESE ONION PIE

1½ cups cream cracker crumbs
¼ cup melted margarine
¾ cups thinly sliced onion
2 tablespoons margarine
1 cup scalded milk

2 eggs
1 teaspoon salt
¼ teaspoon pepper
1½ cups cheddar cheese

Add crumbs to margarine and line a greased 9" pie dish. Fry onions in two tablespoons margarine until light golden colour. Place onions on pie crust. Make a custard with milk and beaten eggs. Add salt, pepper and cheese. Pour mixture into crust over onions. Bake in slow oven 300° for 45 minutes.

Mrs. M. Teicher.

PIZZA

2 cups Gloria flour
¾ teaspoon baking powder
¼ teaspoon salt

2 tablespoons Olivine
¼ cup milk

Mix together all ingredients to a soft dough. Roll out a little and press to fill ¾ of greased baking sheet.

Topping:

Cover all the dough with grated cheese. Place thinly sliced tomatoes over cheese, then anchovies and sliced olives on top of tomatoes. Bake 400 - 450° for approximately 20 minutes.

Mrs. L. Solomon.

QUICK WELSH RAREBIT

¼ lb grated cheddar cheese
1 egg
2 tablespoons milk

½ teaspoon mustard powder
pinch red pepper and salt
toast

Put all ingredients into a saucepan and boil. Keep stirring until mixture has thickened. Spread on buttered toast and serve immediately.

Mrs. F. Hurwitz.

USE OLIVINE FOR COOKING, FRYING AND BAKING.

BLINTZES

Batter for Pancakes

3 eggs
pinch of salt
1½ cups Gloria flour

2 cups water
½ teaspoon baking powder

Beat eggs and water well. Add flour sifted with salt and baking powder. Beat till smooth. Heat small frying pan well. Grease pan lightly with Olivine. Pour batter very thinly to coat bottom of pan, cook till dry. Invert pan on to board or brown paper. Place spoonful of filling on each pancake; fold into envelope shape. Place in well greased pie dish. Pack all pancakes closely together; dot with butter and bake at 400° until golden brown. (these are crisper than fried.)

Filling:

Cream Cheese

1 egg
1 lb cream cheese
salt and pepper

sugar to taste
cream to mix to smooth
paste

Meat

Use minced rib, chicken, lamb or steak, mixed with minced fried onion, salt, pepper and chicken fat.

Mrs. B. Baitz.

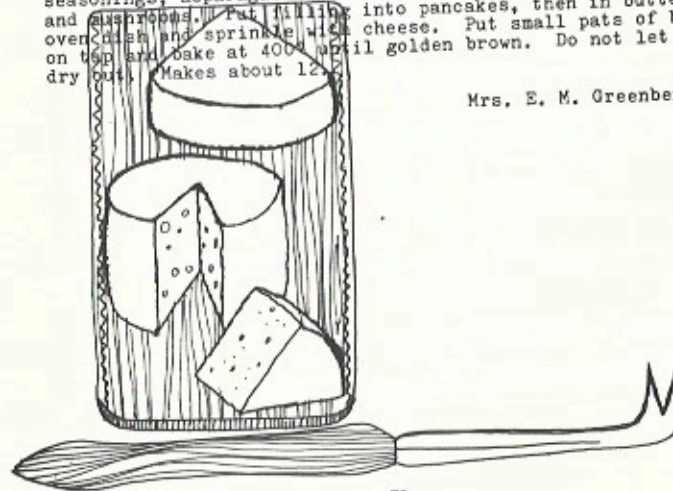
ASPARAGUS AND CHEESE FILLING (for Blintzes)

2½ tablespoons butter
3 tablespoons Gloria flour
1 cup milk
salt, pepper and cayenne

8 oz tin asparagus
8 oz tin button mushrooms
grated cheese (strong
cheddar)

Put butter, flour and milk on stove and stir until thick. Add seasonings, asparagus which have been cut into inch long pieces, and mushrooms. Put filling into pancakes, then in buttered oven dish and sprinkle with cheese. Put small pats of butter on top and bake at 400° until golden brown. Do not let Blintzes dry out. Makes about 12.

Mrs. E. M. Greenberg.





Heading for a holiday?

Then
ANDREASEN & MILLAR LTD. are the TRAVEL PEOPLE
you should see for your bookings.

PHONE 73101 Box 446 4 MOY HOUSE
LUSAKA



Hoover always has that extra something . . .

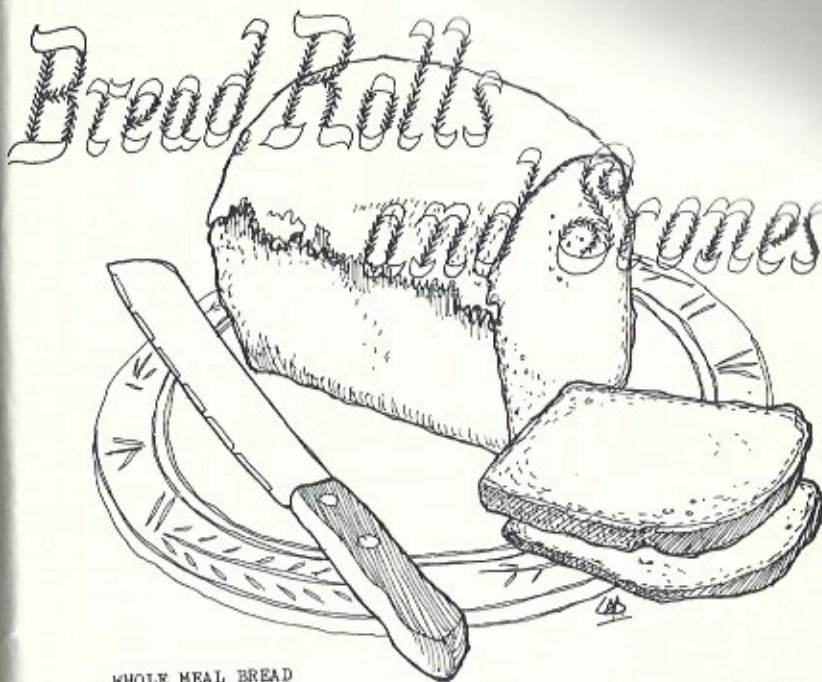


NEW HOOVERMATIC

ASK FOR FULL DETAILS AT:

**ELECTRICAL CONTRACTING AND
WINDING (Rhodesia) LTD.**

LUSAKA
P.O. Box 1226
PHONE: 73485



WHOLE MEAL BREAD

8 cups whole meal (Gloria brown
or Brekwheat)
1 cup of wheatgerm
1 tablespoon salt

3 tablespoons sunflower
seed oil
3 tablespoons honey

Yeast:

1 tablespoon granulated yeast, sprinkled into a jug (1½ pints) of lukewarm water, plus 1 teaspoon of sugar. Allow this mixture to stand in a warm place for 15 minutes, when it should have developed a froth of yeast bubbles.

Add yeast mixture to above ingredients and mix well with wooden spoon. N.B. The mixture should have the constituency of soft porridge, and should be spooned into two well greased pans. Leave to rise for approximately 1 hour. (If placed in plastic bags, the bread will rise to the top of the pans in less time.) Bake for approximately 1 hour in moderate oven, 350°, or, 400°, if the oven is slow.

Mrs. M. Durbach.

1 CAKE YEAST = 1 DESSERTSPOON DRIED YEAST.

MILK BUNS

4 cups Gloria flour
4 tablespoons shortening
2 - 2½ teaspoons dried yeast
1 cup sugar
1 cup milk
2 eggs
1 teaspoon salt

Warm milk and shortening and let it cool. Take 2 tablespoons flour and yeast, and 1 teaspoon sugar and mix with a little warm water. Put on the side of the stove to rise. Put flour, sugar and well beaten eggs in basin and add yeast when ready. Add milk mixture and knead well. Add a little more flour if necessary. Leave in warm place, covered, overnight to rise. In the morning, make into shapes. Sultanas, raisins, cinnamon and sugar can be added if required. Allow to rise again. Paint tops with beaten egg and bake at 350 - 375° until a golden brown.

Mrs. A. J. Mendelsohn.

REFRIGERATOR ROLLS

1 cake yeast
1 teaspoon salt
1 egg
2 tablespoons Olivine
½ cup sugar
2 cups lukewarm water
1½ lbs Gloria flour

Crumble yeast into a large mixing bowl. Add sugar, salt and water. Add well beaten egg and half sifted flour. Mix well. Add Olivine and mix in remainder of flour. Let rise until double its bulk. Punch down, cover tightly and place in fridge. Leave overnight. About an hour before baking, remove desired amount of dough, shape into small rolls and place on greased pan. Let rise slowly until double their bulk. Bake in hot oven (425°) for 20 - 25 minutes.

Mrs. L. Solomon.

CHELSEA BUNS

4 oz butter
½ pint milk
3 oz currants
2 eggs
½ oz yeast
cinnamon
4 oz castor sugar
1 lb Gloria flour

Warm butter, 3 oz sugar and all but 1 tablespoon milk. Cream yeast with the latter. Add warmed ingredients to creamed yeast and sieved flour, together with beaten eggs. Mix all together. Put to rise until double. Roll into oblong shape, brush with butter, sprinkle fruit, sugar and cinnamon, and roll up. Cut in slices 1" thick and place on greased baking tray. Allow to rise for 20 minutes. Bake in hot oven for 15 - 20 minutes.

Mrs. P. Folk.

AS A FOOD MILK MAKES A PERFECT DIET.

SWEDISH TEA RING

2 cakes yeast (2 level dessertspoons
dried yeast)
2 tablespoons warm water
2 oz butter
½ cup sugar
1 teaspoon salt
2 eggs
1 cup milk
5 - 6 cups Gloria flour

Soften yeast in warm water. Add shortening, sugar and salt to scalded milk. Cool to lukewarm. Add softened yeast, eggs and enough flour to make a stiff batter. Beat well. Add more flour, enough to make a soft dough. Turn out on to lightly floured board and knead until satiny. Place in greased bowl, cover and allow to rise until double in bulk. When dough is light, shape into two rectangular sheets about ½" thick.

Filling:

butter
raisins or mixed fruit with nuts
cinnamon
sugar

Spread dough with butter, sprinkle with sugar and cinnamon and cover with fruit. Roll out like a jelly roll and shape into rings. Place on greased baking sheet and cut with scissors at 1" intervals, almost through the ring. Turn slices slightly. Cover and let rise until doubled in bulk. Bake at 375° for 25 - 30 minutes. While warm, spread with icing and sprinkle with chopped nuts if desired.

Mrs. I. Dor.

EASY CHEESE SCONES

4 oz Gloria flour
2 oz grated cheddar cheese
1 heaped teaspoon baking powder
salt, pepper and cayenne pepper
2 oz butter
1 egg
2½ tablespoons milk

Mix dry ingredients together first, then add the egg, butter and milk. Make into a rough dough. Put teaspoonsful on to baking sheet and bake at 475° for 7 minutes.

Mrs. E. M. Greenberg.

HONEY SCONES

8 oz selfraising Gloria flour
1 level tablespoon castor sugar
1 level tablespoon clear honey
½ level teaspoon salt
2 oz butter
approximately 5 tablespoons cold milk to mix

Sift flour with salt into basin, lightly rub in butter. Add castor sugar, then mix to a soft dough, not sticky, with honey and milk. Turn out on to lightly floured board and knead quickly. Roll out to just under ½" thick. Cut into small rounds and put on greased baking sheets. Brush tops with a little milk and bake in a very hot oven (450°) (Regulo 8) for about 8 - 10 minutes, or until golden brown.

Mrs. C. Cohler.

SCONES

2 cups Gloria flour
 $\frac{1}{2}$ cup iced milk
4 teaspoons baking powder

1 egg
4 tablespoons butter
 $\frac{1}{2}$ teaspoon salt

Sift dry ingredients together. Rub butter in lightly. Beat egg and add milk. Stir into flour, mixing with a knife. Work lightly into a dough, handling as little as possible. Cut into rounds and brush with egg or sugar water. Bake in hot oven (400 - 450°) for 12 minutes.

These are quick and easy - take less than $\frac{1}{2}$ hour from start to finish.

Mrs. M. Walfsohn.

CHEESE PUFFS

1 cup Gloria flour
1 cup grated cheese
1 cup milk

pinch of salt
 $\frac{3}{4}$ teaspoons baking powder

Mix together flour, cheese, salt and baking powder. Add the milk. Pour the mixture into patty-tins and bake in hot oven for about 15 minutes.

Mrs. L. Glasser.



Shaps Furnishers Ltd.

Codrington Street
P.O. Box 564 Lusaka Phone 73228

A FIRM FIRST FOR FINE FURNITURE



... smart dresses
for all occasions ...

Margot's
FOR LADIES WEAR

Telephone 2849
P.O. Box 144
LUSAKA

To ensure successful, nourishing and delicious dishes, buy your Meat, Poultry and Fish from us.

Always insist on "LUSCOLD" Brand Sausages, Polonies, Cooked and Smoked Meats!

Obtainable from
all leading
Stores in
Rhodesia



**Lusaka Cold
Storage Company
(1961) Ltd.**

The oldest established and most
reliable Meat Purveyors in Lusaka

DELIVERIES TO ALL SUBURBS

ACCOUNTS OPENED
at

CITY BUTCHERY	DIAL 72051
LUSAKA BUTCHERY	DIAL 72214
WOODLANDS BUTCHERY	DIAL 62104



Everything for a
Well Dressed Person

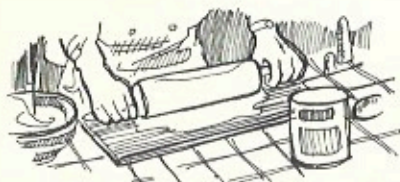
At

Mistry's

CAIRO ROAD

P.O. Box 154

Phone 72538



PASTRY & TARTS

STRUDEL

2 cups Gloria flour
 $\frac{1}{2}$ cup lukewarm water
1 egg

$1\frac{1}{2}$ tablespoons Olivine
salt to taste

Sieve flour into a bowl. Mix water, egg, Olivine and salt together and pour into a depression in the flour. Work with a knife until a ball forms. Place on a well floured board and knead with well floured hands until of a smooth consistency (about 10 minutes). Cover with a hot plate, and, keeping the plate warm, leave for $\frac{1}{2}$ hour. Roll pastry out on a lightly floured tablecloth, and then pull it out with both hands until it is so thin as to be transparent. Trim edges with scissors. Cover two-thirds of the pastry with chosen filling and roll, loosely brushing with melted butter at each turn. (Fillings may be sweet or savoury, the sweet strudel being covered with castor sugar and vanilla. Bake at 350° for $\frac{1}{2}$ hour.

Mrs. L. Austin.

FILLING FOR APPLE STRUDEL

$\frac{1}{2}$ lb melted butter
 $\frac{1}{4}$ lb bread crumbs, fried in
part of the butter
1 oz finely sliced candied fruit
peel
2 lbs finely sliced sour apples

$\frac{1}{4}$ lb sugar
cinnamon (optional)
2 oz raisins
2 oz sliced almonds
grated rind of 1 lemon
rum

Lightly brush the pulled-out pastry with melted butter. Spread in layers with the breadcrumbs, apples, sugar, cinnamon, lemon rind, raisins, almonds and candied peel - in this order. Sprinkle with rum. If apples are too sweet, sprinkle with lemon juice. Sprinkle with melted butter, and roll, as instructed.

Mrs. L. Austin.

FILLING FOR COTTAGE CHEESE STRUDEL

$\frac{1}{2}$ lb butter
 $\frac{1}{2}$ lb sugar
4 eggs
 $\frac{3}{4}$ lb cottage cheese
 $\frac{1}{4}$ pint sweet cream
2 oz raisins

1 lb cherries (optional)
vanilla essence
grated lemon peel
1 cup hot milk
3 oz melted butter

Cream butter, sugar and egg yolks, and then whip in the cottage cheese, cream, vanilla and lemon peel. Add stiffly beaten egg whites. Spread this on strudel pastry, adding raisins and cherries, rolling and brushing with melted butter as before. When almost baked, pour over one cup of hot milk. Serve with vanilla cream.

Mrs. L. Austin.

FIRST IN FASHION
FOR LADIES, GENTS
AND CHILDREN'S WEAR

WEST END
OUTFITTERS

Corner Selous Street and Livingstone Road
P.O. Box 194 Telephone 72336

LUSAKA



FLAKY PASTRY FOR APPLE TARTS

$\frac{1}{2}$ lb butter
 $\frac{1}{2}$ cup boiling water
1 cup Gloria flour
pinch of salt

Flake butter into flour - pour boiling water over and stir well with a knife, until dissolved. Wrap in greaseproof paper and leave in refrigerator over night.

Mrs. F. Hurwitz.

TART PASTRY OR BISCUIT DOUGH

$\frac{1}{2}$ lb Gloria flour
 $\frac{1}{2}$ teaspoon Baking Powder
vanilla essence to flavour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ lb butter
1 egg

Cream butter and sugar and add beaten egg and flavouring. Mix well. Gradually add the flour until it forms a medium-stiff dough.

Mrs. M. Rowelsky.

CHEESE CAKE

$1\frac{1}{2}$ lbs cream or cottage cheese
 $\frac{1}{2}$ pint cream
2 teaspoons custard powder
 $\frac{1}{2}$ cup sugar
2 eggs
pinch of salt

Beat the eggs and then mix all the ingredients together. Line pyrex dish or cake tin with biscuit dough above, and fill with cheese mixture. Bake at 375° - 400° for approximately $\frac{1}{2}$ hour.

Mrs. M. Rowelsky.

APPLE TART

6 coarsley grated apples
 $\frac{1}{2}$ cup sugar
1 teaspoon cinnamon
pinch of salt

Drain apples and mix with other ingredients. Place on the biscuit dough base. Bake at 350° for $\frac{1}{2}$ hour.

Mrs. M. Rowelsky.

BRANDY PUFF PASTRY

1 teaspoon cream of tartar
 $\frac{1}{2}$ bottle soda water (approx.)
1 sherry-glass brandy
1 lb butter
1 lb Gloria flour
 $\frac{1}{2}$ teaspoon salt

Cut the butter very finely into the flour, cream of tartar and salt, which have been sieved together. Mix in soda water and brandy, with a fork, until a ball is formed. Refrigerate until stiff. Cut into 3 pieces, each of which is rolled as thinly as possible. Stack on top of each other, roll, and deepfreeze until required. If used as topping for pie, bake at 450°. If used as small puffs, bake at 425°.

Mrs. L. Austin.

ELEANOR'S EASY CHEESE CAKE

Pie Crust:

2 cups crumbed Marie biscuits or
any plain biscuits or cornflakes
 $1\frac{1}{2}$ tablespoons sugar
1 dessertspoon cinnamon
 $\frac{1}{2}$ lb melted butter

Mix all ingredients and line greased pie dish. Put in the fridge for at least 10 minutes.

Filling:

1 lb cream or cottage cheese
sugar to taste (approximately
1 tablespoon)
2 eggs
pinch of salt

Mix all ingredients together and put into pie shell. Bake 350° for $\frac{1}{2}$ hour.

Mrs. E. M. Greenberg.

PINEAPPLE - CHEESE PIE

2 tablespoons evaporated milk
1 lb cottage cheese
 $1\frac{1}{2}$ tablespoons Gloria flour
 $\frac{1}{2}$ teaspoon grated lemon rind
 $\frac{1}{2}$ teaspoon grated orange rind
1 cup sugar
 $\frac{1}{4}$ teaspoon salt
3 eggs
 $\frac{1}{2}$ teaspoon vanilla essence

Beat cheese until fluffy. Combine sugar, flour, rinds and salt and add to cheese. Beat until thoroughly mixed. Add eggs 1 at a time, beating well after each addition. Add milk and vanilla and blend well. Pour into slightly under-baked 9" pie shell and bake in a very hot (450°) oven for 7 minutes. Reduce heat to 200° and bake for 15 minutes more. Cool.

Pineapple Topping:

Combine medium tin of pineapple chunks with 2 tablespoons sugar and 1 tablespoon cornstarch. Cook over low flame until thick and clear. Blend in 1 teaspoon grated lemon rind and 1 teaspoon lemon juice. Cool and spread over cooled cheese filling.

Mrs. M. Teicher.

GERMAN TART

$\frac{1}{2}$ lb margarine
2 cups sifted Gloria flour
1 teaspoon baking powder
1 teaspoon vanilla essence
1 egg
 $\frac{1}{2}$ cup sugar
apricot jam

Cream margarine and sugar. Add egg and vanilla and beat well. Add sifted flour and baking powder. Press half the dough into a tart tin and cover with apricot jam. Grate the rest of the dough over it and bake in a moderate oven (350°) until light brown - approximately 20 minutes.

Mrs. I. Saunders.

DUTCH TART

$\frac{1}{2}$ lb ground almonds
 $\frac{1}{2}$ lb Gloria flour
 $\frac{1}{2}$ lb butter
2 oz sugar

Blend together into a soft dough. Halve and press into two 9" baking tins. Bake slowly (350°) until golden brown. Do not remove from the tins until cold. Sandwich together with jam.

Mrs. M. Wulfsohn.

SACHERTORTE

4 oz melted chocolate
4 oz ground almonds
7 eggs
4 oz butter
4 oz sugar

Cream butter and half the sugar, slowly add egg yolks. Whip egg whites stiffly. Fold egg whites, ground almonds and the remaining sugar into the yolk mixture. Bake at 400° for approximately 30 minutes. Cake may be cut into 2 or 3 layers and filled with jam, cream or any other filling.

Mrs. A. Boehm

LINZER TART.

$\frac{1}{2}$ lb Gloria flour
 $\frac{1}{2}$ lb butter
 $\frac{1}{2}$ lb grated almonds (with skins)
cinnamon and ground cloves to taste.
 $\frac{1}{2}$ lb sugar
2 egg yolks
 $\frac{1}{2}$ lb jam

Cut butter into flour. Mix in almonds, sugar, spices and eggs. Refrigerate until stiff. With two-thirds of this pastry, cover a 9" pastry spring form. Spread on jam. With remainder of pastry, lattice top of tart. Bake at 350° for $\frac{1}{2}$ - $\frac{3}{4}$ hour.

Mrs. L. Austin.

CRUSTLESS MILK TART

1 cup Gloria flour
1 teaspoon baking powder
2 dessertspoons butter
4 cups milk
3 eggs
 $1\frac{1}{2}$ cups sugar
pinch of salt

Beat melted butter and sugar together well. Add the egg yolks with $\frac{1}{2}$ cup of milk. Sift flour, baking powder and salt together, and mix into the sugar, butter and egg mixture, adding the rest of the milk slowly, beating well. Whisk egg whites stiffly and beat into the batter mixture. Pour into a well buttered dish and bake until firm to the touch, about 1 hour in slow oven (350°). Sprinkle with sugar and cinnamon if desired. The batter can be poured into two pans, depending on the thickness desired.

Mrs. J. Gerber.

SANDTORTE

10 oz Gloria flour
10 oz butter
10 oz sugar
6 eggs

Cream butter and sugar and slowly add eggs. Add the flour gradually. Bake in moderate (350°) oven for 1 hour. Remove and sprinkle with castor sugar.

Mrs. A. Boehm.

THE ACCOMPLISHED HOSTESS

serves with her meals

WINES and CIGARS bought from

The Corner Bottle Store Ltd.

Telephone 72282, P.O. Box 260, Cairo Road, Lusaka

Milady Ltd.

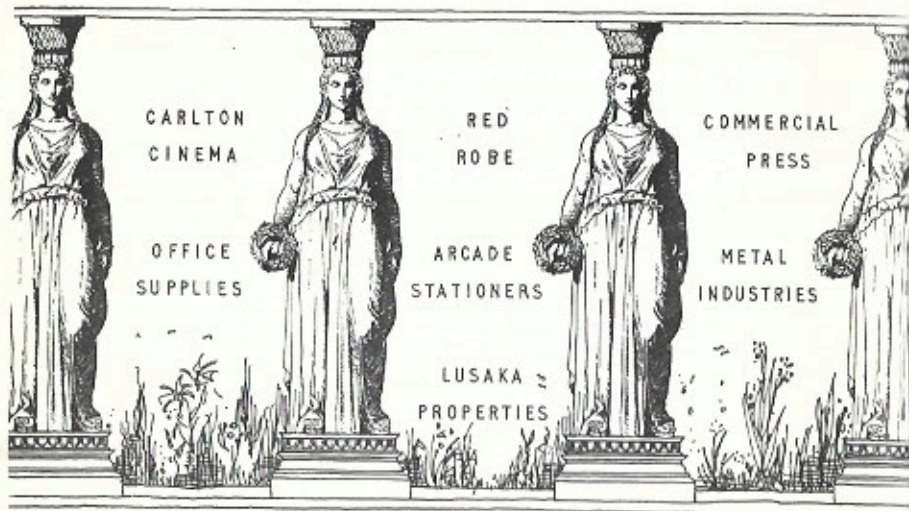
The mark of
distinction
in GOWNS

P.O. Box 290

Codrington Street
LUSAKA

Telephone 7-3337

The Fischer Organisation



LUSAKA

Cakes and Icings



DUTCH BUTTER CAKE

$\frac{1}{2}$ lb Gloria flour
 $\frac{1}{2}$ lb butter
 $\frac{1}{2}$ lb sugar
 1 egg

Mix flour, sugar and butter together, and then add half of the beaten egg. Put into one sandwich tin, and brush the top with the remainder of the beaten egg. Bake at 350° for 1 hour, or until golden brown. This cake is

much nicer if kept a day before eating.

Mrs. M. Cohen.

BUTTER CAKE

4 oz butter or margarine
 8 oz sugar
 $\frac{3}{4}$ eggs
 $\frac{3}{4}$ level teaspoons baking powder
 $\frac{1}{4}$ cup chopped walnuts (optional)

$\frac{2}{3}$ rds cup milk
 10 oz Gloria flour
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons coffee essence

Cream butter and sugar well. Add unbeaten eggs one at a time, beating well after each egg. Then add coffee essence and beat again. Sift together dry ingredients and add alternatively with milk to mixture. Add nuts last (if desired). Bake in two layer tins, greased and lined, at 375° for 25 minutes, or in a loaf tin for $\frac{1}{2}$ hour to an hour. The coffee essence can be substituted by chocolate, orange, lemon or any other flavour.

Mrs. M. Wulfsohn.

FRIDGE CAKE

1 pkt. Tennis biscuits.

Icing:

2 tablespoons cocoa
 8 tablespoons icing sugar
 2 tablespoons butter
 1 egg

mix cocoa with icing sugar. Mix in butter, then add egg. mix well. Lay three biscuits flat in a row on a plate and cover with a layer of icing. Repeat with another layer of biscuits and more icing until biscuits are finished. Then cover entire cake with remainder of icing. If required, decorate with a little icing sugar mixed with butter. Chill for about 12 hours before serving.

Mrs. I. Simon.

NUT CAKE

8 eggs
3 oz sugar
3 oz ground nuts
1½ oz breadcrumbs
1½ oz melted butter

Cream sugar and egg yolks. Add nuts, crumbs, melted butter, and, lastly, fold in well beaten egg whites. Bake at 400° for approximately 30 minutes. Cake can be cut into 2 or 3 layers and filled with jam or cream, or any filling desired.

Mrs. A. Boehm.

HOT MILK SPONGE CAKE

3 eggs
¼ teaspoon salt
2 teaspoons baking powder
½ cup milk
1 cup Gloria flour
2 oz butter
1 cup castor sugar

Beat eggs until thick, add sugar and beat well. Sift flour 3 times, last time add baking powder and salt. Add flour etc., to mixture slowly. Meanwhile, have the milk and butter just on the boil. Add milk and butter very quickly to mixture, pour into 2 greased and lined tins and bake at 400° for 15 minutes.

Mrs. M. Marcus.

SPONGE FLAN

3 eggs
3 oz sugar
3 oz Gloria flour

Beat eggs and sugar until very thick and light. When mixture will retain impression of whisk, sift in flour. Gently fold in flour with a metal spoon. Do not beat. Bake at 425° for 10 minutes. Fill with fruit and cream.

Mrs. I. Dor.

SPICED GINGER CAKE

¼ lb butter
2 eggs
1 cup sugar
1 cup syrup
1½ cups milk
2 teaspoons Bi-carbonate of soda
2 teaspoons mixed spice
2 teaspoons ginger
4 cups Gloria flour
¼ teaspoon salt

Cream butter and sugar, then add eggs, milk and syrup. Then add flour, bi-carbonate of soda and spices. Bake in large greased loaf tin at 350° for 1 hour.

Mrs. F. Hurwitz

OLIVINE EQUALS THE FINEST OLIVE OIL IN QUALITY.

APPLESAUCE CAKE

1 cup butter
1½ cups sugar
2 cups applesauce
1 teaspoon vanilla essence
1½ teaspoons baking powder
1 cup raisins
3 cups Gloria flour
1 teaspoon cinnamon
1 cup nuts

Cream butter and sugar, then add all other ingredients and mix very well. Bake in moderate oven (350° - 375°) for approximately 30 - 40 minutes.

Mrs. E. Lazarus.

GRANADILLA HOT MILK SPONGE

1½ cups Gloria flour - less one
tablespoon, for which substitute
1 tablespoon custard powder
2 level teaspoons baking powder
¼ cup granadilla juice
1 cup sugar
2 oz butter
¼ cup milk
2 eggs
pinch of salt

Sift dry ingredients twice. Beat eggs well until thick. Add sugar gradually, continuing to beat well. Slowly add dry ingredients together with granadilla juice. Put milk and butter in a saucepan, bring to boil and add to mixture. Pour immediately into 2 greased sandwich tins and bake at 350° for approximately 25 minutes, or until springy to touch. Fill and ice with granadilla icing.

Icing:

Beat 1 oz butter with icing sugar and granadilla juice to soft spreading consistency.

Mrs. U. Seftel.

ORANGE BLOSSOM SPONGE

4 oz self-raising Gloria flour
4 tablespoons hot milk
1 dessertspoon finely grated orange
rind
4 oz sugar
1 oz butter
4 eggs

Sift flour three times. Whisk egg whites until stiff and gradually whisk in sugar. Add egg yolks and beat until thick. Fold in flour and then hot milk, in which butter has been melted, and then orange rind. Bake in 2 greased 8" sandwich tins in a fairly hot oven (Regulo 5) 375° for 20 - 25 minutes. When cold fill with orange flavoured butter cream. Chopped ginger can be added if desired.

Mrs. D. Joseph.

A WELL BALANCED DIET REQUIRES MILK.

CHOCOLATE SWISS ROLL

5 eggs
½ cup cocoa
1 cup icing sugar

Beat egg yolks well, add icing sugar and beat until creamy. Add cocoa and mix. Beat egg whites stiffly and fold into mixture. Pour into prepared swiss roll tin and bake at 400° for about 10 - 20 minutes. Turn out on sugared cloth and when a little cool, roll up like swiss roll. When completely cool, unroll and fill with whipped cream and roll up again. Keep in fridge.

Mrs. L. Heilbronn.

SANDWICH CHOCOLATE CAKE

4 tablespoons hot milk
1 teaspoon cream of tartar
½ teaspoon bi-carbonate of soda
1 cup Gloria flour
1 tablespoon cocoa
4 eggs
½ cup sugar
salt
flavouring

Beat eggs and sugar until thick and creamy. Fold in flour sifted with cocoa, cream of tartar and bi-carbonate of soda. Lastly add milk and flavouring and pour into prepared sandwich tins. Bake in moderate oven for about 15 minutes. Fill with chocolate filling.

Mrs. M. Lipschild.

CHOCOLATE CAKE

½ lb butter
4 eggs
1 cup sugar
½ cup milk
pinch of salt
2 teaspoons baking powder
½ lb cocoa or Cadbury's
breakfast chocolate
1 teaspoon vanilla essence
1½ cups Gloria flour

Cream butter and sugar - add one beaten egg at a time. Sift flour, cocoa and salt and add alternately with milk (beating all the time). Add essence and, finally, baking powder. Bake in 2 sandwich tins at 350° for 25 minutes. When cool, fill.

Filling:

1 tablespoon butter
vanilla essence
icing sugar
cocoa
Mix with a little hot water. Leave middle filling white. For top icing, use a little less butter than for filling. Add cocoa and decorate with chopped nuts, cherries or coconut.

Mrs. A. J. Mendelsohn.

ONE OUNCE OLIVINE EQUALS TWO LARGE TABLESPOONS.

CHOCOLATE CHIPFON CAKE MADE WITH OLIVINE

½ cup cocoa
1 tablespoon cold water
½ cup boiling water
½ cup Gloria flour
2 tablespoons cornflour
½ teaspoon cream of tartar
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
½ cup Olivine
4 eggs
1 teaspoon vanilla essence

Sift flour before measuring and spoon into cup. Sift again twice with other dry ingredients. Mix together into a paste the cocoa and cold water. Mix again, adding the boiling water. Allow to cool. Make a well in the sifted dry ingredients, add the oil and unbeaten egg yolks, vanilla essence and cold cocoa mixture. Beat with a wooden spoon until smooth. Beat the egg whites in a large bowl, with cream of tartar, until stiff and dry. Pour yolk mixture over the whites and fold in until blended. Do not mix, just keep folding. Pour mixture into a large ungreased tin and bake at 350° for about 50 minutes. Invert tin over three cups so that cake hangs in the air until cold. Ease out. Fill, if wanted, with any desired chocolate butter cream.

Mrs. L. Heilbronn.

FRUIT CAKE

6 oz butter or margarine
6 oz sugar
3 eggs
½ teaspoon baking powder
9 oz Gloria flour
½ teaspoon salt
milk or brandy to mix
4 oz raisins
4 oz sultanas
2 oz currants
4 oz cherries
2 oz candied peel
4 oz blanched almonds

Prepare the fruit. Chop the almonds, reserving a few for the top of the cake. Sieve together flour, salt and baking powder. Cream butter and sugar and beat in the eggs one at a time. Add the dry ingredients and mix with a little milk, or brandy if required, until a stiff dropping consistency. Put mixture in a prepared 8" tin and place halved almonds on top. Bake at 350° for 1½ - 2 hours, until firm to touch.

Mrs. I. Dor.

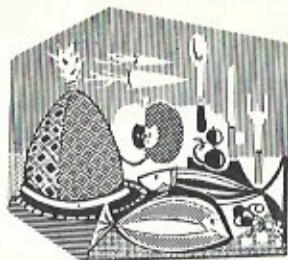
POPPY SEED CAKE

½ cup poppy seed
½ cup evaporated milk
½ cup water
½ cup butter or shortening
1½ cups sugar
½ teaspoon salt
1 teaspoon vanilla
2 cups Gloria flour
4 teaspoons baking powder
4 egg whites

Soak poppy seeds in milk for 1 hour. Cream butter with sugar until light and fluffy. Add poppy seeds, salt and vanilla. Mix well. Sift together flour and baking powder and add to mixture. Fold in stiffly beaten egg whites. Pour into well greased tube pan and bake at 350° for 1 hour.

Mrs. M. Teicher.

GENERAL DEALERS & WHOLESALERS
ALL FARM PRODUCTS IN STOCK



Carousos Millers & Bakers Ltd.

P.O. Box 775
Livingstone Road
LUSAKA
N. Rhodesia

Phone 73312



SUPPORT LOCAL
INDUSTRY

ANROS INDUSTRIES

LIMITED
P.O. Box 327 LUSAKA Phones 72031-4

Manufacturers of:

STEEL WINDOWS, DOORS and DOORFRAMES,
ANODISED ALUMINIUM WINDOWS and DOORS,
LOUVRE UNITS, PELMETS, FLYSCREENS,
ALUMINIUM LADDERS and STEPS,
STEEL WIRE NAILS
& electrical conduit

BLITZ TART

1 cup Gloria flour	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon salt	1 tablespoon sugar
$\frac{3}{4}$ tablespoons milk	1 teaspoon vanilla essence
$\frac{1}{2}$ lb butter	3 eggs
1 teaspoon baking powder	$1\frac{1}{2}$ cups sugar
$\frac{1}{2}$ cup chopped almonds or walnuts	whipped cream and cherries

Cream butter and $\frac{1}{2}$ cup sugar. Add well beaten egg yolks, vanilla, milk and sifted dry ingredients. Put in 9" greased, lined, sandwich tins. Beat egg whites stiff, not dry, and add remaining sugar gradually, until it holds in peaks. Spread the meringue over cake mixture in both tins, then sprinkle surface with almonds and cinnamon mixed with one tablespoon sugar. Bake at 350° for 30 minutes. When cool, put together with whipped cream and cherries.

Mrs. L. Solomon.

MARBLE CAKE

$\frac{1}{2}$ lb shortening	3 egg whites
8 oz Gloria flour	$\frac{1}{2}$ cup sugar
3 teaspoons baking powder	2 tablespoons milk
2 oz plain chocolate (melted)	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla essence	$\frac{1}{2}$ cup milk

Cream shortening, gradually add sugar, beating well. Add unbeaten egg whites, one at a time, beating well after each addition. Add vanilla. Sift together flour, baking powder and salt. Add alternately with $\frac{1}{2}$ cup milk to first mixture. Divide batter in half. Add melted chocolate and 2 tablespoons milk to one half. Blend well. Drop alternate spoonful of light and dark batter in a well greased pan. Bake in moderate oven (375°) for about 1 hour.

Mrs. E. Lazarus.

BIENENSTICH (Bee-sting)

Dough:

$\frac{1}{2}$ oz yeast	3 tablespoons sugar
$\frac{1}{2}$ pint milk	2 oz butter
1 lb Gloria flour	pinch of salt

Make a yeast dough out of these ingredients, and after it has risen, roll out $\frac{1}{8}$ " thick on baking sheet. Top with the following:

4 oz butter	2 tablespoons milk
6 oz sugar	6 oz ground almonds
a little vanilla essence	

Melt butter with sugar and milk. Mix in the ground almonds and vanilla. When cold, spread on dough. Let rise again for approximately 20 minutes. Bake in hot oven for 30 minutes.

Mrs. L. Dessen.

PINEAPPLE UPSIDE-DOWN CAKE

Batter:

1/2 cup butter	2 eggs
2 cups Gloria flour	1 cup milk
2 teaspoons baking powder	1/2 cup sugar

Cream butter and sugar. Add beaten eggs, milk, flour and, lastly, baking powder. Pour batter over pineapple mixture and bake in moderate oven (350°) for 45 minutes.

Filling:

2 tablespoons butter	1 cup brown sugar
1 tin pineapple chunks	

Grease pan well and put 2 tablespoons butter with brown sugar in pan. Melt same and add pineapple chunks. Remove from pan, turning out so that fruit is on top.

Mrs. I. Saunders.

PAVLOVA CAKE

3 egg whites	1/2 teaspoon vinegar
6 oz castor sugar	1/2 teaspoon cornflour
1/2 teaspoon vanilla essence	

Beat eggs until stiff. Continue beating, gradually adding sugar. Beat until sugar is dissolved and the mixture is standing in peaks. Fold in vanilla, cornflour and vinegar. Spread mixture in a 6" - 8" circle on greaseproof paper, on a baking sheet, making the sides higher to form a shell to hold the filling. Put in cool oven (225° - 250°) and bake for 4 - 5 hours. The Pavlova should be crisp and slightly tinted, yet soft and of a marshmallow consistency in the centre. Cool and store in tin until required.

Filling:

Whipped, flavoured cream, with any kind of tinned or fresh fruit. Pile on top, and decorate with maraschino cherries and chopped nuts.

Mrs. H. Taube.

To treat discoloured bananas, dip into hot water.

To freshen stale buns, dip them into a little milk and heat them in the oven.

To remove tarnish from E.P.N.S. ware, use a little weak vinegar solution.

ICINGS

Vanilla Cream:

3 egg yolks	5 oz milk butter
5 oz sugar	vanilla essence
5 tablespoons water or milk	

Place egg yolks, sugar, water or milk into double boiler, and beat over steam until thick. Remove from heat and add butter and vanilla essence to taste. Beat well until smooth and creamy.

Strawberry Cream:

The same as Vanilla Cream, but add 1/2 lb mashed strawberries.

Chocolate Cream:

The same as Vanilla Cream, but add 1 slab of chocolate.

Nut Cream:

The same as Vanilla Cream, but add 6 oz ground nuts.

Mocha Cream:

The same as Vanilla Cream, but instead of water or milk, add 5 tablespoons strong coffee.

Mrs. A. Boehm.

BANANA LOAF

1/2 lb butter	2 eggs
3 cups Gloria flour	4 mashed bananas
1 heaped teaspoon baking powder	1 1/2 cups sugar
1 teaspoon bi-carbonate of soda	1/2 - 3/4 cup milk
1/2 teaspoon vanilla essence	1/2 teaspoon salt

Cream butter and sugar, add eggs, then baking powder and flour. Add bi-carbonate of soda mixed with milk. Add bananas and essence. Bake at 350° for 1 hour.

Mrs. F. Hurwitz.

BOSTON BREAD

2 cups Gloria flour	1/2 cup syrup
1 cup milk	1 lb chopped dates
1 heaped teaspoon bi-carbonate of soda	1/2 oz chopped walnuts
	pinch of salt

In one basin mix flour, dates and nuts. In another, mix milk with syrup until dissolved. Stir in bi-carbonate of soda and add salt. Mix thoroughly and add to dry ingredients. Mix again. Grease 3 or 4 x 1/2 lb cocoa tins, and half fill with mixture. Grease lids of tins as well, and close tins. Stand in large saucepan of boiling water (half full) and allow to boil for 3 hours.

Mrs. U. Seftel.

BOSTON BREAD

1 cup dates	1 teaspoon vanilla essence
2 tablespoons butter	1 cup boiling water
2 cups Gloria flour	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ teaspoons baking powder	1 egg
1 teaspoon bi-carbonate of soda	1 cup chopped walnuts

Pour boiling water, with bi-carbonate of soda, over dates, and let them cool. Cream butter and sugar, beat in egg and vanilla. Sieve flour and baking powder. Fold into creamed butter and sugar and add dates and nuts. Bake in loaf tin for $1\frac{1}{2}$ hours at 375°.

Mrs. M. Fraenkel.



MIDLANDS UPHOLSTERERS

furnishers - gents tailors
and outfitters - travel goods
- shoe repairers

Cairo Road (opp. Rhodesian Milling Co)
P O Box 888 tel. 72367

For your poppy-seed kites

Granary Bread

Whole Wheat Loaf

Milk Loaf or rolls

Come to

**Solly's Bakery
& Confectionery**

STANLEY ROAD PHONE — 72298

When you're not sure what to give—

visit

Keay's Jewellers
(LUSAKA) LIMITED

The Diamond Specialists

★
SAVE 35% DUTY ON ALL DIAMONDS
★

Gifts for all occasions

Chester House P.O. Box 246
Cairo Road LUSAKA Telephone 73933



For all your meat requirements visit our large hygienic premises in Livingstone Road, where you'll find Government Graded Beef, Lamb and Veal always in stock, including fowls, Ducklings and Chickens, as well as a large selection of Fish and Salt Herrings.

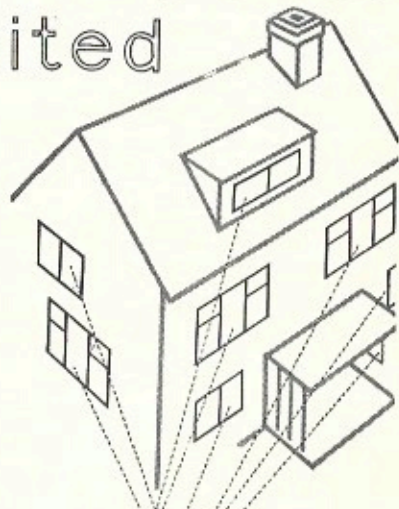


Lusaka Meat Supplies Ltd.

Livingstone Rd.
P.O. Box 243
LUSAKA
Telephone 7-3719 Northern Rhodesia

...consult

anglo african glass co.(1963) limited



...for all your GLAZING
requirements,
including mirrors, table-tops, etc.

we also stock-

LIONIDE upholstery materials

PANELYTE table & counter tops

and motorcar windscreens rear-lights &
side-glasses for all makes of cars

LUSAKA

P. O. Box 718

tel. 72085

KITWE

P.O.Box 481

tel. 4219

NDOLA

P.O.Box 910

tel.3133

small Cakes and Biscuits



ECLAIRS

1 lb butter
1 pint water
1 lb Gloria flour
3 - 10 eggs

Bring butter and water to the boil. Then add all the flour at once and stir until it leaves the side of the saucepan. Draw pan away from flame, and when cooled, add unbeaten eggs one at a time paste must not be too watery. Press through bag on to baking sheet, not too close together. Place in a hot oven for about 20 minutes. Turn to moderate for another 10 minutes. When pale golden colour, take out and allow to cool. Split sides and fill with cream, cover top with chocolate icing.

Mrs. M. Lipschild.

CREAM PUFFS

2 oz butter
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup Gloria flour

2 eggs
pinch of salt

Add butter to boiling water and stir until melted. Add flour, salt and boil until mixture comes away from pot, (like mashed potatoes). Remove from stove and add eggs one at a time. Scoop out with wet teaspoon and bake on greased baking sheet at 425° for 25 minutes. (For savouries make very small ones and cook for 15 minutes.) Fill puffs with cream and ice with chocolate water icing.

Mrs. E. M. Greenberg.

COOKIES

2 oz butter
 $\frac{1}{2}$ cup sugar
small cup Gloria flour
2 oz sultanas
2 oz currants

few pieces candied peel
1 large egg
1 teaspoon baking powder
milk to mix

Cream butter and sugar. Add well beaten egg, then fruit and lastly sifted flour and baking powder. Use milk to obtain correct consistency. Place spoonful in cookie cups and bake at 400°.

Mrs. D. Gerber.

IS THERE MILK IN YOUR MENU.

CHOCOLATE SPONGE COOKIES

4 tablespoons Gloria flour
4 tablespoons margarine
1 egg
1 teaspoon baking powder
3 tablespoons sugar
1 tablespoon cocoa
 $\frac{1}{2}$ cup milk

Beat eggs and sugar together. Gradually add the flour, cocoa and baking powder. Put milk and margarine in a saucepan and bring to the boil; then pour on to mixture, stirring to a smooth paste. Place in patty tins and cook in a medium oven (350°) for 10 minutes.

Mrs. R. Moss.

SCHNECKEN

Dough:

1 cake yeast
 $\frac{3}{4}$ cup warm milk
 $\frac{1}{2}$ lb melted butter
2 tablespoons sugar
2 eggs
 $\frac{1}{2}$ teaspoon salt
2 cups Gloria flour

Filling:

4 tablespoons brown sugar
1 teaspoon cinnamon
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{2}$ cup chopped raisins

Dissolve yeast in lukewarm milk. Add melted butter, sugar, eggs, salt and flour. Mix together thoroughly and chill in refrigerator over night. Next morning divide dough in half and roll each half out - $\frac{1}{4}$ " thick - on a lightly floured board. Dot generously with butter and sprinkle with brown sugar, cinnamon, chopped nuts and raisins. Roll up like swiss roll and cut into slices $\frac{1}{2}$ " thick. Place in a well greased warm pan. Allow room for rising between each roll and let schnecken rise in a warm place for approximately 2 hours. Bake at 350° until golden brown. Schnecken should be eaten the day they are baked.

Mrs. I. Simon.

JAM POCKETS

$\frac{1}{2}$ lb plain Gloria flour
 $\frac{1}{2}$ lb butter
 $\frac{1}{2}$ lb cream cheese
jam

Cut butter into small pieces and mix well with flour and cream cheese. Knead well. Leave overnight in the fridge. Next day, roll out and fold over a few times. Roll out again into a square about $\frac{1}{2}$ " thick. Cut into little 3" squares and fill with a little jam. Fold corners over and press together. Paint with egg yolk and sprinkle a little sugar on top. Bake in a fairly hot (425°) oven for approximately 20 minutes.

Mrs. L. Dessen.

COOKING IS EASY WITH OLIVINE.

SAND TARTS

4 oz butter
6 oz sugar
1 egg
8 oz Gloria flour
2 teaspoons baking powder
cherries
(2) 1 egg white (slightly beaten)
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon cinnamon

Cream butter and sugar. Add egg and mix well. Sift dry ingredients together and add to mixture. Wrap in grease-proof paper and leave in refrigerator overnight. Roll out dough and cut into shapes. Place half a cherry in the middle of each biscuit, and brush over with No. (2) mixture. Bake at 375° for 10 minutes.

Mrs. F. Hurwitz.

HONEY CAKES

$\frac{1}{2}$ cup butter
1 cup brown sugar
1 egg
 $\frac{1}{2}$ cup honey
2 $\frac{1}{2}$ cups Gloria flour
1 teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ cup milk
1 cup icing sugar
vanilla essence

Cream butter and sugar until light. Add well-beaten egg and honey. Sift together flour, salt, cinnamon, allspice and cloves. Add to the batter alternatively with milk. Spread mixture $\frac{1}{2}$ " thick in shallow greased pan. Bake 375° for 20 minutes. Remove from oven and spread at once with one cup icing sugar and enough water to spread. Flavour with vanilla essence. When cool, cut into bars.

Mrs. I. Dor.

GINGER BISCUITS

$\frac{1}{2}$ lb plain Gloria flour
 $\frac{1}{4}$ lb sugar
 $\frac{1}{4}$ lb margarine
3 tablespoons syrup
1 teaspoon ground ginger
1 teaspoon Bi-carbonate of soda.

Melt margarine and syrup together. Do not boil. Mix dry ingredients and make a well in centre and add warm margarine and syrup; mix until nice and pliable, not crumbly. Roll into little balls about the size of a walnut, and place on baking sheet. Not necessary to flatten. Bake in a moderate oven (375°) until golden brown.

Mrs. L. Dessen.

MAKE YOUR SAUCE FROM CHEESE OR CREAM.

NUGETTES

6 oz butter
1 lb chopped walnuts
3 egg whites
3 egg yolks
3 oz coconut
3 tablespoons castor sugar

6 oz Gloria flour
1 1/4 cups brown sugar
small quantity melted
butter
sifted icing sugar as
required

Beat butter to a cream, stir in castor sugar and beat well. Sift the flour into this mixture and beat well. Pack into oblong tin and brush with melted butter. Bake in 400° oven for 1/2 hour until light brown. Beat egg yolks with brown sugar, add walnuts and coconut. Beat egg whites until stiff and fold into mixture, then pour over the cake and bake at 350° for 30 - 45 minutes. Remove from oven and cut into small squares. Dust with icing sugar.

Mrs. D. Joseph.

HAZELNUT BISCUITS

1/2 lb butter
2 tablespoons icing sugar

1 cup Gloria flour
1/2 cup chopped hazelnuts

Cream butter and sugar and add flour and hazelnuts. Make dough into little balls and press flat with fork. Put on greased pan. Bake at 350° for 1/2 hour. When still warm sprinkle with icing sugar.

Mrs. R. Hirszson.

ALMOND BISCUITS

4 oz ground almonds
3/4 oz castor sugar
3 egg whites

Butter Cream:

3 oz butter
4 oz icing sugar
1 tablespoon hot water
vanilla essence

Topping:

2 oz chopped almonds and walnuts
6 glacé cherries

Mix the almonds and sugar together in a bowl. Whisk egg whites until stiff and fold into the almonds. This mixture must be stiff enough to pipe in small rounds on to a baking sheet, lined with greaseproof paper and brushed with Olivine. Bake in a slow oven (325°) on bottom shelf for 45 minutes until crisp.

For butter cream - cream together butter and icing sugar in a bowl and beat in the hot water and vanilla essence.

When cold, cut biscuits in two and sandwich halves together with some of the cream. Spread one end of biscuits with remaining cream, then dip into chopped nuts, and top with a small piece of glacé cherry.

Mrs. M. Lipschild.

BUTTER BISCUITS

1/2 lb butter
white of egg
1/2 lb sugar

yolk of egg
1/2 lb Gloria flour

Cream butter and sugar; add yolk of egg and flour. Leave in refrigerator for 2 hours, then roll out to about 1/4" thickness, cut into shapes and place on buttered tin, brush with white of egg. Bake until golden brown in 375° oven.

Mrs. M. Fraenkel.

BISCUITS

1/2 lb butter
1 cup sugar
2 eggs
Gloria flour, to make pliable

3 tablespoons thick cream
2 teaspoons baking powder
1 teaspoon vanilla essence

Cream butter and sugar and add eggs one at a time. Add cream, vanilla, baking powder. Add enough flour to make pliable. Roll out on board and cut into required shapes. Bake at 350° - 375° for 10 minutes or longer, until golden brown. Brush biscuits with egg and sugar before baking.

Mrs. D. Molk.

TASTY BISCUITS

1/2 lb butter
1 cup castor sugar
3 cups Gloria flour
2 teaspoons baking powder
1/2 cup custard powder

2 eggs
pinch of salt
1 teaspoon vanilla (or
any other flavouring)

Beat butter with back of spoon until very soft. Add sugar little at a time and beat. Add flavouring and eggs and beat. Sift flour, custard powder, baking powder and salt. Add slowly to egg mixture, mixing into a soft dough. Roll out dough thickly and cut into small shapes with biscuit cutter. Bake at 400° for 10 to 12 minutes. Chocolate, caraway seed, dried currants, sultanas or coconut can be used for variety.

Mrs. J. Gerber.

PINEAPPLE COOKIES

1 cup margarine
1 1/2 cups sugar
1 egg
1/2 teaspoon salt
1/2 cup chopped nuts

2 oz diced canned pineapple
3 1/2 cups Gloria flour
1 teaspoon Bi-carbonate
of soda
1/2 teaspoon nutmeg

Mix margarine, sugar and egg; stir in pineapple and mix in flour, bi-carbonate of soda, salt, nutmeg and nuts. Allow to chill for 1 hour. Drop teaspoonsful 2" apart on greased baking tray and bake at 400° for 8 - 10 minutes.

Mrs. P. Folk.

BUTTER COOKIES

5 oz self-raising Gloria flour 3 oz butter
3 oz icing sugar 1 large egg
pinch of salt ¼ teaspoon vanilla essence
a few glacé cherries or little red jam.

Cream butter and sieved icing sugar until almost white. Sieve flour and salt and add gradually to creamed mixture, alternating with small quantities of beaten egg. Beat well; add vanilla. Put into forcing bag with large rose pipe attached. Pipe in circles about 2" across on greased oven sheet. Bake at 400° for 10 to 12 minutes. Cool and decorate with jam or cherries.

Mrs. L. Glasser.

CHOCOLATE COCONUT BISCUITS

4 oz margarine 1 cup Gloria flour
2 oz castor sugar 1 tablespoon cocoa
1 cup coconut ½ teaspoon baking powder

Cream margarine and sugar well. Gradually work in the flour, coconut, cocoa and baking powder. Press into swiss roll tin and bake in moderate oven (375°) for about 20 minutes, or until firm to touch. Ice immediately with chocolate water icing. Cut into squares while still warm and leave in the tin to cool.

Chocolate Water Icing:

4 oz icing sugar 1 tablespoon cocoa
little cold water

Mrs. A. J. Mendelsohn.

STUFFED MONKEYS

Dough:

1½ lb Gloria flour
18 oz butter
1 lb sugar
about 4 level teaspoons cinnamon

Filling:

1 lb ground almonds
6 oz sugar
½ lb mixed peel
1 lb sultanas
2 eggs
halved blanched almonds
for the top of each cake
egg for brushing on top

Mix butter, sugar, flour and cinnamon together and knead very well. Chop mixed peel and sultanas very finely and put in basin with ground almonds, sugar and eggs and mix well together, but NOT to a paste. Roll out dough and cut into circles, place filling in between two circles, press down, brush with egg and place almond on top. Bake in hot oven until nicely browned.

Mrs. M. Lipschild.

• LADIES • CHILDRENS • MENS

SHOES

FOR

• EVENING • WALKING • SPORT

• Comfort



• Value

Fitting Specialists for High-Class Shoes

Strength...

through Joy

of doing a First Class Job
at Bradford Street



George W. Petrie

Blacksmith & Springsmith Specialist

P.O. Box 373 LUSAKA Phone 73693

our budget account 6 months to pay



Truworths

TEL 73293

LUSAKA

P.O. Box 607

Jewish Festival Fare



MOCK CHICKEN FAT

1 bottle Olivine
1 lb Holsum

1 lb sliced onions

Boil all ingredients together and when the onions are brown, strain the fat and keep in refrigerator.

Mrs. D. Goldberg.

SCHEMCHEN (for clear soup)

2 eggs
rind and juice of $\frac{1}{2}$ lemon
1 tablespoon sugar

$1\frac{1}{2}$ tablespoons ground
almonds
matzo meal to thicken

Separate whites and yolks of eggs, add sugar to yolks and beat well. Add rind and juice of lemon, ground almonds and matzo meal to thicken. Lastly add stiffly beaten egg whites. Fry tablespoonsful of mixture in hot Olivine until brown.

Mrs. E. Levy.

KNEIDLACH

2 eggs
2 tablespoonsful chicken fat
2 tablespoonsful water
matzo meal

salt and pepper
pinch of cinnamon
sugar to taste

Beat up eggs to a froth with water and fat. Add enough matzo meal to form a soft consistency. Add seasoning. Make into balls and allow to stand $1\frac{1}{2}$ hours. Boil in salted water until soft. Serve with clear chicken soup.

Mrs. E. M. Greenberg.

KREPLACH

See page 12.

MATZO MEAL CHEESE PIE

3 eggs
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ lb sliced or grated cheddar cheese
2 large tomatoes
 $\frac{1}{2}$ cup matzomeal
 $\frac{1}{4}$ teaspoon salt

Beat eggs until very light and foamy. Add water, salt, matzomeal and mix thoroughly. Pour batter into large buttered frying pan and brown very slightly on both sides, then cover completely with sliced tomatoes, topped by the cheese. Cover frying pan and allow to simmer slowly until cheese melts. Serve immediately.

Mrs. J. Kallman.

PASSOVER SPONGE CAKE

6 large eggs separated
 $1\frac{1}{2}$ cups sugar
1 lemon
 $\frac{1}{2}$ cup potato flour

Beat egg whites very stiffly. Beat yolks well and add sugar and juice and rind of the lemon. Beat thoroughly and add potato flour. Beat again. Now fold in egg whites very carefully. Bake in large tube tin at 350° for 40 - 50 minutes.

Mrs. I. Dor.

PANCAKES FOR PESACH

3 eggs
3 dessertspoons matzomeal
3 teaspoons sugar
pinch of salt
Olivine for frying

Beat egg yolks and then add other ingredients. Whip egg whites and fold into mixture. Heat Olivine and put spoonful of mixture into it and flatten them a little. When light brown, remove from pan and sprinkle with sugar.

Mrs. H. Dessen.

MATZO SPICE CAKE

6 eggs
6 tablespoons sugar
3 tablespoons fine matzomeal
 $\frac{1}{2}$ tablespoon each ginger and cinnamon
1 tablespoon lemon juice
 $\frac{1}{4}$ tablespoon cloves

Sift matzomeal and spices together four times. Beat egg yolks and sugar until thick and lemon coloured. Fold in sifted dry ingredients. Beat the whites until stiff, but not dry, and fold in the yolk mixture into the whites. Pour into greased tin and bake in a slow oven (325°) for about 40 minutes.

Mrs. L. Heilbronn.

ALWAYS USE OLIVINE FOR FRYING.

ALMOND CAKE.

$\frac{1}{2}$ lb ground almonds
6 eggs
7 tablespoons sugar
1 grated apple
pinch of salt

Separate eggs. Beat yolks with sugar until very creamy. Fold in slowly the ground almonds and grated apple. Beat whites stiffly with salt and fold into mixture. Bake at 375° for 30 - 40 minutes.

Mrs. E. Isaak.

MANDELBRAUTE (Almond Tart)

8 eggs
 $\frac{1}{2}$ lb sugar
 $\frac{1}{2}$ lb sweet almonds
4 bitter almonds
grated rind of 1 lemon

Separate eggs. Beat yolks with sugar until very creamy. Add the minced almonds and then the grated lemon rind. Fold in stiffly beaten egg whites. Put into well buttered cake form and bake at 375° for approximately 35 minutes.

Mrs. J. Kallman.

TEIGLACH

2 lb tin golden syrup
1 large glass sugar
2 large cups Gloria flour
2 egg yolks
2 tablespoons Olivine
3 egg whites and yolks
1 heaped teaspoon baking powder
1 tablespoon brandy

Mix together flour, eggs, baking powder, Olivine and brandy. Boil the syrup and sugar in a large pot. Make the dough into required shapes and put into the pot to boil. Do not lift the lid of the pot for the first 10 - 15 minutes. Boil until golden brown. When ready, add $\frac{1}{2}$ cup water and boil for a minute. Remove teiglach and roll in sugar and cinnamon.

Mrs. D. Molk.

CREAM CHEESE MATZOS

$\frac{1}{2}$ lb cream cheese
1 beaten egg
sugar
cinnamon
little cream

Mix cheese egg and cream together. Butter matzo and spread with cream cheese. Sprinkle over with sugar and cinnamon. Bake at 375° for a few minutes. Makes four pieces matzo.

Mrs. B. Baitz

CHEESE BLINIZES

See page 71.

PLETZLACH (Apricot sweets)

1 lb dried apricots
1 lb sugar

1 cup water

Wash apricots well in hot water. Change water and soak for $\frac{1}{2}$ hour. Drain and then put apricots in a pot with a cup of water and cook until soft. Remove apricots from stove and mince. Return apricots to stove and cook with sugar until it jellies. Stir constantly. Remove from stove and spread apricot mixture on a wet pastry board. Let cool and then cut into shapes and roll in castor sugar. Cooking time - approximately $1\frac{1}{2}$ hours.

Mrs. E. M. Greenberg

IMEBRLACH (Carrot sweets)

6 cups grated carrots
 $3\frac{1}{2}$ cups sugar
1 lemon
1 orange

3 teaspoons ginger
1 cup chopped nuts
1 cup sultanas

Grate carrots coarsely. Add sugar and boil. Add grated rinds and juice of orange and lemon. Add ginger, nuts and sultanas and boil until dry-ish. Put mixture on wet pastry board and when set, cut into shapes.

Mrs. E. M. Greenberg.

HOMONTASCHEN

4 cups Gloria flour
1 cup sugar
 $\frac{1}{4}$ lb butter
 $2\frac{1}{2}$ teaspoons dry yeast

2 eggs
1 cup milk
1 teaspoon salt

Dissolve yeast with a little of the flour, sugar and two tablespoons warm water. Warm the milk with the butter. Let cool, and add all other ingredients. Let the dough rise. Roll out thinly and cut into medium-sized squares or triangles, and place filling in the centres. Fold over, pinching edges together and bake in moderate oven (350°) until brown.

Poppy seed filling:

2 cups ground poppy seed
1 cup syrup

1 egg

Boil the poppy seeds for 10 minutes and then wash well several times. Leave in strainer to drain off water. Mince the seeds three or four times, then measure and add syrup and egg.

Mrs. A. J. Mendelsohn.

ALL GOOD RECIPES NEED PURE DAIRY PRODUCTS.

SALES MAINTENANCE & REPAIRS

TO ALL TYPES OF SCALES

& BUTCHERS' EQUIPMENT



NORTHERN RHODESIA
SCALE SERVICES

MONTGOMERY HOUSE
LIVINGSTONE ROAD

TELEPHONE
72225

P.O. BOX 1641
LUSAKA

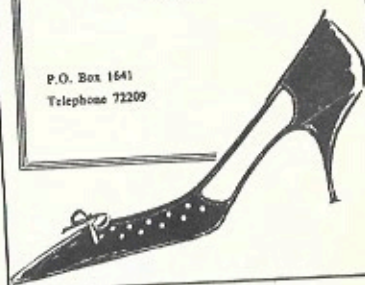
TREDWELL SHOE
SALON LTD.

For
Shoes of
Style and
Value

Queens House
LUSAKA

Cairo Road

P.O. Box 1641
Telephone 72209



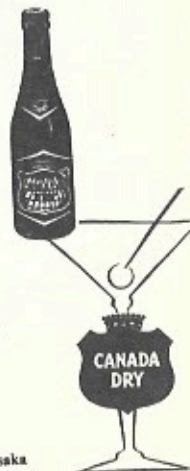
RHO-LAKE QUALITY FISH SUPPLIES LTD.
WHOLESALE & RETAILERS OF QUALITY FISH & SEA FOODS

& distributors of

CANADA DRY

&

PEPSI COLA



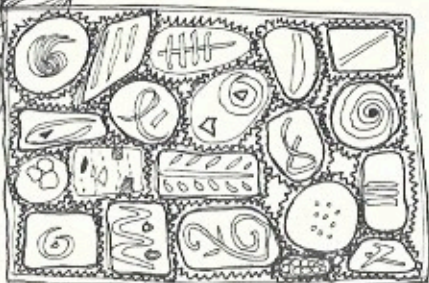
Telephone : 73881

Stanley Road

P.O. Box 1058, Lusaka



Sweets



COCONUT ICE

1½ cups sugar
coconut (about ½ lb.)

¾ cup milk
cochineal.

Boil milk and sugar for 15 minutes. Add enough coconut to make it stiff. Stir altogether over fire. Put half of the contents on a flat buttered dish. Colour the other half with cochineal and put on top of the white. Cut into pieces when cold.

Mrs. L. Dessen.

VERY EASY FUDGE

2/3rds cup milk
2 tablespoons cocoa
1 teaspoon vanilla

1 tablespoon butter
2 cups sugar

Bring milk, butter and sugar to the boil. Add cocoa and cook until sugar is round side of saucepan (approx. 10 minutes). Add about 1 teaspoon vanilla. Beat well and pour into greased dish. When cool, cut into slices.

Mrs. P. Folk.

RUM BALLS.

½ lb. plain chocolate
2 tablespoons cocoa
4 tablespoons cream

2 tablespoons rum
1 tablespoon butter
¼ lb chocolate vermicelli

Warm the chocolate until it melts. Mix all ingredients except chocolate vermicelli together and form into little balls when cool. It is advisable to leave mixture in fridge for a while until hard. Then roll the balls in the chocolate vermicelli.

Mrs. L. Dessen.



The best minerals are
made in Lusaka

by

D.B.'s
Aerated Waters
Ltd

SUPPORT LOCAL INDUSTRY
ASK FOR D.B.'S EVERYWHERE



Pickles and preserves

PICKLED SLICED CUCUMBERS

6 large cucumbers
1 cup vinegar
2 cups water
2 tablespoons salt
2 tablespoons sugar (to taste)

Bay leaves and peppercorns
1 clove garlic (or more if desired)

Put sliced cucumbers and all ingredients into a pot and cook slowly. Do not allow to boil. When cucumbers have changed colour, remove from stove. Allow to cool and then bottle.

Mrs. L. Solomon

PICKLED CUCUMBER

12 medium firm green cucumbers
4 teaspoons salt
4 cups white vinegar
12 teaspoons sugar

8 cups water
8 - 10 Bay leaves
2 teaspoons whole pimento
4 cloves whole garlic

Wash well but do not peel cucumbers. Scrape with fork, slice them thinly. Boil all other ingredients together for 20 minutes and then add more sugar, or water, or vinegar, to taste. When liquid is cool, pour over the cucumbers. Bottle in pickling jar and keep in the refrigerator.

Mrs. V. Galaun.

PICKLED ONIONS

2½ - 3 lb pickling onions
1 tablespoon salt
1 tablespoon sugar
Vinegar (brown) to cover onions.

Put all ingredients in a pickling jar and leave for two or three days.

Mrs. E. M. Greenberg.



LEMON PICKLE

1 lb lemons
½ teaspoon turmeric
2 oz brown sugar

2 teaspoons salt
1 teaspoon chilli powder
1 teaspoon curry powder

Chop the lemons with peel into small pieces, discarding all pips, but retaining juice. Mix with all other ingredients. Put into preserving jar, store in a warm place. Use after one week. Excellent with fish or poultry curries.

Mrs. H. Taube.

BANANA CHUTNEY

12 bananas
1 lb dates
¾ large Granny Smith apples
2 lbs onions
¼ lb crystallized ginger
1 teaspoon allspice

2 teaspoons curry powder
2 tablespoons salt
1 lb treacle
1 pint malt vinegar
½ pint water

Skin and cut bananas into ¼" pieces. Cut dates into strips. Thinly slice apples, onions and crystallized ginger. Place in bowl and add allspice, curry powder, salt and treacle. Cover with vinegar mixed with the water. Mix well together and let stand for about half an hour. Pour into preserving pan and cook very slowly for approximately 1½ hours, until a rich chocolate colour. Bottle and cover while hot.

Mrs. E. Levy.

CASHMERE CHUTNEY

2 lbs green apples
1 lb seedless raisins
1 lb brown sugar
1 oz salt
½ teaspoon cayenne

1 lb dates
4 ozs preserved ginger
½ oz garlic
vinegar

Chop all ingredients. Do not peel apples, but remove cores. Boil apples and garlic in enough vinegar to cover. When soft add other ingredients. Boil for ½ hour, bottle when hot and cover immediately.

Mrs. E. Levy.

CHUTNEY

6 lbs green tomatoes	1 quart malt vinegar
5 large Granny Smith apples	1 teaspoon ground mace
3 lbs brown sugar	4 oz mustard seed
1½ teaspoons white pepper	1 teaspoon cayenne pepper
2 tablespoons salt	2 bay leaves
3 lbs onions	3 cloves

Wash apples and tomatoes, remove cores from apples and cut into pieces. Peel and slice onion, and cook all in vinegar for ¼ hour. Add rest of ingredients and cook again for 1½ hours. Bottle while hot and seal immediately.

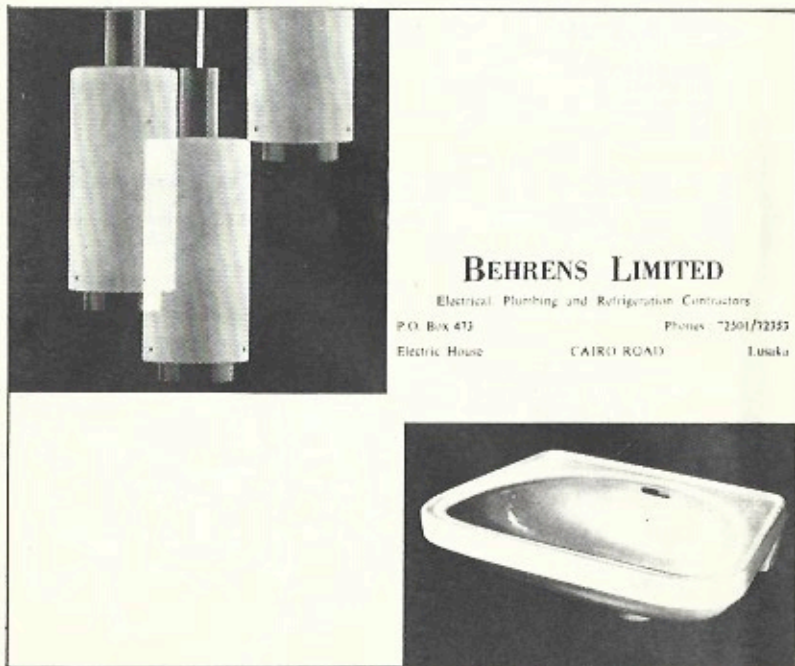
Mrs. E. Levy.

QUICK MARMALADE

6 oranges	4 pints water
2 lemons	3 lbs sugar

Shred rinds coarsely and tie in muslin. Cut fruit and boil for two hours with water and the bag of rind. Remove rind when shreds are tender. Strain pulp through jelly-bag, then add shreds to the extract. Bring to the boil and add sugar and boil until desired thickness, stirring constantly.

Mrs. I. Dor.



BEHRENS LIMITED
Electrical, Plumbing and Refrigeration Contractors
P.O. Box 473 Phone: 72501/72553
Electric House CAIRO ROAD Luxor

beverages

ADVOCAT (Egg Cognac)

6 egg yolks
1 cup brandy
1b icing sugar
tin Ideal milk
1 teaspoon vanilla essence.

Dissolve icing sugar in Brandy. Beat the egg yolks and add the Brandy and other ingredients. Strain through a fine strainer and bottle.

Mrs. H. Dessen.



ORANGE SQUASH

6 dozen oranges
equal quantities of
sugar to juice
3 dozen lemons

Put juice and sugar in a pot to boil but allow sugar to dissolve before it comes to the boil. Boil for 20 minutes. When cold, bottle. Keep refrigerated.

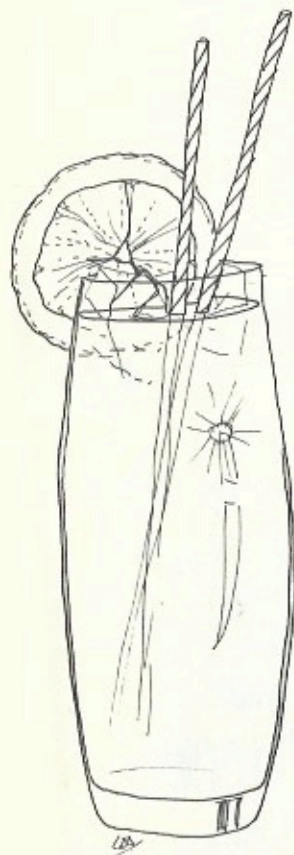
Mrs. L. Heilbronn.

LEMON AND BARLEY SQUASH

8 lemons
8 cups boiling water
8 cups sugar
1 oz tartaric acid
1 oz citric acid
1 oz epsom salts
1 cup barley cooked in 2 cups water

Boil barley in 2 cups water for about 10 minutes. Grate rind of lemons and then squeeze juice from all lemons. Add sugar, acids and strained barley water to this, and then add the boiling water. Cool, strain and bottle. Makes about 5 bottles.

Mrs. E. M. Greenberg.



OLIVINE IS HYGIENIC.

GINGER BEER

1 cake yeast
1 teaspoon Jamaican ginger

3 teacups sugar
6 x 26 oz bottles water

Break yeast into a large bowl and add one teaspoon sugar to melt the yeast. Put remainder of sugar in a large bowl and add three bottles of hot water to melt the sugar. Then add remaining three bottles of cold water. To this, add melted yeast and 1 teaspoon Jamaican ginger. Bottle and put in dark cupboard for twentyfour hours and place in fridge. Shake bottle before pouring.

Mrs. D. Colson.

PLASCON PAINTS

*for Paints of
Every Description*

Depots:

LUSAKA

cnr. Jameson Street/Livingstone Road

Box 1146

Phone 73596

KITWE


Moulders Building, Freetown Road

Box 436

Phone 2451



for
figure
flattering
foundations
and
fashionable
underwear



Loreen's lingerie

central arcade
airno road
lusaka

phone 73800

DAVID SMALL CHEMIST LTD.

for all
pharmaceutical
& veterinary requisites

PO BOX 793

PHONE 72248

rendezvous CAFE RESTAURANT



...we specialise in
fine food and first class
service !

Open from 7 a.m. to
midnight
next to POST OFFICE
tel. 72456



health and beauty

WHOLE MEAL SPICE CAKE

$\frac{1}{2}$ lb butter	2 eggs
$\frac{1}{2}$ cup brown sugar	2 cups Gloria whole meal
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt
1 teaspoon nutmeg	1 teaspoon cinnamon
1 teaspoon cloves	1 teaspoon ginger
1 cup yoghurt or 1 cup milk	

Cream butter with sugar. Add the eggs which must be well beaten. To this, add, well sifted together, whole meal, salt, cinnamon, ginger, nutmeg and cloves and baking powder. Add to creamed mixture (yoghurt or milk) and bake at 350° in flat pan, (mixture approximately $\frac{1}{2}$ " deep) for $\frac{1}{2}$ hour. Dribble water icing over cake when baked, and cut into squares.

Mrs. M. Durbach.

Should anyone wish to obtain yoghurt, they may apply to Mrs. Durbach, telephone number 82339, for a starter culture.

WHOLE MEAL MUFFINS

2 cups Gloria whole meal	$\frac{1}{2}$ lb margarine
2 teaspoons baking powder	2 eggs
salt	$\frac{1}{2}$ pkt. dates
$\frac{1}{2}$ cup coconut	2 tablespoons honey or syrup
milk or yoghurt to mix to dropping constituency.	

Mix all ingredients together, and spoon into muffin pans. Bake in hot oven until well-risen and brown.. Split while hot, and serve well buttered, with or without honey.

Mrs. M. Durbach.



GREEN BEAN SALAD

1 large onion	salt and pepper
2 cups chopped green beans	little water
small tin tomato purée	sunflower oil

Chop onion and fry in hot oil with the green beans, and fry until beans are well done. Add salt, pepper and a little water and simmer for another ten minutes. Lastly, add tomato purée and serve hot as vegetable dish, or cold as a most nourishing salad. This recipe was given to me by a Lebanese friend, who specialises in high protein - low calorie dishes!

Mrs. M. Durbach.

JELLIES ARE BETTER MADE WITH MILK.

BROWN LENTIL SAVOURY

1 cup brown lentils
Sunflower oil
1 large chopped onion
water

$\frac{1}{2}$ cup well washed rice
1 teaspoon salt
pepper to taste

Fry in about 1" of oil, the lentils and chopped onion. When nicely browned, add enough water to cover and simmer until soft, stirring frequently. When almost done, add the rice, salt and pepper. Boil until rice is tender. Serve as hot vegetable, or cold with other salads. (High protein content of lentils makes this a good slimmer!)

Mrs. M. Durbach.



SCOTCH BAKERY
& CONFECTIONERS

FOR FIRST CLASS BREAD

P.O. BOX 42
TELS:- BAKERY 7-2778
SHOP 7-2258

phone 73980 P.O.Box RW.134

REGENT
TYPING
AGENCY

moderate charges
for typing &
duplicating
all work executed
promptly &
efficiently



*It's a
perfect
picture*



We carry the finest range of CAMERAS,
PROJECTORS and ACCESSORIES
in the City!

You will be wise to see our selection
before buying a new model.

Studio Portraits, Child Studies and
Passport Photographs, a Speciality!

For all your photographic requirements,
call on us!

fine ART studios

P.O. BOX 1063
PHONE: 73411
LIVINGSTONE ROAD
LUSAKA
Northern Rhodesia

PHOTOGRAPHERS & PHOTOGRAPHIC DEALERS

... for the most efficient service
rely on the oldest
established launderers
& dry cleaners
in town!



CORNER OF SELOUS STREET AND LIVINGSTONE ROAD
LUSAKA NORTHERN RHODESIA
TELEPHONE
82336



P.O. BOX 194

FURTHER COPIES may be obtained from:

The Lusaka Women's Zionist Society,
P. O. Box 299,
LUSAKA.
NORTHERN RHODESIA

at 7/6d. per book, plus 6d. packing and posting.

We gratefully acknowledge donations received from:

Mrs. B. Schultz	Mrs. B. Baitz
Mrs. L. Hamburger	Mrs. E. Greenberg
Mrs. A. Spreekmeester	Mrs. M. Durbach
Mrs. I. Simon	Mrs. U. Seftel
Mrs. A. Mendelschn	Mrs. E. Levy
Mrs. B. Moss	Mrs. L. Austin
Mrs. L. Solomon	Mrs. M. Kowelsky
Mrs. H. Taube	Mrs. T. Hirschfeld
Mrs. D. Molk	Mr. M. Jeffries
Mrs. F. Hurwitz	



*The right food . . .
A well-fitting suit . . .
Will put you in a good mood!
Buy all your clothes at*

Hepworths
LIMITED

TAILORS AND OUTFITTERS

P.O. BOX 836 TELEPHONE 72546

CAIRO ROAD
LUSAKA



Ladies,

... keep your
children fit and
happy with SPORTS
& HOBBIES from

GERRY'S

North's leading
Sports & Hobbies
Emporium!

Try us first for
expert advice and
service...

Gerry & Co. Ltd.

Phone 72292 P.O. Box 81
Cairo Road Lusaka

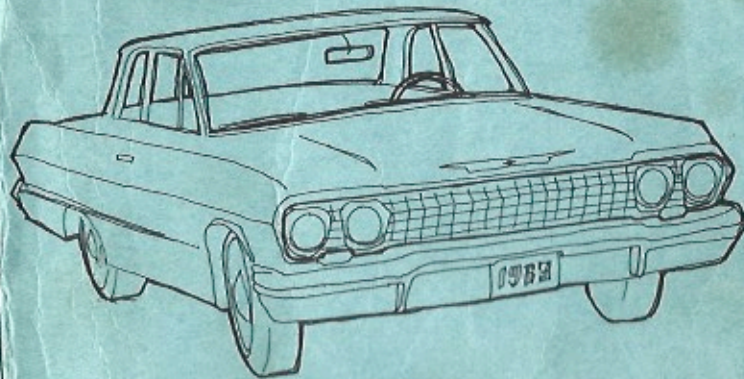


NOTES

MODERN AUTO SERVICES

...the incomparable

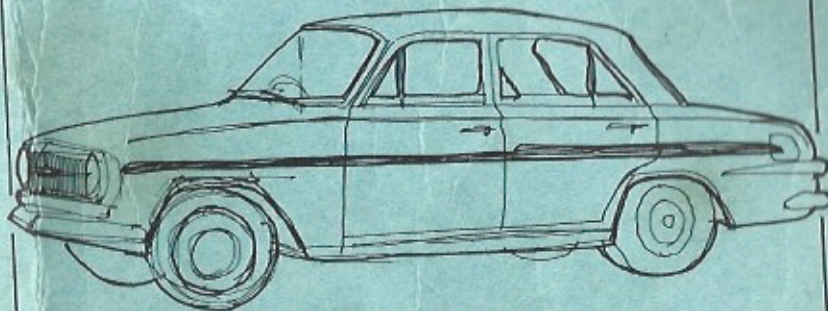
CHEVROLETS



Modern Auto Services Ltd.



DEALERS FOR ALL GENERAL MOTORS PRODUCTS



and VAUXHALLS

P O Box 22

LUSAKA

Tel. 72141-2-3

CURRENCY CONTROL
REGULATIONS

PROBLEM:

My parents, relations, and friends wish to visit Rhodesia. Can I pay for their tickets here?

SOLUTION:

You may purchase as many tickets as you wish, we can arrange the reservations, issue the tickets, and arrange delivery of tickets at no extra cost. Payment for these tickets does not affect your travel allowance.

Cairo Road, Luaka, N.R.
Telephone 73697/3



33 Haymarket, London S.W.1.
Telephone Tra-2040

PUBLICITY PRINT SERVICES, LIMITED