

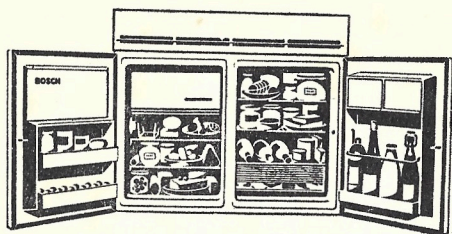
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**cook book**



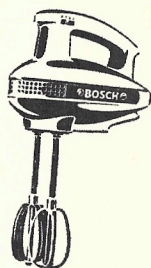
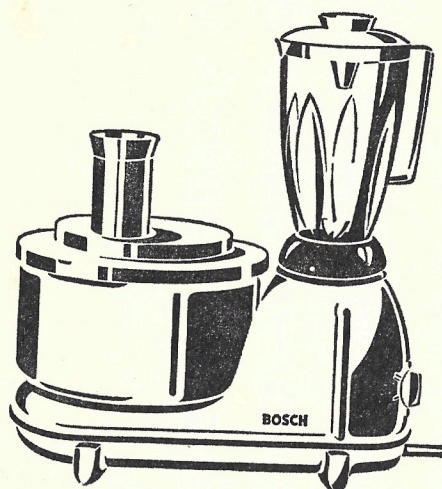
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## Foreword

It is with great pleasure that I  
present "Le Gourmet".

I would like to thank all the ladies  
who gave recipes, our sponsors, and the  
firms that have bought advertising space.

May you have many culinary suc-  
cesses using the tried and tested recipes  
in this book.

Inge Wiesenbacher

Functions Convenor, Hanah Senesh Branch of  
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## Hors D'Oeuvres

### STUFFED EGGS.

Force 6 hard boiled egg yolks through a fine sieve with 2 tablespoons cream cheese, a bit of anchovy paste the size of a marble, and mayonnaise to make a firm paste, sprinkle with **Robertson's** paprika and cinnamon.

Saute Chicken livers, mash, season highly and cool. Fill the egg whites and flavour with mustard flavoured mayonnaise.

Stuff pitted black olives with creamed Roquefort or Blue Cheese. Put an olive in each egg white and fill in with chopped Pimento. Cover the rim of the egg with butter coloured with chopped parsley and dust with paprika. Stud generously with toasted almond slivers.

**Stuffed Peppers.** Cut a slice from the top of 6 green or red peppers and remove the seeds. Stuff each pepper with a mixture made by combining 3 cups bread crumbs with 6 washed and chopped anchovy fillets,  $\frac{1}{2}$  cup chopped stoned ripe olives and 2 tablespoons chopped capers. Place the peppers in an oiled baking pan. Pour 1 tablespoon olive oil on each and bake in a moderate oven 350 deg. for 35/40 minutes. Serve hot or cold as an hors d'oeuvre.

**Egg Plant Caviare.** Boil a whole unpeeled Egg Plant until tender. Cool and peel and chop finely. Add 1 onion finely minced, 1 clove of garlic mashed, 1 tomato chopped and drained, 1 teaspoon sugar, 2 tablespoons vinegar, 3 tablespoons olive oil and salt and pepper to taste. Serve on crisp lettuce or spread on thin slices of Rye bread or crisp white toast rounds.

**Avocados with Dressing.** Cut in half 6 well chilled, ripe avocados and remove the stones. Fill with Russian Dressing, cottage cheese, French Dressing and serve on shredded lettuce.

**Avocado Salad.** Mash the meat of 3 avocado pears and mix it with 1 large peeled tomato, and 1 chilli pepper both finely chopped and 1 sweet pepper finely minced. 1 teaspoon chilli powder may be substituted for the chilli pepper. Mix thoroughly with well seasoned french dressing and serve on crisp lettuce.

**Sardine Dip.** Blend  $\frac{1}{2}$  lb. cream cheese well with 3 tablespoons lime juice. Add 2 tins of filleted sardines mashed with their own olive oil, 3 tablespoons finely cut chives and  $\frac{1}{2}$  cup of chopped parsley add salt to taste and thin with cream to dipping consistency and beat well.

**Chinook Dunking Bowl.** Mix 2 cups sour cream, a 6 oz. jar of red caviare and 1 tablespoon grated onion. Season to taste serve with water biscuits or potato chips for spreading or dunking.

## Soups

### CREAM OF POTATO SOUP

6 large potatoes	Salt and pepper
1 large onion	Cream
2 cubes chicken bouillon	

Boil potatoes and when done, puree in an electric mixer or mash very fine. Add to water in which potatoes were cooked, sufficient milk to make up 2 pints liquid. Heat and dissolve the 2 bouillon cubes.

Fry onion (chopped) in butter.

Add to liquid. Mix in creamed or pureed potatoes. Keep hot in top of double boiler and just before serving add 2 tablespoons thick cream.

*Mrs. E. Grainger.*

### TOMATO SOUP.

2 to 3 lbs. very ripe tomatoes	$\frac{1}{2}$ tablespoons <b>Gloria</b> flour
$1\frac{1}{2}$ pints milk	Seasoning to taste.
$1\frac{1}{2}$ tablespoons butter	

Skin tomatoes by scalding them with boiling water. Place tomatoes in a pot and simmer till pulpy. Put through sieve and return to pot. Add sugar, salt and pepper to taste. Set aside.

Melt butter in saucepan — remove from stove and stir in flour. Return to stove and add milk gradually, stirring all the time, until mixture is consistency of thin custard. Combine with tomato pulp and place in double boiler. Heat when required.

*Mrs. V. Michaelson.*

### VEGETABLE MILK SOUP.

Mince some turnips, carrots, potatoes, parsnips, small piece of cauliflower and one tomato; boil slowly in water until vegetables are tender. Add milk, 2 tablespoons vermicelli, salt and pepper, 1 heaped teaspoon sugar and a small lump of butter and serve hot.

### SWEET & SOUR CABBAGE SOUP — ("Flashik").

2 lb. Head of Cabbage	Brisket Bones
1 teaspoon <b>Robertson's</b> paprika	1 large Onion
3 tablespoons sugar	1 sliced Tomato
3 Teaspoon Salts of Lemon	1 Teaspoon Salt
$\frac{2}{3}$ Cups Water	2 Teaspoons Flour

Place Bones, sliced onion and shredded cabbage in pot and cook until slightly brown. Add tomatoes, paprika, salt, sugar, salts of lemon and flour. Stir and cook until all are thoroughly blended about 5 minutes. Add water, mix, cover pot and cook over low heat for about 20 minutes. Taste and add further seasoning to taste. Serve Hot.

### FRUIT SOUP.

Boil 2 lbs. carefully washed plums to a pulp in 1 pint water. Cool slightly. Stir in the well beaten yolk of 1 egg and sugar to taste. Mix through a sieve and chill before serving. A little lemon juice may be added to bring out the full flavour.

*This page sponsored by Mrs. M. Appel*



### SOUR SOUP (For PURIM).

Simmer 1 lb. soup meat and bones in 1 quart water until tender. Strain and add 2 leeks cut fine, 1 cup strained tomato, a few flowerets of cauliflower, 2 tablespoons of sugar, 1 pinch salts of lemon and  $\frac{1}{2}$  teaspoon salt. Cook until the vegetables are tender. Beat 2 egg yolks with  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  cup cold water until well blended. Pour the hot soup over this and serve immediately.

### EASY BEETROOT SOUP.

Peel and grate three to four medium sized raw beets. Boil about one pint of water with  $\frac{1}{2}$  teaspoon salt. When boiling add grated beets and boil again for 3 to 4 minutes only. (If boiled too long it loses its colour). Strain well, if desired. When cool add:— 2 egg yolks well beaten with 2 dessertspoons sugar then add milk to make  $\frac{1}{2}$  cup. Add the juice of two lemons. (Sugar and lemon juice may be added to taste). Serve with cream and boiled potatoes. About  $\frac{1}{2}$  teaspoon Tartaric acid may be used instead of lemon juice.

*Mrs. Selma Friedlander.*

### MEAT BORSCHT.

Put large beets to boil with soup meat and bones, when beets are soft, grate and put back into original water, with the soupmeat and bones. Add sugar, salt and enough lemon juice to make it piquant.

Prepare mincemeat with a little oil, very little chopped onion, tomato and a little parsley, salt and pepper — roll into little balls and add to boiling soup for about a  $\frac{1}{2}$  hour.

Remove soup from fire and take either 1 or 2 egg yolks (depending on amount of soup), beat well with a little water and sugar and then add this mixture to the soup a little at a time, stirring well to prevent curdling.

Bring to the boil just once before serving. Serve with small boiled potatoes.

*Mrs. Esther Bernstein.*

### CABBAGE BORSCHT.

2 lb. brisket	2 teaspoons salt
Beef bones	$\frac{1}{2}$ teaspoon pepper
2 quarts water	$\frac{1}{4}$ cup lemon juice
2 onions diced	2 tablespoons seedless raisins
3 cups canned tomatoes	3 tablespoons seedless raisins
3 lb. cabbage shredded	

Combine brisket, bones and water. Bring to the boil. Skim, add onions and tomatoes. Cover and cook over low heat for 1 hour. Add cabbage, salt and pepper. Cook for 1 hour. Stir in lemon juice, sugar and raisins. Cook 20 mins. Taste to correct seasoning if necessary. Serve with meat or garnish.

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## Soup Accompaniments

### KREPLACH.

2 egg yolks and 1 white  
 $\frac{1}{4}$  cup Gloria flour

Pinch of salt.

Whisk eggs very well; add salt and flour to form a soft dough. Roll out very thinly; cut into  $2\frac{1}{2}$ " squares.

Make filling as follows:— Mince any left-over cooked chicken, veal or soup meat together with a small carrot. Add salt and pepper; mix. Place some of the mixture into each square of dough, fold over, press well together. Place in soup and boil for 20 - 30 minutes.

*Mrs. Ilana King.*

### KREPLACH.

Boil about 1 lb. soup meat (any other meat will do) mince with  $\frac{1}{2}$  onion. Add one raw egg, 1 teaspoon salt, a pinch of Robertson's pepper, a pinch of Robertson's cinnamon, 1 tablespoon fat — preferably chicken fat. Mix all well.

**Dough:**— beat up 3 eggs well with  $\frac{1}{2}$  egg shell water. Sift 2 cups Gloria flour and add the egg mixture gradually. Make a firm dough. Knead dough with a little flour. Roll on a floured board. **Caution.** Do not use too much flour, because if the dough sets dry the kreplach do not close. Roll dough out thinly and cut into squares  $1" \times 1"$  place a little of the meat mixture on each square and fold into triangular shapes. Boil in soup for  $\frac{1}{2}$  hour.

*Mrs. Janie Abrahamson.*

### KREPLACH.

Mince meat with a small onion, salt and pepper to taste and add 1 egg. **Dough.** 2 eggs.

Fold in flour until dough no longer sticky and knead well. Roll out thin. Cut into strips about  $1\frac{1}{2}"$  wide. Cut again into squares. Place meat on a square and fold into triangular shape and press sides together well. Place Kreplach into a pot of boiling salt water. Boil 5 - 8 minutes. Place into strainer and pour cold water over Kreplach. Place Kreplach in soup 1 hour before eating and simmer slowly.

*Mrs. Pearl Kaplan.*

### MATZO BALLS FOR SOUP.

2 whole eggs  
2 tablespoons chicken fat  
5 tablespoons cold water

Salt and peper  
Sugar and cinnamon.  
 $1\frac{1}{4}$  cups Matzo meal.

Mix eggs, fat, water, salt, pepper, sugar and cinnamon to taste, with an egg beater. Add Matzo meal and beat again. Stand mixture for an hour and then form into small balls and put in boiling soup.

*Mrs. Inge Wiesenbacher.*

### LOCKSHEN.

1 egg  
 $\frac{1}{2}$  egg shell of water

2 tablespoons Gloria flour

Mix flour with egg and add water. Knead well on floured board and roll until paper thin. Roll up dough and shred very finely. Dry and use as needed.

*This page sponsored by Mrs. M. Appel*



## MANDELACH (for Soup)


- |                             |  |
|-----------------------------|--|
| 2 eggs                      | $\frac{1}{2}$ teaspoon Royal baking Powder |
| $\frac{1}{4}$ teaspoon salt | chicken fat                                |
| 1 cup Gloria flour          |  |

Beat eggs and salt, add flour; a little more may be required to form a firm dough. Add baking powder. Roll out  $\frac{1}{4}$ " thick and cut in small shapes. Fry in hot chicken fat and keep turning them until golden brown. Drain; keep hot in uncovered casserole. Serve with clear soup.

## SOUP MONDELIN.

- |                    |                              |
|--------------------|------------------------------|
| 1 cup Gloria flour | $\frac{1}{4}$ cup cold water |
| 1 egg              | pinch of salt                |

Beat egg, add pinch of salt and flour. Blend together. Add water a little at a time. Knead into a dough, cut out with a thimble and drop into deep fat to fry for a few seconds until brown. Drop into soup which has just come to the boil, just before serving.



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## Fish

### DANISH HERRING.

- |                           |   |
|---------------------------|---|
| 6 herrings                | 1 cup chopped Granny Smith apple          |
| 1 cup sugar               | 1 cup chopped onion                       |
| $\frac{1}{2}$ teacup oil. | 1 teaspoon mustard                        |
| 1 cup malt vinegar        | $\frac{1}{2}$ teaspoon Robertson's pepper |
| 1 cup tomato puree        |   |

Soak herrings for 16 hours, then fillet. Mix together all ingredients except herrings. Cut herrings into small strips, and cover with mixture. *Mrs. Denise Posner.*

### PINEAPPLE HERRING.

- |                              |                                    |
|------------------------------|------------------------------------|
| 6 large herrings             | 1 teaspoon prepared mustard        |
| 1 large tin pineapple chunks | 1 onion thinly sliced              |
| 2 teaspoons sugar            | 1-1 $\frac{1}{2}$ cups mayonnaise. |

Soak herrings overnight in cold water, then fillet. Place a chunk of pineapple in each fillet, and roll up, securing with a toothpick. Place alternate layers of remaining pineapple, onion, and rollmops in a deep casserole dish. Cover with the following sauce, and leave overnight.

**Sauce:**—blend sugar, and mustard together with pineapple juice and and mayonnaise.

*Mrs. Irma Langberg.*

### MUSTARD HERRING.

- |            |                        |
|------------|------------------------|
| 6 herrings | 4 onions thinly sliced |
|------------|------------------------|

Soak herrings for 24 hours, fillet and cut into slices, place in a serving dish. **Sauce:**—Boil  $\frac{1}{2}$  cup vinegar with  $\frac{1}{4}$  cup sugar, 8 Robertson's peppercorns and a few Robertson's bay leaves. Allow to cool. Beat up two eggs with  $\frac{1}{4}$  cup sugar and 1 teaspoon mustard powder. Add egg mixture to the vinegar mixture, and return to stove, stir until it thickens. When still hot pour over onions. When cold pour entire mixture over herrings. Store in fridge for a few days before serving.

*Mrs. H. S. Abrahamson.*

### CHOPPED HERRING.

- |                            |                     |
|----------------------------|---------------------|
| 3 salt herrings            | Marie biscuits      |
| 1 onion                    | vinegar             |
| 1 apple (peeled and cored) | 2 tablespoons sugar |
| 2 hard boiled eggs         |                     |

Cover the herrings with water, soak overnight. Fillet herrings, and remove the skin. Mince together herrings, onion, apple, and hard boiled egg. Add Marie biscuits (mince into mixture until medium firm consistency). Add sugar and vinegar to taste. Garnish with hard boiled egg that has been grated, and parsley.

*Mrs. Jacquie Adelsky.*

### HERRING SALAD (German).

- |                     |                                |
|---------------------|--------------------------------|
| 6 salt herrings     | walnuts                        |
| 1 large onion       | $\frac{1}{2}$ pint thick cream |
| 3 sweet apples      | vinegar                        |
| 4 pickled cucumbers | sugar                          |

Fillet herrings and soak for a couple of hours. Cut into slices and add chopped onions, chopped apples, chopped cucumbers, a little vinegar, a few teaspoons sugar and cream to taste. Serve cold. Before serving add a handful of chopped walnuts. This can be kept in refrigerator for at least a week if necessary. Delicious served with new potatoes cooked in their jackets or on their own.

*Mr. Inge Wiesenbacher*

*This page sponsored by Prince's Cafe, Belvedere*



## GEFILTE FISH

- |                  |                              |
|------------------|------------------------------|
| 1 lb. stock fish | 2 sticks celery              |
| 1 lb. Kabeljou   | 1 tablespoon chopped parsley |
| 2 eggs           | 1½ pts. water                |
| 2 onions         | fresh breadcrumbs            |
| 2 large carrots  | salt and pepper              |

Remove the skin and bones from the fish and put them in a saucepan with one onion that has been sliced, the celery, and one sliced carrot. Pour over the water and season with the salt and pepper cover and simmer gently for ½ hour, then strain. Put the fish, onion, and carrot through the mincing machine, add the parsley and beaten eggs to the minced fish, with sufficient breadcrumbs to bind, season with salt and pepper. With floured hands roll the fish mixture into balls, add the balls to the fish stock and simmer gently for one hour. Lift the fish onto serving dish, place a slice of carrot on top of each ball, spoon over a little of the fish stock and serve either hot or cold.

*Mrs. B. Cowan.*

## GEFILTE FISH.

- |   |  |
|---|--|
| 3 lb. fish (Stock, Silver and Kabeljou) | or breadcrumbs                           |
| 1 onion (or more if preferred)          | 1 tablespoon oil                         |
| 2 eggs                                  | 1 teaspoon sugar                         |
| 3 carrots                               | parsley, salt, <b>Robertson's</b> pepper |
| ½ tablespoon Matzo Meal                 |  |

Mince fish with onion, 1 carrot and parsley. Add salt, **Robertson's** pepper and sugar. Beat eggs and oil very well and add to fish. Boil fish bones and skin in water with a little cut up onion, sliced carrots, salt and **Robertson's** pepper. When stock is strong put fish balls in and cook for about two hours. (Stock should nearly cover the fish).

*Mrs. Hilda Cohen.*

## SOLE CASSEROLE.

Place a few pats of butter on the bottom of a Pyrex dish, approx. 12" x 7" x 3" and line it with the thinnest of thinly sliced onion. Roll the fillets of two or more soles, and place in the dish close together, sprinkle with salt and **Robertson's** pepper then cover top with thinly sliced tomatoes and a handful of greenpeas. Add a small tin of asparagus tips and then saturate the dish EITHER with milk OR a tin of asparagus soup. Bake in a moderate oven for half an hour (cover dish with lid) Delicious!

*Mrs. Chummy Pitch.*

## FISH SALAD.

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1½ lb. cooked and flaked fish | chopped green peppers              |
| 1½ lemons                     | mayonaise                          |
| chopped olives                | salt and <b>Robertson's</b> pepper |

Place fish in lemon juice and leave to stand for half an hour. Add the rest of the ingredients and serve cold.

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## BAKED FISH.

- |                                |                      |
|--------------------------------|----------------------|
| 1 lb. hake (or any other fish) | 1 tablespoon vinegar |
| 2 skinned tomatoes             | 1 tablespoon water   |
| 1 large onion thinly sliced    | grated cheese        |
| tinned mushrooms (optional)    | pat of butter        |

Place fish in casserole sprinkle with salt and pepper, add vinegar and water, top with onions, mushrooms, sliced tomatoes, grated cheese and pats of butter — in that order. Cover with tinfoil, bake for one hour in 350-400 oven. Serves two.

*Mrs. Sonia Levy.*

## HADDOCK SAVOURY.

- |                |        |
|----------------|--------|
| 1½ lb. haddock | butter |
| 2 - 3 onions   | milk   |
| 6 tomatoes     | cream  |

Slice onions and brown in butter, put haddock in water, and bring to the boil (to remove excess salt). Remove from water and dry on board. Fry in butter, add browned onions, then tomatoes (which have been chopped). Add a little milk. Allow to simmer until tomatoes are quite melted in liquid. Add one tablespoon cream. Allow to simmer another minute or two. Serve with mashed potatoes.

*Mrs. Cynthia Marks.*

## CURRIED FISH.

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 2 lb. fish                            | 4 onions                      |
| 3 teaspoons <b>Rajah</b> curry powder | 4 teaspoons sugar             |
| 1 teaspoon <b>Gloria</b> flour        | <b>Robertson's</b> bay leaves |
| 2 cups vinegar                        | <b>Robertson's</b> pepper     |
|                                       | Salt                          |

Fry the fish in usual manner.

Curry sauce:— boil onions in a little water, add vinegar and sugar and bring to the boil again. Mix the curry powder with a little water, add this to the boiled mixture, add the spice and bay leaves. Allow to boil then pour over fish. Set aside to cool.

*Mrs. Shirley Cowan.*

## POACHED SOLE.

- |                               |                           |
|-------------------------------|---------------------------|
| 2 lb. fillets of sole         | ½ cup dry white wine.     |
| 3 tablespoons butter          | salt                      |
| 3 tablespoons chopped parsley | <b>Robertson's</b> pepper |
| 1 tablespoon chopped onion    | breadcrumbs               |

Mix 1½ tablespoons butter, 1½ tablespoons parsley, and ½ tablespoon chopped onion, and place in pyrex dish. Arrange sole on top and season to taste. Cover with remaining butter, parsley and onion. Pour over the wine cover with breadcrumbs and pats of butter. Bake for ½ an hour in 350 oven.

## STEWED FISH WITH TOMATO.

- |  |                       |
|--|-----------------------|
| Fish unfileted (stock, hake or any similar fish is suitable)   | 2 medium tomatoes     |
| (amount of fish depends on how many servings are required. 1 lb. makes about 5 pieces x ½ inch thick). | juice of half a lemon |
|  | chopped parsley       |
|  | ½-¾ cup water         |
|  | salt                  |

Clean fish and cut into rounds with bone in the centre. Fry tomato in a little oil in a saucepan until golden. Place pieces of fish which have been seasoned on top of tomato, then add water and lemon juice and parsley. Allow to simmer for approximately 20 minutes until fish is tender.

*Mrs. Illana King.*

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## MUSHROOM AND TUNA RICE.

- |                             |                              |
|-----------------------------|------------------------------|
| 6 oz. rice                  | 2 chopped hardboiled eggs    |
| water                       | chopped chive (optional)     |
| a knob of butter            | 1 can cream of mushroom sou; |
| large can of tuna or salmon | 2 tablespoons water          |
| 3 skinned tomatoes          |                              |

Boil rice in boiling water until tender. Drain. Butter a pie dish and place half the rice on the base. Flake fish, arrange on top; cover with sliced tomato and chopped egg (reserving a little for decoration). Cover this mixture with the remaining rice and a little chopped chive. Heat the soup with two tablespoons water, pour over rice mixture. Dot well with butter. Place in 350 degree oven for about 20 minutes, or till heated through.

*Mrs. Sonia Levy.*

## FISH WITH MUSHROOMS.

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 4 fish fillets                    | finely chopped                      |
| 2 tablespoons butter              | $\frac{1}{2}$ cup mushrooms, sliced |
| 1 tablespoon finely chopped onion | 1 tablespoon chopped parsley        |
| 2 tomatoes, skinned and           | 2 tablespoons breadcrumbs           |
|                                   | 1 glass hot sherry                  |

Grease baking dish thickly with butter. Arrange fish on butter. Season to taste. Combine onion, tomato, mushrooms, parsley and breadcrumbs and sprinkle over fish. Pour sherry over. Cover with greaseproof paper and bake in moderate oven, 350 F. for 15 - 20 minutes.

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## SALMON PIE.

Make a puff pastry and roll out and line a dish.

Mixture:—

Take two small tins of salmon and mix with mayonnaise and a little vinegar. Whip two eggs and add 1 cup of milk. Then add a little grated cheese. Put salmon in flat pyrex dish and pour over it the cheese and egg mixture. Bake in 350 oven until done.

*Mrs. Golda Meyers.*

## SALMON BLINTZES.

Blintzes:

- |                    |                                |
|--------------------|--------------------------------|
| 1 cup Gloria flour | 1 teaspoon Royal baking powder |
| 2 eggs             |                                |
| 1 cup water        |                                |

Beat eggs well add salt and water then stir in slowly the sifted flour and Royal Baking Powder to make a smooth batter. Pour a couple of spoonfuls of batter on to a heated and greased frying pan, tipping pan on all sides to cover bottom of pan with thin layer of batter. Fry on one side only until pancake blisters and tip out on to clean cloth with uncooked side down. The secret of good Blintzes is to make pancakes as thin as possible.

Salmon Blintzes:— Prepare pancakes for Blintzes.

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 tin red salmon               | salt and Robertson's pepper |
| 1 small onion grated           | to taste                    |
| 1 dessertspoon chopped parsley | 1 egg                       |
| 1 large mashed potato          |                             |

Drain liquid off salmon and flake. Mix together the rest of the ingredients. Add slightly beaten egg. Mix well. Place a spoonful in each pancake and fold dough over filling. Arrange blintzes in buttered baking dish, cover with cream and grated cheese and bake in 300 degrees oven for about 20 minutes until cheese melts.

*Mrs. Lilian Lomofsky*

## SALMON PANCAKES.

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 tin salmon ( $\frac{1}{2}$ lb.)   | cucumbers (grated)               |
| 3 scraped olives (chopped)          | $\frac{1}{2}$ onion chopped fine |
| stuffed if liked)                   | 1 hard boiled egg chopped fine   |
| $1\frac{1}{2}$ medium sized pickled |                                  |

Mix all ingredients, add salt and pepper to taste, bind mixture with a little mayonnaise.

## CREPES. ( $5\frac{1}{2}$ " in diameter).

Break 5 eggs in a bowl, beat for one minute, add  $1\frac{1}{2}$  cups milk,  $1\frac{1}{2}$  cups water,  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons salt and 1 teaspoon sugar. Beat till smooth. Stand for an hour before frying. (Each pancake needs about 5 tablespoons batter).

Fill pancakes with fish mixture, place in ovenproof dish, cover with thick sour cream, bake for  $\frac{1}{2}$  an hour in 300-350 oven.

Add a little more cream before serving.

*Mrs. M. Maisels.*

## QUICK AND EASY SALMON DISH.

- |  |                                 |
|--|---------------------------------|
| 1 tin salmon                           | 1 small pkt. potato crisps      |
| 1 tin Condensed cream of mushroom soup | small quantity of fancy noodles |

Grease pyrex dish and then line with noodles which have been boiled in salt water until soft. Mash salmon removing bones and leaving a little juice so that it is not too dry. Cover noodles with salmon, then add mushroom soup which must be thick, though may be diluted with a little milk. Crush potato crisps and sprinkle on top. Bake in moderate oven until top is light brown. This quantity makes a medium sized dish, so if more is required, double up on the quantities. The dish can also be made in individual dishes and served as an entree.

*Mrs. Rita Kaplan.*



### SALMON SOUFFLE.

1 tablespoon butter  
½ cup hot milk  
grated onion  
2 eggs

1 heaped tablespoon Gloria  
flour  
1 tin salmon  
salt and pepper

Make a white sauce by melting the butter and adding 1 heaped tablespoon flour, mix well on stove and add half cup of hot milk. Stir carefully till it forms a smooth paste. Mix well with salmon, grated onion, salt and pepper, and egg yolks. Fold in egg whites (stiffly beaten). Pour into large greased dish and bake in 400 degree oven till set.

*Mrs. Denise Posner.*

### SAVOURY FISH PIE.

1 lb. haddock  
2 sliced tomatoes  
1 lb. mashed potato (roughly)  
1 tablespoon chopped parsley

½ pint thick white sauce made  
with ½ pint milk, water and  
2 oz. margarine,  
½ teaspoon salt

Soak haddock for an hour to remove salt and then boil for about 15 minutes. Drain, let cool and flake fish, removing all skin and bones. Make white sauce and when ready add the tablespoon parsley and stir, keeping the sauce hot but do not allow to cook further.

Take a pyrex dish. Mix the flaked haddock and the white sauce and spoon the mashed potato on top. The mashed potato should be made creamy with hot milk. Place sliced tomatoes on top and put under hot grill to brown.

*Mrs. Sarah Mayo.*

### FISH CAKES.

2 cups flaked cooked fish  
2 teaspoons minced onion  
2 teaspoons lemon juice  
1 egg slightly beaten  
1 cup cold mashed potatoes

2 tablespoons Gloria flour  
salt and Robertson's pepper  
to taste  
a little butter or oil

Combine fish with all the ingredients. Roll in the flour and fry in the butter or oil.

*Mrs. Hilda Cohen.*

### LEMON FISH.

1½ lb. fish  
2 lemons  
2 egg yolks  
1 onion

1 pinch salt  
1 pinch Robertson's pepper  
1 teaspoon sugar

Cut up fish into serving pieces and boil in water with onion. When fish is nearly done, add beaten egg yolks with juice of one lemon, boil for a few minutes, then squeeze second lemon, add to sugar and add this liquid to the fish. Boil for 3 minutes and cool. Serve cold.

*Mrs. Illana King.*

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### SOLE OR KINGCLIP INDIENNE.

5 fillets of sole or  
5 portions kingclip (fillets)  
1 ripe sweetmelon or

4 mangoes  
1 lettuce  
a few black olives

#### Curry Cream Dressing

1 teaspoon curry powder  
1 medium onion finely  
chopped

1 bottle tomato cocktail  
or 1 cup juice

#### Mayonnaise

½ pint oil  
2 egg yolks

1 tablespoon vinegar  
salt and pepper

First, make up the mayonnaise by creaming the egg yolks and seasoning and, to begin with, dripping in the oil. Set aside when thick.

Fry the onion in 2 tablespoons oil until soft. Add the curry powder. Cook for 5 minutes. Add the tomato juice and bring to the boil. Sieve and allow to get quite cold. Add the mixture to the mayonnaise and season.

Poach the fish in 1 cup water, 1 teaspoon vinegar and 1 slice onion, for 20 minutes — 350 deg. Drain and when quite cold use.

Arrange the lettuce leaves on a serving dish. Peel and slice the sweetmelon into rings. Place one ring on each leaf, then the portions of cold fish and finally spoon over the curry cream dressing. Garnish with olives.

### CORDON BLEU DISHES.

#### "CORDON BLEU"

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### SOLE AMANDINE.

2 lb. fillets of sole  
½ teaspoon Robertson's  
paprika  
2 tablespoons oil  
2 tablespoons lemon juice  
½ cup almonds

½ cup Gloria flour  
1½ teaspoons salt  
½ cup butter  
½ teaspoon tabasco sauce  
parsley

Mix flour, paprika and salt and coat fish with this mixture. Arrange rolled fillets closely together in a greased pyrex dish, brush fillets with oil. Grill for about 6-8 minutes then cover with the following sauce:— melt butter, add lemon juice, and tobasco sauce. Sprinkle with toasted almonds and chopped parsley.

### SOLES BONNE FEMME.

Filletted sole  
1 tablespoon butter  
2 tablespoons Gloria flour  
1 pt. milk and fish stock  
2 tablespoons capers

breadcrumbs  
butter  
salt  
Robertson's pepper

Place fillets in greased baking dish. Sprinkle with lemon juice and salt and put into a 350 oven for 5 minutes only. Remove from oven and cover with the following sauce:—

Melt butter, stir in flour till smooth. Add milk and fish stock very slowly, season, flavour with capers. Pour this sauce over fish. Sprinkle breadcrumbs on top, with butter. Bake for approximately 20 minutes in 350 oven.

### FISH PIE WITH CHEESE SAUCE.

2-3 lb. skinned filleted fish  
1 tin asparagus  
1 cup grated cheese

¾ pint milk  
2 teaspoons Gloria flour

Boil fish in salt water until tender. Boil milk, cheese, flour, salt and pepper, stirring all the time to form a sauce. Place cooked fish in a Pyrex dish, put asparagus on top and then pour sauce over. Bake in 375 degree oven for approximately 20 minutes. Serve hot.

*Mrs. Illana King.*

*This page sponsored by Mrs. Joyce Lasovsky*



### MOCK CRAYFISH.

Bring to the boil 2 lb. Kingklip or Hake. Remove bones and skin, chill. Flake the cover with the following sauce:—

- |                           |                         |
|---------------------------|-------------------------|
| ½ cup cream (optional)    | 1 small grated onion    |
| 1 cup mayonaise           | salt                    |
| ½ cup tomato sauce        | Robertson's pepper      |
| ½ teaspoon worcestershire | 1 teaspoon dry mustard  |
| sauce                     | 3-4 drops tobasco sauce |

Mix all ingredients together, pour over fish and serve on shredded lettuce in individual glasses. Serves 4.

*Mrs. Sonia Levy.*

### MOCK CRAYFISH.

Boil 3 lbs. Cape Salmon with onion and little water until fairly soft. When cold, skin and flake.

Dressing:—

- ½ cup Mayonnaise, 1 teaspoon Worcestershire Sauce (or more)  
½ cup Tomato Sauce, ½ teaspoon Robertson's Paprika, dash of Robertson's Pepper.

Pour dressing over fish and put it in Frigidaire for a day.

*Mrs. Golda Meyers.*

### FILLETS OF FISH BAKED IN MILK.

- |                                |                         |
|--------------------------------|-------------------------|
| 1 lb. fish fillets             | ½ cup grated cheese     |
| 1 small onion sliced           | small piece Robertson's |
| 1 teaspoon finely chopped pars | bay leaf                |
| 1½ cups milk                   | 1 Robertson's clove     |
| 2 beaten egg yolks             |                         |
| 2 teaspoons soft butter or     |                         |
| margarine                      |                         |

Season fish with salt and pepper and put in greased baking dish. Sprinkle with parsley, onion, bay leaf and clove. Pour milk over and bake in moderate oven (350 F) for about 15 minutes. Drain liquor from fish. Pour onto egg yolks beating constantly, and stir in butter. Pour sauce over fish. Sprinkle cheese over and return to moderate oven (350 F) until cheese has browned and sauce thickened. Do not allow sauce to boil.

### PICKLED FISH.

3 onions sliced — pour over boiling water and remove water when cold. 2 cups vinegar and 2 cups water — boil. Add heaped tablespoon Rajah curry mixed to paste with cold water. Pour boiled vinegar and water on top of curry paste, replace on stove and add bayleaves, peppercorns, sliced banana, sliced apple, tablespoon chutney, sugar to taste, boil for 2/3 minutes. In jar put slices onion, fish, onion, fish and finally liquid seal in frig.

*Mrs. Sadie Bloom*

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### LEMON JELLY FISH.

- |                                |                           |
|--------------------------------|---------------------------|
| 8 slices fish                  | 2 Robertson's peppercorns |
| 1 dessertspoon vinegar essence | ½ pkt. lemon jelly        |
| 1 Robertson's bay leaf         | 2 dessertspoons sugar     |
| 2 onions                       |                           |

Wash and salt fish. Allow to stand for a few hours. Boil enough water to cover fish together with one whole onion. Place fish, essence and sugar in boiling water and boil for ½ an hour. Add bay leaf, peppercorns, and jelly and boil another 5 minutes. Put into glass dish with a slice of onion over each piece of fish. Strain gravy over fish. Allow to cool then add two egg yolks and set in refrigerator.

*Mrs. Pauline Greenblatt.*

### PARSLEY FISH FILLETS.

- |                           |                              |
|---------------------------|------------------------------|
| 1½ lb. fish fillets       | ½ cup finely chopped parsley |
| 4 tablespoons butter      | ½ teaspoon Robertson's       |
| rind and juice of 1 lemon | pepper.                      |
| dash Robertson's cayenne  | 1 teaspoon salt              |
| pepper                    |                              |

Melt butter. Add lemon juice and rind, cayenne, salt, and pepper. Fry fish on both sides until brown and cooked. Put onto serving plate. Stir parsley into butter mixture and pour hot over fish.

### FISH IN GINGER SAUCE.

- |                              |                           |
|------------------------------|---------------------------|
| 2-3 lb. Kingklip or Kabeljou | Half cup seedless raisins |
| 1 pt. strained fish stock    | 2 pieces dried ginger     |
| 2-3 tablespoons malt vinegar | ½ cup golden syrup        |
| 4-6 ginger snaps             |                           |

Boil the fish in the stock. Remove pieces and place in a glass bowl. Dissolve ginger snaps in vinegar and add to the stock. Add all remaining ingredients and boil for five minutes.

Allow sauce to cool a little, then pour over fish. Let stand for 24 hours before serving.

*Mrs. M. Hirsh.*

### FISH BAKED IN TOMATO SAUCE.

- |                       |                                 |
|-----------------------|---------------------------------|
| 2 lb. hake            | 1½ tablespoons Gloria flour     |
| 1½ cups sliced tomato | 1 slice onion                   |
| ½ cup water           | 1 small celery stalk (chopped)  |
| 1½ tablespoons butter | ½ Robertson's bay leaf          |
| breadcrumbs           | salt, pepper and sugar to taste |

Slice fish and arrange in greased baking dish. Sprinkle with salt and pepper. Prepare tomato sauce by stewing tomatoes with celery, onion, bay leaf, and seasoning to taste, for 20 minutes. Put through fine sieve. Melt butter. Stir in flour until smooth. Add tomato puree, stirring constantly, until sauce is smooth. Pour over fish, sprinkle with breadcrumbs and bake in a hot oven (400 F) for 20 - 25 minutes.

### GAILINGER FISH (German Dish).

- |                           |                             |
|---------------------------|-----------------------------|
| Bream (if unavailable use | garlic                      |
| kingklip)                 | butter                      |
| parsley                   | Gloria flour                |
| 1 onion                   | Robertson's salt and pepper |

Clean fish cut into slices leaving the skin and bones, and salt it. Heat butter, and lightly saute chopped onions, chopped parsley and chopped clove of garlic. Do not brown these ingredients. Add one tablespoon flour and enough water to make a fairly thick sauce. Add fish, salt and pepper to taste and boil for about ½ an hour until done. Place on dish, pour gravy over, and allow to set. Serve cold.

*Mrs. C. Wiesenbacher.*

*This page sponsored by Salisbury Pharmacy (Pvt.) Ltd.*



# Cheese and Egg Dishes

## CHEESE BLINTZES.

1 cup Gloria flour  
1 cup water  
2 eggs

1 teaspoon Royal baking Powder

### Cheese Mixture.

1 egg  
1½ cups white cheese

salt and pepper to taste.

### To make Pancakes:—

Beat eggs well, add salt and water, and slowly stir in the sifted flour and baking powder to make a smooth batter. Pour batter a few spoonfuls at a time onto a heated and greased frying pan, tipping pan on all sides to cover bottom with a thin layer of batter. Fry one side only and tip onto a board with uncooked side down. The secret of good blintzes is to make these pancakes as thin as possible. When all pancakes have been cooked, mix cheese, egg and seasoning, and place filling in centre of each. Fold each pancake up envelope fashion. Fry on both sides in butter until golden brown (or bake in oven). Serve with sugar and/or cinnamon, or with cream.

Mrs. V. Michaelson

## RAMEKINS OF EGG AND CHEESE.

Beat 6 eggs until well blended. Stir in 4 ounces of grated cheese and 4 tablespoons of melted butter. Pour into greased ramekins, set the ramekins in a pan of hot water and bake at 350 oven until the egg is set.

## EGG MOUSSE.

Miss Shirley Blacher of the Cordon Bleu School, London.

4 hardboiled eggs  
½ pint thick white sauce  
made with 1 oz. butter  
1½ oz. Gloria flour  
½ pint milk  
4 tablespoons bottled  
mayonnaise  
1 tablespoon gelatine

### Method.

Chop the eggs coarsely and mix together with the cold sauce, mayonnaise and the gelatine which has been dissolved in 3 tablespoons water. Season well with salt, pepper, tabasco or worcester sauce. Lemon juice can be add at this point if desired. Pour mixture into an oiled loaf tin and set in the fridge. Turn out when set and garnish with slices of avocado pear or fillets of anchovy.

## BAKED EGGS WITH CHEESE.

Butter a pyrex dish size required for number of eggs desired. Break eggs into the dish, add salt, Robertson's paprika, and pepper to taste, 1 tablespoon of cream and two tablespoons grated cheese. Place dish in a pan of hot water in a moderate oven for about 5 minutes until eggs are set.

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## SAVOURY ROLLS.

¼ lb. cream cheese  
¼ lb. butter

1 cup Gloria flour

Combine all the ingredients, roll pastry thus formed on a floured board cut into squares or circles and fill with the following:—  
Asparagus and flaked cheese, cayenne pepper and salt. Roll up, brush outside of roll with beaten egg, and roll in flaked cheese. Bake at 500 for ten minutes.

Mrs. V. Michaelson

## EGG & MUSHROOM PATTIES.

1 tin condensed mushroom soup  
½ teaspoon Worcestershire Sauce  
½ teaspoon prepared mustard  
½ teaspoon salt  
1½ cups soft breadcrumbs  
6 finely chopped hard boiled eggs  
1 cup grated cheese

Combine all ingredients, stir thoroughly until mixed and chill in refrigerator. Shape into patties. Dip into fine breadcrumbs and diluted egg. Roll again in breadcrumbs and saute in a little Holsum until well browned on both sides. Serve with Mushroom Sauce.

## CHEESE SOUFFLE.

(serves 6)  
¼ lb. butter  
2 tablespoons Gloria flour  
1 pint milk  
1 full cup grated cheese  
salt and pepper to taste  
4 eggs

## EGGS IN A NEST.

2½ cups mashed potato  
½ onion grated finely  
2 eggs  
cheese

Mix potato (mashed with butter and a little cream) with the grated onion place in fireproof dish, make two nests in the potato and drop the uncooked eggs into these nests, sprinkle with grated cheese and place under grill until eggs have set.

## MEXICAN EGGS.

1 cup grated cheese  
2 cups stewed tomato  
2 tablespoons chopped onion  
½ teaspoon salt  
2 eggs  
toast  
4 tablespoons butter

Brown onions in butter, add tomatoes and seasoning and bring to the boil. Allow cheese to melt in the hot mixture. Add beaten eggs and cook slowly until eggs thicken. Serve on buttered toast. (4 Servings).

Mrs. Toubia Lipman.

## WELSH RAREBIT.

1 tablespoon butter  
1½ cups diced cheese  
½ teaspoon salt  
¼ teaspoon dry mustard  
1 teaspoon Worcestershire sauce  
1 cup milk  
1 egg yolk  
toasted bread

Melt butter in a double boiler, stir in cheese, and melt slowly. Add dry ingredients and then the Worcestershire sauce. Mix, add milk slowly. Remove from the heat, beat in egg yolk. Blend. Pour over portions of toast and serve hot.

Mrs. Cynthia Marks.

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## SALTENOSSES.

2 eggs  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup water  
 2 cups Gloria flour  
 1 lb. cream cheese

1 egg  
 pepper, salt and sugar to taste  
 3 ozs. butter  
 1 cup cream

Make a fairly stiff dough and roll out thin. Cut into small oblongs. Place about a dessertspoon of cheese mixture on this and roll up. Press down firmly. Put two pints water with 1 teaspoon salt, to boil. When boiling, add saltenosses and allow to boil for five minutes. Drain and place in a buttered pyrex dish. Add  $\frac{1}{2}$  cup milk, 3 oz. butter, 1 cup cream, 1 table-spoon sugar and Robertson's cinnamon to taste. Bake in 350 oven for about one hour.

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## Meat

### VEAL AND MUSHROOMS.

Chop 2 oz. mushrooms and 1 small onion. Put into a pan with cut up pieces of veal fillet. Add one can or packet of mushroom soup. Cover and simmer 1-1 $\frac{1}{2}$  hours. Mix together 1 oz. margarine and 1 rounded dessertspoonful Gloria flour, stir into veal and cook 2-3 minutes when meat is done.

### RAGOUT OF VEAL.

1 lb. stewing veal  
 2 sliced onions  
 2 ozs. cooking fat  
 1 large can cream of  
 tomato soup  
 $\frac{1}{2}$  teacup water

1 tablespoon Robertson's  
 Paprika  
 Robertson's pepper  
 2 oz. mushrooms OR 2 sliced  
 red or green peppers

Heat the fat in a pan and fry the diced veal, sliced onions and peppers for a few minutes. Cover with the tomato soup and the paprika pepper blended with the water. Add seasoning to taste, put the lid on the pan and simmer gently for approximately 1 hour. Garnish with chopped parsley. If desired, the paprika pepper may be omitted.

*Mrs. Rita Kaplan.*

### VEAL IN RED WINE.

1 $\frac{1}{2}$  lb. neck of veal  
 2 ozs. fat  
 $\frac{1}{2}$  pint hot water  
 $\frac{1}{4}$  lb. mushrooms  
 2 Robertson's cloves  
 Robertson's pepper

salt  
 2 ozs. Gloria flour  
 $\frac{1}{2}$  pt. red wine  
 8 small onions  
 bunch of herbs tied in a  
 muslin bag

Melt fat in a heavy pan. Cut veal into small pieces. Brown in fat. Remove the meat from the fat, add the flour to the fat and moisten with water and wine, stirring until well blended, add salt pepper, cloves, bouquet garni (bag of herbs), onions and mushrooms. Add meat; cover and simmer for about 1 $\frac{1}{2}$  hours, remove bouquet garni, skim off fat, and serve.

### CHINESE VEAL WITH CELERY.

1 lb. veal  
 $\frac{1}{2}$  cup celery  
 $\frac{1}{2}$  chopped spring onions  
 $\frac{1}{2}$  lb. mushrooms  
 2 teaspoons cornflour  
 Robertson's salt and pepper

to taste  
 4 tablespoons oil  
 1 clove garlic chopped  
 2 tablespoons soya sauce  
 2 tablespoons sherry

Cut meat into finger length strips. Mix the cornflour to a paste with a little water and combine with the meat. Fry the garlic, onion, and celery in half the oil for five minutes, then add the remaining oil and the meat and fry for another five minutes. Add the remaining ingredients and continue cooking for five minutes more. Serve with broad noodles.

*Mrs. Mary Michaelowsky.*

### CASSEROLE MEAT IN OVEN.

Cut meat in cubes and dip in Gloria flour, mixed with Bisto.

Pepper and salt  
 1 tablespoon Gloria flour  
 1 tablespoon Bisto

$\frac{1}{2}$  teaspoon sugar  
 $\frac{1}{2}$  teaspoon mustard

#### Sauce:

2 tablespoons Holbrook sauce  
 2 tablespoons brown vinegar  
 2 tablespoons tomato sauce

add 2 cups, soup gravy or  
 2 cups water.

Put layers of meat, potatoes, carrots, greenpeas, tomatoes, cover with the sauce and bake in slow oven for 3 hours. Also add 1 onion cut in slices.

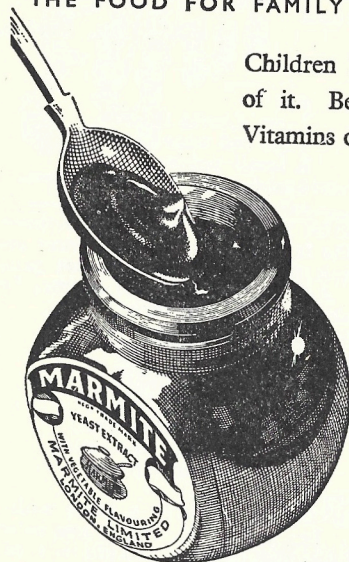
*Mrs. Denise Posner.*



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## LIVER SAUTE.

Brown some onion, then place liver (which has been cut in strips and rolled in breadcrumbs) in the same pan. Keep heat low while the liver is frying. Add two tablespoons red wine and a little water. Cover pan, and simmer for ten minutes.

*Mrs. Cynthia Marks.*

## CHOPPED CHICKEN LIVER.

Fry about  $\frac{1}{2}$  lb. calves' or chicken livers in chicken fat with an onion. First fry the onions and then add the liver. Then mince liver with the fried onions and  $\frac{1}{2}$  raw onion, 1 teaspoon salt, pinch of cinnamon, pepper and the fat in which the liver was fried. Add 3 hard boiled eggs (keep a little of the egg for decoration). If the mixture is dry, add a little chicken fat. Then decorate the minced mixture with some mashed or grated egg.

*Mrs. Janie Abrahamson.*

## CHOPPED LIVER.

2 lbs. calves liver	3 hard boiled eggs
1 medium onion	salt and pepper
1 tablespoon chicken fat	

Bake liver and mince with onion and 2 eggs. Mix well then add the chicken fat. Add salt to taste. Put on to serving platter, smooth down, and garnish with mashed hard boiled egg and parsley.

*Mrs. S. Cowan.*

## BEEF AND MUSHROOM CASSEROLE.

Take a beef stock cube (Israeli kosher cubes available). Add boiling water. Coat 1 lb. steak, cut into pieces, with seasoned cornflour and brown in a little oil with 2 sliced onions. Add stock and some sliced carrots. Half hour before the end of cooking add 2 oz. sliced mushrooms. (If from tin add juice as well). Garnish with olives and chopped red peppers if liked.

## TONGUE — FRESH OR PICKLED.

Cook tongue skin and slice. Fry slices in egg and breadcrumbs, place the slices in an ovenware dish and cover with the following sauce:—

2 cups soup (stock)	2 tablespoons tomato sauce
2 tablespoons white horseradish	1 bottle pickles, drained and chopped fine

Bake covered for 30 - 40 minutes at 350 adding more soup if necessary.

*Mrs. M. Maisels.*

## PICKLED TONGUE WITH SWEETCORN.

1 tin sweetcorn	1 onion
1 cooked pickled tongue	salt, pepper and sugar to taste
4 medium tomatoes	

Fry the sliced onion in fat till golden brown. Add the tomatoes which have been peeled and cut up, add salt, pepper and sugar and cook until soft. Add the sweetcorn and the tongue, which has been cut into slices. Put into a pyrex dish and heat in a 350 oven for about  $\frac{1}{2}$  hour.

*Mrs. Denise Posner.*

*This page is sponsored by Mrs. Jill Cooper*



## TOURNEDOS SAN MICHELE.

5 tournedos  
5 slices white bread  
parsley

$\frac{1}{2}$  lb. fresh mushrooms  
1 finely chopped onion

### Sauce Provencal

1 chopped onion  
1 chopped carrot  
mushroom peelings  
1 tablespoon flour

1 bouillon cube  
3 tomatoes, peeled, quartered  
and pipped

First, prepare the **stuffing**. Fry chopped onion in 3 tablespoons oil until soft. Add  $\frac{1}{2}$  the mushrooms **FINELY** chopped and cook for a minute. Add 1 tablespoon chopped parsley and set aside. Cut a pocket in each of the tournedos, fill the mushroom mixture into each and stitch with string if necessary.

Make the **Provencal Sauce** by heating 3 tablespoons oil in a saucepan. Add onion, carrot and mushroom peelings and cook **SLOWLY** until soft but not coloured. Stir in the flour and allow to brown slowly. This will take at least 20 minutes. When a good golden colour, add the bouillon cube which has been dissolved in one pint boiling water. Blend well and allow to reduce until syrupy. Season add the tomato quarters and remaining mushrooms (if necessary cook in a little oil).

Fry the slices of bread in oil, remove and keep warm. Fry the tournedos without turning more than once. Place one on each of the "croutes" and spoon over the sauce. Garnish with watercress and serve.

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## CHICKEN AND NOODLES.

4-5 lb. chicken  
12 ozs. noodles  
 $\frac{1}{2}$  cup minced onions  
1 cup tomato juice  
2 tablespoons **Gloria** flour

salt  
**Robertson's** pepper  
1 cup sliced mushrooms  
1 cup stuffed olives

Cover chicken with water and simmer until tender. Cook noodles in boiling salted water until tender; drain. Remove bones from chicken. Fry onions in a little chicken fat until lightly browned, then add tomato juice and chicken meat. Mix flour with a small amount of broth until smooth and combine with remaining broth, then with chicken mixture. Simmer stirring gently until thickened. Add noodles, season with salt and pepper add mushrooms and olives. Bake in a moderate oven about 1 hour.

Mrs. Cynthia Marks.

## HAWAIIAN CHICKEN.

2 young, small chickens  
2 tins pineapple rings  
 $\frac{1}{2}$  lb. shelled walnuts  
2 eggs  
1 tablespoon water  
oil

Quarter chickens and dry well. Shake them in a paper bag containing flour, salt and pepper. Dip chicken into beaten eggs mixed with water and then into crushed walnuts. Fry chicken in oil until golden brown. Place in casserole; pour pineapple juice over. Cook in oven (350) until tender. Dip pineapple rings into remaining egg and nuts, leave in refrigerator and fry just before serving (fry in same oil as chicken). Garnish the dish with these rings.

## CASSEROLE OF CHICKEN.

Par boil a chicken with bay leaves, peppercorns, and coriander seed. When ready, cool and joint. Rub the pieces with lemon juice, roll in bread-crumbs or flour and eggs. Fry chicken in oil. When fried place in a casserole alternate layers of chicken and fried onion rings. Take the stock the chicken boiled in strain and thicken slightly with flour. Pour on chicken, add dash more lemon juice. Place in 350 oven for about 1 $\frac{1}{2}$  hours. Serve with rice, peas, and pineapple.

Mrs. Becky Krikler.

## CLUB CHICKEN CASSEROLE.

1 3 lb. chicken  
2 oz. fat  
2 tablespoons olive oil  
8 oz. rice  
1 pint stock  
 $\frac{1}{2}$  teaspoon **Robertson's**  
Rosemary  
1 x 4 oz. tin mushrooms  
1 small size tin Tomato Purée  
1 small onion  
4 tablespoons Sherry  
 $\frac{1}{2}$  green pepper  
shred of saffron  
salt and **Robertson's**  
pepper to taste

Fry serving portions of chicken till golden brown in fat and oil. Remove chicken and cut into 1" long strips. Wash rice strain and fry with onion in remaining oil. When rice begins to colour add chopped green pepper, mushrooms and diced chicken liver (optional) cooking till rice is golden brown. Then add sherry, stock, puree and seasonings and bring slowly to the boil. Stir well. Cover and cook in moderate oven for 20 minutes. Stir once more, place shredded chicken on top and return to oven for another 30 minutes. Serves 8. (This is also an excellent way of using up left over chicken).

Mrs. Mary Michaelowsky.

This page is sponsored by Mrs. Pat Friedberg



### CHICKEN A LA BONNE FEMME.

Cut one young chicken in portions. Dip in flour, pepper and salt. Fry one (or more) big onion sliced, in a little oil until golden brown in colour, add half a big bottle of Tomato Ketchup and the same amount of water, one tablespoon mustard, lemon juice and one tablespoon Golden Syrup, mix well and boil for a few minutes. Arrange the portions in a Pyrex dish and pour the boiling mixture over. Peri Peri can be added optional. Bake till tender in 350 degrees oven. Mushrooms or potatoes can also be added if desired.

*Mrs. R. Carlton.*

### CHICKEN IN WINE.

Chop the following ingredients finely:—

- |                 |                     |
|-----------------|---------------------|
| 1 onion         | large sprig parsley |
| 3 cloves garlic | 1 carrot            |
| 6 shallots      |                     |

Fry these in 2 tablespoons oil. Joint a spring chicken and add the pieces of chicken to the frying pan, add a bay leaf, a wine glass of wine and sufficient water to cover the chicken. Season to taste, and leave to simmer gently for an hour. Then add 1 tin tomato puree, and 8 oz. mushrooms. Continue cooking for another 30 minutes. Just before serving mix 2 tablespoons Maizena in a little cold water and add to the casserole. Stir until boiling and then continue cooking a few more minutes.

*Mrs. Lilian Lomofsky*

### PINEAPPLE CHICKEN.

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 young chicken (jointed)     | Robertson's salt and pepper |
| 1 small tin pineapple chunks  | to taste                    |
| 2 tablespoons Worcester Sauce | 2 tablespoons oil           |
| $\frac{1}{2}$ cup white wine  | 2 sliced green peppers      |

Brown the chicken in the oil. Place in casserole. Gently fry the green pepper slices and add to chicken. Add the pineapple pieces and juice, Worcester Sauce, wine and seasoning. Bake in slow oven for approximately one hour. It might be necessary to thicken the sauce. Serve with white rice and green peas.

*Mrs. Hannah Hodes.*

### PERI PERI CHICKEN.

The following sauce can be made in a large quantity and kept indefinitely in a glass jar.

- |                          |                         |
|--------------------------|-------------------------|
| 1 bottle oil             | 2 teaspoons salt        |
| 1 doz. pieces garlic     | 2 teaspoons Rajah curry |
| 2 teaspoons sugar        | (optional)              |
| about 4 doz. red peppers |                         |

Put oil into a glass jar, add salt, sugar, and curry powder. Finely chop the garlic and peppers and add to the oil mixture. Make gashes in all the fleshy parts of the chicken and apply prepared sauce liberally over the bird, especially in the gashes. Place on grilling pan and keep basting and turning chicken.

*Mrs. Becky Krikler.*



## THE WINDSOR HOTEL

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### CHICKEN CACCIATORE.

- |   |   |
|---|---|
| 2 broilers                              | 1 Robertson's bay leaf                  |
| $\frac{1}{2}$ cup Gloria flour          | $\frac{1}{2}$ cup chopped onion         |
| $\frac{1}{2}$ cup chopped green peppers | 1 teaspoon Robertson's oregano          |
| 2 cloves garlic chopped                 | Robertson's pepper                      |
| 2 tablespoons chopped parsley           | salt                                    |
| $2\frac{1}{2}$ cups peeled tomatoes     | 1 x $5\frac{1}{2}$ oz. tin tomato paste |

Disjoint chicken — dip in flour and brown in oil. Remove from pan and add onion, green pepper and garlic. Saute until brown. Add rest of ingredients and chicken. Place in casserole, cover and bake in moderate oven until tender — about 1-1 $\frac{1}{2}$  hours. Serve with spaghetti if desired.

*Mrs. Ruth Ferera.*

### PINEAPPLE CHICKEN.

Cut small chickens into quarters, season well, coat in Gloria flour, and fry in hot oil. Place in casserole, add the juice from a tin of pineapples place rings or chunks of pineapple over chicken. Place lid on casserole and bake in 350 oven for about  $\frac{1}{2}$  hour.

*Mrs. Yvonne Kay.*

### CONTINENTAL CHICKEN STEW.

- |                                       |  |
|---------------------------------------|--|
| 8 pieces (fairly large) chicken       | 1 can chicken noodle condensed soup or 1 pkt. soup |
| 2 onions, finely chopped              | $\frac{1}{2}$ can water (if canned soup used)      |
| 2 tablespoons chopped parsley         | 2 dessertspoons tomato sauce                       |
| 2 tablespoons melted margarine or oil |  |

Prepare chicken pieces, removing the skin. Saute the onions and parsley in the margarine or oil in pot. Add chicken and dust with paprika, then add the soup and water.

Cover and cook over low heat for 1-2 hours. When tender, stir in the tomato sauce, bring to the boil and serve.

*Mrs. Sonia Levy.*

### CHILLI CON CARNE.

- |  |  |
|--|--|
| 3 tablespoons fat                              | $\frac{1}{2}$ teaspoon Robertson's cayenne   |
| 1 large onion chopped                          | 1 Robertson's bay leaf                       |
| 1 green pepper chopped                         | 1 tablespoon chilli powder                   |
| 1 lb. chopped beef                             | 1 clove garlic, mashed                       |
| 1 can ( $2\frac{1}{2}$ cups) tomatoes          | 1 teaspoon salt                              |
| 1 x 10 $\frac{1}{2}$ or 11 oz. can tomato soup | $2\frac{1}{2}$ cups kidney beans (precooked) |
| $\frac{1}{2}$ teaspoon paprika (Robertson's)   |  |

Heat fat in large pot. Add onion, green pepper and meat, cook until brown stirring occasionally. Add next 6 ingredients, cover and simmer about 1 hour, stirring occasionally. Add additional water if mixture gets too thick. Combine garlic and salt. Add garlic and beans to mixture. Stir well. Heat to boiling. Pour into large serving bowl and serve on rice.

*Mrs. Lilian Lomofsky*

### MEAT SALAD

Take cooked brisket or chicken or any other cooked meat and dice. Dice beetroot, onion, and pickled cucumbers and mix with meat. Add mayonnaise and mix well. Serve cold.

*Mrs. Inge Wiesenbacher.*

*This page sponsored by Mr. A. I. Menashe*



## POTATO PUFFED MINCE.

5 potatoes—medium sized  
2 teaspoons **Royal Baking Powder**

Little **Gloria** flour  
to make soft dough  
1 tablespoon chicken fat  
1 egg

Boil potatoes and mash. Add flour and other ingredients. Take pre-cooked mincemeat, mix with minced onion, salt, pepper and some chicken fat. Roll into balls, wrap some potato mixture round each one, covering the meat well. Makes about 8-10. Fry in deep oil, until golden brown. Serve immediately.

*Mrs. I. Langberg.*

## TZIMMES.

4 — 5 lbs. brisket  
2 bunches carrots  
1 slice pumpkin  
1 sweet potato

3 potatoes  
2 tablespoons syrup  
1 dessertspoon **Gloria** flour  
pinch salt

Place seasoned meat in a saucepan. Add vegetables which have been diced. Add water to cover; cook on top of stove for 2 hours. Place in oven. Bake for at least an hour, or until tender. Add syrup and salt, thicken with the flour which has been mixed with a little cold water.

## SWEET AND SOUR CABBAGE LEAVES WITH MINCEMEAT.

2 lb. mincemeat  
2 cloves garlic  
cabbage leaves

$\frac{1}{2}$  cup white vinegar  
2 tablespoons sugar  
salt and pepper

Season meat. Cover cabbage leaves with boiling water to soften. Brown garlic in fat in a saucepan. Roll meat in the cabbage leaves. Add water to the saucepan and place rolled leaves inside. Cook until nearly done then add vinegar and sugar.

*Mrs. Illana King.*

## STUFFED CABBAGE LEAVES (Sweet and Sour).

(for 4 - 6 people).

$\frac{3}{4}$  lb. raw minced beef  
1 teaspoonful cooked rice  
1 tablespoon grated onion  
2 tablespoons concentrated tomato puree  
1 oz. sugar

cabbage leaves  
 $\frac{1}{2}$  pint water  
2 oz. sultanas  
2 tablespoons vinegar  
salt and **Robertson's** pepper

### Method:

Use a white cabbage. Remove 12 of the largest leaves, place them in a bowl and cover with boiling water, leave for 2 or 3 mins. then drain, dry with a cloth and cut away the tough stem ends. Mix the meat and rice, add the grated onion and  $\frac{1}{2}$  teaspoon of tomato puree and season with salt and pepper. Put a portion in the centre of each cabbage leaf, fold over the sides, roll up like a parcel and fasten with thread. Line a large saucepan with a few more scalded leaves and place in the cabbage rolls. Pour over the tomato puree and water, add vinegar, sugar and sultanas. Cover and cook gently for 2 hours.

*S. Cowan.*

## STUFFED MARROW.

2 lb. cooked meat  
gravy of meat  
1 onion

$\frac{1}{2}$  teaspoon dried **Robertson's** sage  
salt, pepper

### Method:

Peel and slice marrow lengthwise, take out pips. Stuff the minced ingredients together with gravy and seasoning into the marrow. Season outside of marrow and then tie in 3 places. Bake in fat, cover with tinfoil, and cook in moderate oven for about  $\frac{3}{4}$  hour.

*Mrs. Salomon*

## MEAT PIES.

### Dough:—

1 cup **Gloria** flour  
1 heaped teaspoon **Royal** baking powder  
1 egg

1 tablespoon lemon juice  
3 tablespoons fat  
 $\frac{1}{4}$  cup cold water

Crumble flour, baking powder and fat very well. Add egg, lemon juice and water.

### Meat Filling:

Use left over steak, roast or mince meat.

Cook meat, mince, add chicken fat, minced onion, salt and pepper. Roll dough out and cut into oblong pieces. Place some filling in centre of each piece and roll up in the usual way.

Bake until golden brown at about 375 F.

*Mrs. I. Langberg.*

## PERROGEN.

### Pastry:—

2 $\frac{1}{2}$  cups **Gloria** flour  
2 tablespoons chicken fat  
2 eggs  
 $\frac{1}{2}$  teaspoon salt

1 $\frac{1}{2}$  teaspoons **Royal** baking Powder  
 $\frac{1}{2}$  cup cold water

### Filling:—

1 $\frac{1}{2}$  lbs. any preferred meat  
2 onions  
chicken fat

Prepare the pastry by mixing all the ingredients together to make a soft dough. Boil meat with the onions, when it is tender, mince it. Add a little seasoning and 1 tablespoon chicken fat. Roll pastry cut rounds and fill each round with a spoonful of meat, then draw edges of pastry together and "pinch" to seal. Brush with egg yolk (optional). Fry in chicken fat or bake in 450 oven for approximately 15 minutes.

*Mrs Frieda Haimowitz*

## SAVOURY MEAT ROLL.

1 large onion  
2 large tomatoes  
seasoning  
8 oz. minced cooked meat or

flaked corned beef  
1 oz. cooking fat  
pinch **Robertson's** mixed herbs  
potato pastry

### Potato Pastry:—

4 oz. mashed potatoes  
4 oz. **Gloria** flour  
3 oz. cooking fat  
seasoning  
very little water

Add seasoning to flour. Rub in cooking fat, then add the potatoes. Knead firmly and add the water to give firm dough. Chop onions and tomatoes. Fry in hot fat until soft. Add the meat etc. Roll potato pastry to two oblong shapes, spread filling over one and cover with the other. Seal the edges, score top and bake for approximately 35-40 minutes, in the centre of a hot oven (425 - 450). Brush with egg before cooking to give a glaze if wished.

*Mrs. Rita Kaplan.*

## SAUERBRATTEN. (German dish)

Put 3 - 4 lb. fillet or silverside in large, deep dish and add bay leaves, cloves and 3 - 4 large onions, cut in rings. Add salt and pepper and cover with vinegar. Leave for 3 or 4 days turning meat occasionally. Remove meat from brine and brown very well all over in fat. Remove meat when brown and add flour to the fat. Add the brine including bay leaves etc. to make a gravy and return the meat. Roast in a slow oven until tender and serve with the gravy. Delicious when served with potato dumplings, matzo balls, spaghetti or noodles.

*Mrs. C. Wiesenbacher.*



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choice and serve.

Satisfies four hungry  
people!



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## JAMBALAYA.

- |                   |                            |
|-------------------|----------------------------|
| 1 cup rice        | $\frac{1}{2}$ cup tomatoes |
| 1 chopped onion   | 1 cup boiling water        |
| 2 tablespoons oil | 1 teaspoon minced parsley  |
| 8 frankfurters    | salt                       |

Wash rice and let soak one hour, then drain. Fry onion in oil until tender but not brown. Cut frankfurters into  $\frac{1}{4}$  inch slices and brown in fat. Add tomatoes, parsley, and water. When bubbling, stir in rice slowly. Cover tightly and cook slowly.

Mrs. Cynthia Marks.

## CHOP SUEY (Chinese Recipe)

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 20 oz. can bean sprouts | 1 teaspoon salt (level)           |
| 4 oz. bamboo shoots       | 1 teaspoon cornflour (level)      |
| 5 water chestnuts         | mixed in $\frac{1}{2}$ cup water. |
| 4 oz. (any meat)          | 2 tablespoons cooking oil or fat  |
| 2 large mushrooms         | 1 tablespoon Soy sauce            |

Cut meat, bamboo shoots and mushrooms into strips. Dice water chestnuts into small pieces.

Heat oil (or fat) in frying pan and dry meat for 3 minutes, turning frequently. Remove meat from pan and dry other ingredients for a few minutes. Keep turning until cooked. Add the partly cooked meat, bamboo shoots, water chestnuts, bean sprouts, salt, cornflour and water mixture and soy sauce. Cook for a few minutes, stirring well until thoroughly hot. Serve immediately.

## STEAK AND MACARONI CASSEROLE.

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 3 oz. quick cooking macaroni        | $1\frac{1}{2}$ tablespoons fat  |
| 12 oz. stewing steak                | $1\frac{1}{2}$ oz. Gloria flour |
| 1 onion                             | 1 celery stalk                  |
| 2-3 mushrooms                       | 1 teaspoon canned or cooked     |
| seasoning                           | frozen or fresh peas            |
| $1\frac{1}{2}$ pints stock or water |                                 |

Cut meat into small pieces. Peel and chop onion. Prepare celery and mushrooms and cut into fairly large pieces. Melt fat in a pan and fry onion and meat gently. Remove meat and onion from fat, add flour and cook roux until lightly browned. Add stock gradually and bring to the boil, stir until smooth sauce. Put in meat, onions, celery, mushrooms and seasoning. Cover pan and simmer gently for 2 - 2 $\frac{1}{2}$  hours. 7 - 10 minutes before serving add the uncooked macaroni put in peas at the last minute.

Mrs. Rita Kaplan.

## CHUCK TOMATO STEW.

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 lb. chuck steak                   | 4 sliced carrots                   |
| 2 level tablespoons                 | clove of garlic—crushed            |
| Gloria flour                        | $\frac{1}{2}$ lb. button mushrooms |
| Pepper                              | 4 tablespoons red wine             |
| $1\frac{1}{2}$ oz. margarine or oil | 1 can tomato soup or any soup      |
| 4 small onions                      | Black olives (optional)            |

Trim and cut steak into small pieces, toss in flour and season with pepper. Melt margarine (or oil) and fry steak. Remove meat and place in casserole. Put the onions, carrots and garlic in the pan (add more margarine or oil if necessary), and saute until lightly browned. Add the mushrooms, wine and soup and bring to the boil. Pour over the meat in the casserole — cover and cook in the oven, 350 F, for about 2 hours. Just before serving add a few black olives (optional).

Mrs. Sonia Levy.

This page is sponsored by Mrs. Muriel Maisels



### FRANKFURTER CASSEROLE.

- |                          |                               |
|--------------------------|-------------------------------|
| 1 lb. fine white noodles | 4 tablespoons Worcester Sauce |
| 2 lb. Frankfurters       | 2 cans condensed tomato soup  |
| 2 medium onions chopped  | 1 cup water                   |
| 4 tablespoons fat or oil | 1 teaspoon salt               |

#### Method:

Boil noodles in salted water for 9 minutes. Drain. Cut frankfurters into long, thin slices and brown with onions in fat. Add all the other ingredients and cook together, stirring frequently. Combine with noodles. Place in greased casserole and bake 400 for 25 minutes. Serves 8.

### BAKED CHOPS.

- |   |                    |
|---|--------------------|
| 4 lamb or veal chops                    | tomatoes           |
| 1 large onion sliced into rings         | salt               |
| $\frac{1}{4}$ lb. (or tinned) mushrooms | Robertson's pepper |
| 3 medium sized skinned                  |                    |

Wipe chops, and place in shallow casserole dish. Top with mushrooms sliced onions and tomatoes, season well. Cover dish with tin foil. Bake for 1 hour in a 425 degree oven. Remove foil 15 minutes before completion of cooking.

(Potatoes, carrots, or any other vegetables can be added and baked).  
*Mrs. Sonia Levy.*

### TROTTERS AND BEANS.

4 calves' trotters

Clean well and scrape with razor. Boil trotters in water and salt to taste and add a tablespoon oil. Cook until tender.

1 cup Haricot beans, wash them and soak in water for 1 - 2 hours, then boil in water until tender. Take one medium onion, chopped and fry in pan. Add salt, 2 tomatoes and then add the trotters and beans and water if necessary. Cook for 1 - 2 hours until thick.

### MINCE MEAT WITH MACARONI.

Mince meat with an onion and a little bread (boil onion first in a little water) fold in an egg, salt and pepper to taste and add a little water. Mix well. Boil macaroni and steam. Grease a dish, place alternative layers of macaroni and mince (tomato may be added if desired). Put a little tin foil on top and bake 300 till done.

*Mrs. Pearl Kaplan.*

### BRAWN.

- |                    |                             |
|--------------------|-----------------------------|
| 1 cow's heel       | Robertson's bay leaves      |
| 1 clove garlic     | Robertson's peppercorns     |
| 3 hard boiled eggs | salt and Robertson's pepper |

Boil the seasoned cow heel together with the garlic, bay leaves, and peppercorns until tender. Cool; mince the meat which has been removed from the bone, place in a shallow serving dish, slice the eggs and place them on top of the meat. Strain the gravy and pour over meat and eggs, making sure the eggs are covered. Let stand in refrigerator until set. Serve with mustard.

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## Vegetables

### EGG PLANT IN TOMATO SAUCE.

- |                        |                             |
|------------------------|-----------------------------|
| 2 egg plants (Bringel) | Gloria flour                |
| 4 - 5 tomatoes         | garlic                      |
| 2 eggs                 | salt and Robertson's pepper |

#### Method:

Peel egg plant and slice. Salt the slices and leave to turn brown. Place slices in egg and flour batter and fry in pan until well browned. In the meanwhile prepare a pot with garlic, cut up tomatoes and water. Place the fried egg plant slices into the pot and cook for about 30 minutes, or until soft.

*I. King.*

### EGG PLANT.

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 large egg plant (Bringel) | 1 tablespoon oil            |
| 1 chopped onion             | salt and Robertson's pepper |

#### Method:

Place egg plant in oven at 375 until soft and shrivelled. Remove and fork out the inside. Add chopped onion, oil and seasoning. Serve cold.

*I. King.*

### EGG PLANT (ISRAELI DISH).

Bake one large egg plant in oven (with skin). When well done cool and scoop out the pulp. Mince with 3 hard-boiled eggs and small onion which has been fried in chicken fat. Add chicken fat in which onion has been fried and mix well. Serve hot or cold.

*C. Marks.*

### POTATO RING.

Sieve 2 lb. boiled potatoes, add the top of the milk, a little margarine and pepper, together with two egg yolks. Beat well and place in a large forcing bag. Pipe a decorative ring of potato on to a hot dish, brush with beaten egg, and brown in a hot oven for 10 - 15 minutes.

*Mrs. Eve Krikler.*

### POTATO LATKIS.

- |                        |                           |
|------------------------|---------------------------|
| 3 cups grated potatoes | 3 tablespoons flour       |
| 2 eggs                 | pinch salt                |
| 1 large grated onion   | little Robertson's pepper |

#### Method:

Mix well together and fry in hot oil until golden brown.

*Mrs. S. Cowan*

### CURRIED VEGETABLES

- |   |                            |
|---|----------------------------|
| 2 oz. fat                                 | Robertson's cayenne pepper |
| 2 onions                                  | 2 oz. button mushrooms     |
| $2\frac{1}{2}$ - 3 lb. vegetables (mixed) | 1 oz. sultanas             |
| prepared according to type                | stock                      |
| 1 dessertspoon <b>Rajah</b> curry         | lemon juice                |
| 1 clove of garlic                         | pepper, salt               |

Slice onions, dice the mixed vegetables. Melt the fat and fry the onions and vegetables. Add the curry powder and fry together for 5 - 10 minutes. Add crushed chopped garlic, mushrooms and sultanas, and enough stock to barely cover the vegetables. Simmer until the vegetables are tender add a good squeeze of lemon juice and season. Keep hot and serve in a potato ring.

*Mrs. Eve Krikler.*

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## STUFFED PEPPERS.

- |   |                            |
|---|----------------------------|
| 4 green peppers                           | 1 grated carrot            |
| $\frac{1}{2}$ cup cooked rice             | 1 grated potato            |
| $\frac{1}{2}$ lb. raw mincemeat           | $\frac{1}{2}$ grated onion |
| $\frac{1}{2}$ teaspoon salt               | 1 tablespoon chicken fat   |
| $\frac{1}{2}$ teaspoon Robertson's pepper |                            |

### Method:

Wash peppers, cut off tops, remove seeds and fibre, cut in half lengthwise and scald. Mix meat, salt, pepper, carrot, potato and onion and saute in small amount of chicken fat until brown. Stir cooked rice into cooked meat mixture. Stuff peppers. Place in greased casserole and bake in 400 oven for approximately 15 minutes.

B. J. Adelsky

## STUFFED TOMATOES.

- |                     |                             |
|---------------------|-----------------------------|
| 4 large tomatoes    | Robertson's pepper and salt |
| 2 oz. grated cheese | to taste                    |
| 2 oz. boiled rice   | a little grated onion       |
| 1 oz. butter        |                             |

Wash and wipe tomatoes. Slice off the top of tomato and scoop out all the pulp. Mix the pulp with cheese and rice and grated onion and season to taste. Fill the tomato cases with mixture. Top with a nut of butter and grated cheese mixed with golden breadcrumbs. Cover with a piece of greased paper and bake in a moderate oven for 15 minutes. Remove the paper and brown.

Green Peppers may also be stuffed in this manner but care must be taken to remove all the seeds before stuffing. Stuffing mixture made from rice, tomato pulp, grated cheese, grated onion and seasoning.

## STUFFED TOMATOES.

Cut a slice from the top of each tomato, carefully remove a little of the pulp so as to leave firm cases. Mix the pulp with an equal amount of grated cheese, breadcrumbs and beaten egg; season with pepper and salt and add a little nutmeg. Fill the cases with the mixture. Bake in a hot oven for 15 minutes, using a well greased earthenware dish.

## GLAZED CARROTS.

- |  |                             |
|--|-----------------------------|
| $\frac{1}{2}$ lb. hot boiled carrot slices | 2 tablespoons brown sugar   |
| (just tender)                              | $\frac{1}{2}$ teaspoon salt |
| 4 tablespoons butter (melted)              |                             |

### Method:

Pour melted butter over carrots, sprinkle with salt and sugar. Stir well.

B. J. Adelsky



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## SPANISH RICE.

- |                     |                       |
|---------------------|-----------------------|
| 1 teacup of rice    | 1 teaspoon salt       |
| 1 coffee cup of oil | a bit of tomato paste |
| 2 teacups of water  |                       |

### Method:

Put oil in a pot and let it get very hot, then add the water AWAY FROM THE STOVE. Add the salt and tomato paste dissolved in a little water then replace on stove to boil. After washing the rice well put it in the pot and let the contents boil on a plate which has been switched to medium, until there is no more water. Now switch off the plate and leave the pot until the rice is cooked — do not mix it at any time during the cooking.

V. Koblenz.

## MUSHROOM BLINTZES.

Prepare pancakes for Blintzes. (See Salmon Blintzes).

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 small onion shredded        | salt to taste               |
| 1 small tin creamed mushrooms | Robertson's pepper to taste |
| 1 small tin mushrooms         | 1 dessertspoon cream        |

Fry onion in butter, add drained and sliced mushrooms and small tin creamed mushrooms and mix together. Place a spoonful of this mixture on each pancake, fold dough over filling. Bake in a buttered baking dish in 300 degrees oven for about 20 minutes. The Blintzes must be covered with cream before baking.

Mrs. Lilian Lomofsky

## MARROW SOUFFLE.

- |                         |                          |
|-------------------------|--------------------------|
| 1 small marrow          | 1 onion                  |
| 1 oz. butter            | 2 egg yolks              |
| 1 oz. Gloria flour      | 3 egg whites             |
| $\frac{1}{2}$ pint milk | pepper and salt to taste |

Peel and core the marrow. Place in boiling water and steam for ten minutes. Drain thoroughly and mash finely. Melt butter, add flour: add milk which has been previously simmered with the onion and seasoning. Boil up well and gradually add to beaten egg yolks stirring all the time: add the marrow and beat. Fold in the stiffly beaten egg whites, pour into a prepared souffle mould and bake in a moderate oven for about half an hour. Serve immediately.

## ASPARAGUS WITH WHITE SAUCE.

- |                            |               |
|----------------------------|---------------|
| 1 pint of milk             | pinch of salt |
| 2 oz. of butter            | 2 eggs        |
| 2 tablespoons Gloria flour |               |

### Method:

Melt the butter, slowly add the flour to it and then the milk drop by drop, stirring all the time and away from the direct heat. Beat in the eggs and add the salt and then carefully bring the whole lot to the boil whilst stirring continuously, until the mixture become thick and creamy. Arrange the contents of the tin of Asparagus in an ovenware dish and pour over the white sauce. Sprinkle to top with breadcrumbs and put in a 350 oven for an hour. Serve as an extra.

Mrs. V. Koblenz

## FRIED SPINACH WITH BAMBOO SHOOTS.

(Chinese Recipe).

- |  |  |
|--|--|
| 1 x 20 oz. can Bamboo Shoots           | $\frac{1}{2}$ cup margarine              |
| 1 lb. spinach                          | $\frac{1}{4}$ cup stock or gravy mixture |
| $1\frac{1}{2}$ level teaspoonfuls salt |  |

### Method:

Cut bamboo shoots into strips, wash spinach well, shake and rub salt through leaves. Heat margarine in frying pan until very hot, fry bamboo shoots to crisp brown, add spinach and stock, fry all together for few minutes until dry and crisp. Serve.





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#### GREEN BEANS.

- |                                   |   |
|-----------------------------------|---|
| 1 lb. green beans                 | $\frac{1}{4}$ teaspoon salt               |
| 2 cups boiling water              | $\frac{1}{8}$ teaspoon <b>Robertson's</b> |
| $\frac{1}{2}$ teaspoon salt       | pepper                                    |
| 2 tablespoons butter              | 2 egg yolks                               |
| 2 tablespoons <b>Gloria</b> flour | 1 tablespoon lemon juice                  |

#### Method:

Wash beans, remove strings and ends. Arrange in 4 equal sized bunches, and tie each bunch with clean string that has been dipped in boiling water. Boil bunches for 20 minutes in 2 cups water and  $\frac{1}{2}$  teaspoon salt. Drain. Save liquid. Melt butter, blend in flour, salt, pepper. Add cooking liquid; stir and simmer 5 minutes let cool slightly, then gradually add eggs and lemon juice. Return to heat — stir one minute. Do not let it reach simmering point. Arrange bunches of beans on platter, remove string. Pour sauce over.

*B. J. Adelsky*

#### MARYLAND SOUFFLE.

- |                         |                     |
|-------------------------|---------------------|
| 1 tin creamed sweetcorn | salt and pepper     |
| 1 oz. margarine         | 1 - 2 eggs          |
| 1 oz. flour             | 3 oz. grated cheese |
| $\frac{1}{2}$ pint milk |                     |

Place sweetcorn into a greased oven proof dish. Melt margarine, stir in flour, add the milk and stir until mixture boils. Season and add the egg yolks and cheese. Whip the egg whites stiffly, and fold into same. Pour the mixture over the sweetcorn, leaving sufficient room for it to rise when baking. Cook in a hot oven for 20 to 30 minutes until well risen and golden brown.

*Mrs. Eve Krikler.*

#### CAULIFLOWER AU GRATIN.

- |                                    |  |
|------------------------------------|--|
| 1 small cauliflower                | and mace to taste                        |
| 1 pint milk                        | $\frac{1}{4}$ lb. grated parmesan cheese |
| 2 oz. butter                       | 2 oz. grated cheddar cheese              |
| 2 oz. <b>Gloria</b> flour          | salt                                     |
| <b>Robertson's</b> cayenne, cloves | 1 onion                                  |

Blanch and boil the cauliflower until tender. Put the onion, mace, cloves and milk to simmer for ten minutes. Melt butter, add flour and cook without browning, add strained milk gradually stirring all the time and bring to the boil, add mixed cheeses, keeping back half the quantity of cheese. Place a little cheese in base of buttered pyrex dish. Place a layer of cauliflower and sauce and continue layering cheese and cauliflower and white sauce. Top with remaining grated cheese mixed with Golden Bread Crumbs and brown in oven about 15 to 20 minutes.

#### RICE.

Slice some onion and green pepper in chicken fat, boil till soft. Add cooked rice and a small tin of Tomato Soup and heat up.

*Mrs. Irma Langberg*

#### WATER CHESTNUTS WITH CABBAGE. (Chinese Recipe).

- |                          |                              |
|--------------------------|------------------------------|
| 1 cup water chestnuts    | 6 teaspoonfuls Soy Sauce     |
| 1 heart of cabbage       | 2 level teaspoonfuls sugar   |
| 10 medium mushrooms      | 3 tablespoonfuls cooking oil |
| 1 level teaspoonful salt | or fat                       |
| $\frac{1}{4}$ cup stock  |                              |

#### Method:

Chop cabbage into coarse pieces, using only tender leaves and rejecting tough stalks. Cut chestnuts into chunky slivers and mushrooms into thin slivers. Mix the stock with the salt, sugar and soy sauce. Put oil or fat into frying pan and when very hot add the cabbage and mushrooms and fry slowly for 5 minutes. Add the chestnuts and stock mixture and simmer for a further 5 minutes. Serve.





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## Sauces, Salads, Pickles and Preserves

### HOLLANDAISE SAUCE.

- |                             |                            |
|-----------------------------|----------------------------|
| 2 tablespoons vinegar       | 2 bay leaves (Robertson's) |
| 2 tablespoons water         | salt                       |
| 8 Robertson's peppercorns   | 2 oz. butter               |
| Robertson's pepper to taste | 2 egg yolks                |

Put vinegar, water, bay leaves and peppercorns in a small pan and reduce to half bulk. Strain vinegar on to yolks and whisk in a basin over hot water until thick and frothy all through. Add the just melted butter, stirring carefully. Serve at once. Use with fish souffles etc. Lemon may be used instead of vinegar.

### MAYONNAISE SAUCE.

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 yolk of an egg                    | 1 coffee cup oil (or less)     |
| $\frac{1}{2}$ teaspoon made mustard | 1 tablespoon vinegar           |
| salt and pepper                     | 2 tablespoons cream (if liked) |
| 1 teaspoon lemon juice              |                                |

Mix yolk of egg, sugar, mustard, lemon juice, salt and pepper in rotary beater. Add oil very gradually and beat until smooth and creamy add vinegar gradually beating all the time and if preferred lastly the cream. This mayonnaise will keep for about two weeks.

### FRENCH SALAD DRESSING.

- |                           |                        |
|---------------------------|------------------------|
| $\frac{1}{2}$ cup vinegar | 1 small teaspoon sugar |
| $\frac{1}{2}$ cup oil     | 1 teaspoon Robertson's |
| 1 teaspoon salt           | paprika                |
| 1 teaspoon grated onion   | 1 small clove garlic   |

Mix all ingredients together and stir. Put in clove of garlic whole and remove when pouring over salad. This dressing is nice over salads of lettuce, cut up tomato, sliced carrots, green peppers and cucumber. Pour over salad and toss. Do not use too much dressing.

*Mrs. Estelle Michaelson.*

### VINEGRETTO (Sauce for fried fish)

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 tablespoons oil                 | $\frac{1}{2}$ cup vinegar       |
| 2 tablespoons <b>G</b> lour flour | 1 to 1 $\frac{1}{2}$ cups water |
| chopped parsley                   | salt                            |
| 2 cloves crushed garlic           |                                 |

Heat oil and then leave to cool. Add Gloria flour, parsley, vinegar and 1 cup water well mixed together, to the cool oil. Boil the mixture for 5 minutes. If this is very thick then add more water so that the sauce is a thick consistency that will pour. Remove from heat and add crushed garlic and salt. Serve with fried fish.

### SALAD SUGGESTIONS.

Grapefruit and Avocado Pear.  
Celery, Walnuts and Apples with Mayonnaise.  
Pineapple, celery and lettuce with Mayonnaise.  
Pineapple and Tomato on lettuce.  
Shredded Cabbage, Sultanas and grated Carrots with Lemon juice.  
Orange and Tomato with Lettuce.  
Peas, Oranges and Nuts with Mayonnaise.

*Mrs. Jacquié Adelsky.*

### CUCUMBER BOATS.

Select cucumbers of uniform size. Wash, peel, and cut in half lengthwise. Scoop out seed, and sprinkle with salt and pepper. Fill the boats with diced vegetables and either egg, fish, salmon and mayonnaise: or chicken salad. Garnish with water cress.

*Mrs. Jacquié Adelsky.*

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### WALDORF SALAD.

- |                           |  |
|---------------------------|--|
| 1 lb. tart apples         | $\frac{1}{2}$ cup coarsely chopped walnuts |
| 2 tablespoons lemon juice | $\frac{1}{2}$ cup mayonnaise               |
| 1 cup chopped celery      |  |

Wash, pare and core apples, Chop roughly, sprinkle with lemon juice. Mix with celery, mayonnaise,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon **Robertson's** Cayenne pepper. This mixture may be kept in the fridge. Immediately before serving, add nuts to mixture and arrange on lettuce leaves. Nuts and lettuce lose crispness if they stand too long in mayonnaise.

*Mrs. Jacquie Adelsky.*

### BAKED BEAN SALAD.

- |  |                                  |
|--|----------------------------------|
| 2 large cups baked beans in tomato sauce | 1 teaspoon finely chopped celery |
| lettuce                                  | French dressing                  |
| salt                                     |                                  |

Mix beans and celery, season with salt, sprinkle french dressing over and serve on crisp lettuce leaves.

### POTATO SALAD.

- |                             |                              |
|-----------------------------|------------------------------|
| 4 cups cold boiled potatoes | 1 medium onion grated finely |
| 2 hard boiled eggs grated   | 1 cup mayonnaise             |
| 1 cup boiled peas           | parsley                      |

Mix potatoes, onion juice, peas, eggs and mayonnaise (leave some to garnish). Leave to chill. Garnish with hard boiled grated egg and parsley. If preferred, a little dill may be added, to season

*Mrs. Jacquie Adelsky.*

### BEETROOT SALAD.

Slice cooked beetroot with fancy cutter. Arrange layers of beetroot, onion rings. Cover with vinegar dressing and arrange thinly sliced bananas sprinkled with lemon juice on top.

### HAWAIIAN SALAD.

- |                   |                                   |
|-------------------|-----------------------------------|
| 3 oranges         | $\frac{1}{2}$ cup shelled walnuts |
| 1 small pineapple | 4 carrots                         |

Scrape carrots and cut into sticks. Peel oranges and slice thinly. Peel pineapple and cut into chunks. Arrange all ingredients in a bowl and add nuts. Mayonnaise can be added, but only just before serving otherwise the nuts will become soggy.

*Mrs. Jacquie Adelsky.*

### CARROT & CABBAGE SALAD.

- |                   |                    |
|-------------------|--------------------|
| 1 cabbage         | juice of one lemon |
| 2 carrots         | mayonnaise         |
| 3 teaspoons sugar |                    |

Shred cabbage add grated carrots. Add salt and lemon juice, a little oil, mayonnaise and sugar. Mix all together and leave. Best if made 1 hour before being served.

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### BEETROOT BASKETS.

Peel cooked beets, hollow out to form "baskets". Mix pulp removed from "baskets" with vegetable salad (peas, diced carrot etc.) and mayonnaise; fill baskets. Use as garnish for other salads, etc.

*B. J. Adelsky*

### SPICED SULTANAS.

- |  |  |
|--|--|
| 1 lb. sultanas                                   | $\frac{1}{2}$ lb. sugar                            |
| $\frac{1}{2}$ pint malt vinegar                  | $\frac{1}{2}$ teaspoon <b>Robertson's</b> cinnamon |
| $\frac{1}{2}$ teaspoon <b>Robertson's</b> cloves |  |

Put all ingredients in pan and cook slowly for about half an hour. Bottle and store. A delicious side dish for all curries.

### PICKLED CUCUMBERS.

- |                           |                                |
|---------------------------|--------------------------------|
| 2 doz. cucumbers          | garlic                         |
| boiling water             | <b>Robertson's</b> peppercorns |
| 1 red pepper (strong)     | <b>Robertson's</b> bay leaves  |
| 2 tablespoons coarse salt |                                |

Wash cucumbers and cut off tips. Place in bucket or large glass container. Pour boiling water with salt over cucumbers and add other ingredients. Cover and leave for 3 - 4 days before using.

*Mrs. S. Cowan.*

### DILL PICKLES.

3 doz. small cucumbers. These must be firm. Soak the cucumbers overnight in a solution of 1 cup salt to 4 quarts water. Wipe dry. Place them in layers in a small wooden pail. Between each layer of cucumbers put a generous layer of dill, some green pepper, a few bay leaves, a piece of whole ginger a few cloves of garlic, some whole pimento and 1 stick of horseradish. Approximately 5 large stalks of dill, 1 whole green pepper and 1 stick horseradish. Bring to the boil 6 quarts of water and add to 1 lb. common salt and 1 cup pickling vinegar. Cover the cucumbers with this brine completely. Place a board on top and weigh same down in order to keep the pickles under the brine. The cucumbers should be ready within five to six days.

### RED CABBAGE PICKLE.

Cut the cabbage in thin slices, sprinkle with salt, allowing 6 oz. salt to 1 lb. cabbage. Leave for two days, turning frequently, then drain. Pack cabbage in jars with a few whole peppercorns, and pieces of root ginger. Boil together 1 quart vinegar (wine or malt), 2 oz. peppercorns,  $\frac{1}{2}$  oz. salt, 2 bay leaves, 3 blades mace. Boil for five minutes. Skim and strain. When cold pour over the cabbage.

### PICKLED CABBAGE.

- |                       |                  |
|-----------------------|------------------|
| 1 round white cabbage | 1 large ball jar |
| 2 tablespoons salt    | vine leaves      |

#### Method:

Dissolve salt in 1 cup water. Cut cabbage from stem to tip in quarters or eighths. Put salt water into jar and then fill with cabbage. Fill jar with water so that cabbage is covered. Place vine leaves on top. Close jar, but do not make airtight. Leave for 1 week until ready.

*R. Cohen.*

*This page sponsored by Mrs. Chummy Pitch*



### BARBEQUE SAUCE.

- 6 to 8 tomatoes skinned
- 3 to 4 large onions finely chopped
- 1 red hot chilli finely chopped
- 2 cloves garlic finely chopped

Saute chopped onions in fat then add cut up tomatoes, garlic and chilli and saute a little longer. Add about half a bottle of tomato sauce, a couple of teaspoons of Rajah curry, salt and Robertson's pepper. Let it simmer and when it thickens add a little water and let it simmer for a couple of hours. It must be thick when served. The above quantity is enough for 20 to 30 servings.

*Mrs. Inge Wiesenbacher.*

### APPLE SAUCE.

- 1 lb. cooking apples
- 1 tablespoon sugar
- $\frac{1}{2}$  gill water
- 2 cloves if liked
- 1 tablespoon lemon juice

Peel, core and slice the apples. Stew gently with sugar, water and cloves. When tender rub through a sieve. Add lemon and re-ehat. Other fruit sauces may be made the same way. Try quinces, youngberries, green gooseberries, mangoes.

### SULTANA & RICE STUFFING.

- 1 cup cooked rice
- salt to season
- 1 small grated onion slightly fried
- 1 handful saltanas
- 1 tablespoon chicken fat
- 2 tablespoons sugar
- cinnamon to taste
- if preferred saffron may be used instead

Mix all ingredients together.

### HONEY CREAM DRESSING.

- 1 teaspoon grated lemon rind
- 2 tablespoons Honey
- pinch of salt
- 1 cup cream

Soak lemon rind in honey for a few minutes, add salt. Whip cream, fold in honey mixture. Use on fruit salads.

*Mrs. Jacque Adelsky.*

### BEETROOT AND HORSERADISH RELISH.

Grate 3 cups cold boiled beetroot. Add  $\frac{1}{2}$  cup grated horseradish,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon salt and 2 tablespoons of sugar. Gradually stir in as much vinegar as the mixture will absorb. Keep in covered jars in refrigerator.

### WATER MELON PRESERVE

The peel of a large "ice cream" water melon

- 6 quarts water
- 6 lb. sugar to 5 lb. fruit
- 1 cup water to every cup of sugar.
- 1 tablespoon lime
- little crushed ginger or cinnamon in a muslin bag

Peel the thin outer green skin this leaves the hard green rind, which is preserved, cut this in squares, and prick each square all over with a fork placing the holes very close together. Weigh the fruit. Mix lime and 6 quarts of water, place fruit in this and soak overnight. Wash in cold water. Boil in plain water for  $\frac{1}{4}$  hour. Dissolve sugar in water (one cup water to each cup of sugar) put in peel, and boil gently for two or three hours. Put in ginger or cinnamon (in a muslin bag) while boiling. When the syrup has boiled thick but not crystalized, bottle the confete. If crystalized melon is required, boil a little longer till the syrup crystalizes on the fruit.

*Mrs. Jacque Adelsky.*

## Hot Puddings

### HUNGARIAN APPLE PIE.

- 1 tin pie apples season with cinnamon, lemon and sugar
- 6 oz. Gloria flour
- 4 oz. margarine
- 1 egg yolk
- 1 - 2 tablespoons sour cream
- or milk
- 2 oz. ground almonds
- 2 oz. sugar
- strawberry jam
- 1 egg white

Egg white and sugar to glaze, Cream to decorate.

Sift flour and rub in butter. Mix to a dough with the egg yolk and sour cream or milk. Knead and put aside in a cool place for 30 minutes. Line a dish with half the pastry and partly bake for about ten minutes. Mix ground almonds with sugar. Spread pastry with jam and sprinkle almond mixture on top. Fold stiffly beaten egg white into apple and place in pie shell. Sprinkle the remainder of the almond and sugar mixture on top. Cover the pie with the remainder of the pastry, glaze this with the egg white, sprinkle with the sugar, and bake in a 400 oven for  $\frac{1}{2}$  an hour. Decorate with cream and glaze cherries.

### CHEESE PIE.

Pastry:

- 1 cup Gloria flour
- 2 oz. butter
- 2 tablespoons sugar
- pinch salt
- 1 teaspoon Royal baking powder
- 1 egg

Rub butter and flour, add sugar, salt and baking powder and well beaten egg. Pat into a flat oven proof dish.

Cheese Mixture:

- $\frac{1}{2}$  lb. cottage cheese
- 2 eggs
- 2 $\frac{1}{2}$  tablespoons sugar
- (or little more)
- 1 level tablespoon Gloria flour
- juice of a small lemon
- spot of essence
- 8 oz. milk

Beat the above ingredients together in a mixer. Pour over the pastry and bake in a 350 oven for  $\frac{1}{2}$  an hour, or until done. After 5 minutes of baking, open the oven and sprinkle a little Robertson's cinnamon over pie.

*Mrs. Golda Meyers.*

### APPLE TART.

- 1 tin sweetened condensed milk
- 2 cups unsweetened apple
- 4 oz. melted butter
- 2 dessertspoons lemon juice
- 2 cups marie biscuits
- 3 eggs
- $\frac{1}{2}$  teaspoon Robertson's cinnamon

Mix crushed marie biscuits with butter and cinnamon, and line an oven proof dish to form base of the tart. Leave a little of this mixture to sprinkle on top of the tart. Beat yolks of eggs well and add condensed milk, lemon juice and apples. Then fold in stiffly beaten egg whites. Pour this mixture onto the base, sprinkle the top with the remainder of the crumb mixture. Bake in a 350 oven until top is brown.

*Mrs. Estelle Michelson.*

### COCOA NUT PUDDING.

- 4 oz. margarine
- 4 oz. sugar
- 4 oz. Gloria flour
- $\frac{1}{2}$  teaspoon Royal baking powder
- 2 eggs
- $\frac{1}{2}$  cup milk
- 2 tablespoons cocoanut flavouring

Cream the fat and the sugar. Add flour sifted with baking powder, egg yolks, milk, cocoanut and vanilla (or other) flavouring to taste. Beat egg whites until stiff and stir them into the mixture. Turn into a greased mould, cover with greased paper and steam for two hours.

*This page sponsored by Mrs. Doreen Silberg*



### CHERRY PUDDING.

- |                                |                        |
|--------------------------------|------------------------|
| 2 cups stoned cherries         | 1 egg                  |
| $\frac{1}{2}$ cup sugar        | $\frac{1}{2}$ cup milk |
| 1 teaspoon Royal baking powder | 1 tablespoon butter    |

Place the cherries in a greased pudding bowl, and sprinkle with sugar. Sift flour baking powder and salt into a basin. Make a well in the centre of the dry ingredients and gradually beat in the egg milk and melted butter. When thoroughly mixed, pour over cherries. Cover with greased paper and steam for an hour. Serve with custard sauce.

### OXFORD PUDDING.

- |                    |  |
|--------------------|--|
| 4 oz. shortening   | Robertson's cloves                         |
| 4 oz. breadcrumbs  | Robertson's cinnamon                       |
| 2 oz. currants     | $\frac{1}{2}$ teaspoon Royal baking powder |
| 2 oz. sultanas     | 2 eggs                                     |
| 2 oz. castor sugar | Robertson's nutmeg                         |
| salt               |  |

Mix the shortening and the breadcrumbs, add cleaned fruit sugar and a pinch of salt, nutmeg, ground cloves and ground cinnamon, mix in baking powder. Beat eggs well then stir into dry ingredients. Turn into greased dariole moulds and steam for 35 minutes. Serve with brandy sauce.

### COCOA NUT PUDDING

- |  |                        |
|--|------------------------|
| 4 oz. Margarine                            | 2 eggs                 |
| 4 oz. sugar                                | $\frac{1}{2}$ cup milk |
| 4 oz. Gloria flour                         | 2 tablespoons cocoanut |
| $\frac{1}{2}$ teaspoon Royal Baking Powder | flavouring             |

Cream the fat and the sugar. Add flour sifted with baking powder, egg yolks, milk, cocoanut and vanilla (or other) flavouring to taste. Beat the egg whites until stiff and stir them into the mixture. Turn into a greased mould, cover with greased paper and steam for two hours.

### BANANA JAM TART.

- |                                |                        |
|--------------------------------|------------------------|
| 4 oz. margarine                | 1 egg                  |
| 2 cups Gloria flour            | 2 dessertspoons sugar  |
| 1 teaspoon Royal baking powder | 3 small bananas        |
|                                | jam, and a little milk |

Sift the dry ingredients, rub in the margarine. Beat egg and add to dry ingredients. If necessary, add the milk so that mixture just binds without being too soft. Knead slightly, divide mixture in half. Using one half, make little pancakes, and flatten with hand in greased pie dish until shell is formed. Spread jam over base. Slice bananas thinly over this. Grate remainder of dough over top, to form crust. Bake in 400 oven for 30 minutes or until crust is slightly brown.

Mrs. Ruth Cohen.

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### LOCKSCHEN PUDDING.

- |                                    |   |
|------------------------------------|---|
| 1 pint cooked noodles or spaghetti | 2 oz. sugar                                 |
| 4 oz. sultanas                     | 2 oz. margarine                             |
| 1 oz. chopped peel                 | $\frac{1}{2}$ teaspoon Robertson's cinnamon |
| 2 eggs                             |   |

Melt the margarine, beat the eggs lightly. Mix all the ingredients. Turn into a greased baking dish and bake in a 350 oven for about 40 minutes.  
Mrs. Shirley Cowan.

### APPLE DUMPLINGS.

- |                                |                  |
|--------------------------------|------------------|
| 1 egg                          | 6 apples (cored) |
| $\frac{1}{2}$ teaspoon salt    | 8 oz. holsum     |
| $\frac{1}{2}$ glass iced water | lemon juice      |
| 8 oz. Gloria flour             |                  |

Cut fat into sifted flour and add salt. Mix egg with iced water and lemon juice and add to flour mixture. Leave in the refrigerator for one hour. Fill apples with castor sugar. Roll pastry and cut into squares, place apples on these squares and cover completely. Bake at 350 for 30 to 40 minutes.  
Mrs. Shirley Cowan.

### PURIM FRITTERS.

- |                   |              |
|-------------------|--------------|
| 2 eggs            | Gloria flour |
| 3 tablespoons oil | castor sugar |
| oil for frying    |              |

Beat up the eggs, stir in the oil then mix in enough flour to make a soft dough. Knead thoroughly, break off small pieces and roll out wafer thin into circles about 8 inches in diameter. Then cut each circle into four sections, leave for an hour or longer, until quite dry, then fry in hot oil until very light brown. Drain, and sprinkle with castor sugar.  
Mrs. Shirley Cowan.

### SPONGE PUDDING.

- |                               |                                |
|-------------------------------|--------------------------------|
| jam or golden syrup           | 4 tablespoons milk             |
| 2 oz. margarine               | 1 teaspoon Royal baking powder |
| $\frac{1}{2}$ lb Gloria flour | 2 oz. castor sugar             |
| 2 eggs                        |                                |

Grease a pudding mould, then place a thick layer of jam on the bottom. Beat margarine and sugar to a cream. Then stir in the well beaten eggs mixed with the milk, alternately with the flour. Lastly stir in the baking powder. Beat well turn into prepared mould, cover with greased paper, and steam for 1 $\frac{1}{2}$  hours.

### GINGER PUDDING.

- |                               |  |
|-------------------------------|--|
| $\frac{1}{2}$ pint milk       | $\frac{1}{2}$ lb. Gloria flour             |
| 2 tablespoons syrup           | 1 teaspoon Robertson's ginger              |
| 1 egg                         | $\frac{1}{2}$ teaspoon Royal baking powder |
| $\frac{1}{2}$ lb. breadcrumbs |  |
| 1 tablespoon brown sugar      |  |
| 6 oz. shortening              |  |

Warm the milk, then stir in the syrup and the beaten egg. Beat for a few minutes then add breadcrumbs, sugar, shortening, ginger, flour, add baking powder. Mix well and turn into a well greased basin, cover with greased paper and steam for two hours. Serve with custard sauce.

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## INDIAN PUDDING.

- |                             |   |
|-----------------------------|---|
| 1 tablespoon butter         | $\frac{1}{2}$ cup molasses                |
| 2 cups milk                 | $\frac{1}{4}$ teaspoon <b>Robertson's</b> |
| $\frac{1}{2}$ teaspoon salt | cinnamon                                  |
| $\frac{1}{2}$ cup cornflour | $\frac{1}{4}$ cup raisins                 |
| 1 egg beaten well           |   |

Add butter and salt to the milk and scald. Sift the cornflour into this mixture slowly. Cook in a double boiler for 20 minutes, until thickened. Add the eggs, molasses, spice and raisins. Bake in a baking dish in a 350 oven for about 2 hours. Serve hot or cold.

## BANANA FRITTERS.

2 eggs well beaten with 4 sugar spoons sugar, pinch of salt,  $\frac{1}{4}$  cup milk,  $\frac{1}{4}$  cup water, 2 large bananas cut into small slices,  $1\frac{1}{2}$  cups **Gloria** flour, 2 teaspoons baking powder, a squeeze of lemon juice and a little **Robertson's** vanilla essence. Add flour gradually and do not make a very hard batter. (It must fall out of the spoon easily. Fry in hot oil.

*Mrs. Janie Abrahamson.*

## SNOWBALL PUDDING.

- |   |                          |
|---|--------------------------|
| 1 cup castor sugar                      | $\frac{1}{2}$ cup butter |
| $2\frac{1}{2}$ cups <b>Gloria</b> flour | $\frac{1}{2}$ cup milk   |
| 3 teaspoons <b>Royal</b> baking powder  | 4 egg whites             |

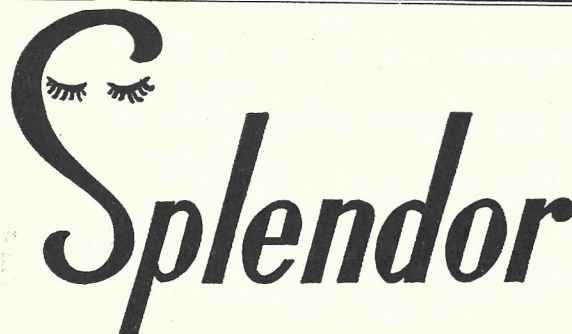
Cream the butter and add the sugar by degrees. Stir in the sifted flour and baking powder, alternately with the milk. Beat egg whites till stiff, then fold into mixture. Steam in individual moulds for 35 minutes. Serve with Jam sauce.

## POTATO KUGEL.

- |   |  |
|---|--|
| 2 eggs  | 6 medium sized potatoes                          |
| $\frac{1}{2}$ cup <b>Gloria</b> flour             | $1\frac{1}{2}$ teaspoons salt                    |
| 2 onions  | $\frac{1}{4}$ teaspoon <b>Robertson's</b> pepper |
| $\frac{1}{2}$ teaspoon <b>Royal</b> baking powder | $\frac{1}{4}$ cup fat or butter                  |

Peel potatoes, grate into large bowl, add well beaten eggs, mix well. Sift together flour, baking powder, salt and pepper. Add to potatoes, mince onions fry until light brown in fat or butter. Add to potato mixture and beat well. Pour into greased deep casserole; bake at 350 for about an hour until crisp and brown.

*Mrs. Shirley Cowan.*

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## Cold Puddings

### ICED FRUIT SHERBERT.

- |   |   |
|---|---|
| Large tin canned fruit<br>(peaches, strawberries, or<br>apricots) | $\frac{1}{2}$ cup sugar<br>juice of 1 lemon<br>2 eggs separated |
|---|---|

Drain the fruit from the syrup. Sieve the fruit finely or liquidise it. To the sieved fruit add half the syrup. the sugar and the lemon juice. Warm the mixture slightly to dissolve the sugar. When cool add the two beaten egg yolks. Place in ice trays and allow to set in freezer compartment. When hard, cut into pieces and beat together with the egg whites, then allow to set once more.

*Mrs. Hannah Hodes.*

### LEMON SHERBERT.

Cook  $\frac{1}{2}$  cup sugar and 2 cups water for ten minutes. Cool. Add  $\frac{1}{2}$  cup strained lemon juice and one tablespoon strained orange juice. Freeze until firm. Place mixture in ice cold bowl and beat until thick, fold in 2 stiffly beaten whites of egg and freeze until firm.

*Mrs. M. Maisels.*

### PINEAPPLE CREAM (PARAVA).

- |   |   |
|---|---|
| 1 1 lb. tin pineapple rings<br>or pieces<br>gelatine<br>2 eggs<br>2 oz. sugar | $\frac{1}{2}$ teaspoon <b>Robertson's</b><br>vanilla essence<br>pinch of salt<br>glace cherries<br>angelica |
|---|---|

Drain the pineapple well. Arrange in a glass dish, reserving some for decoration. Measure the juice allowing  $\frac{1}{2}$  oz. gelatine (Approx.  $\frac{1}{2}$  table-spoon) to  $\frac{1}{2}$  pint juice. Sprinkle the gelatine on the juice, and warm together to dissolve, but do not boil. Beat the egg yolks and sugar well together. Add salt and vanilla essence. Gently stir in the fairly warm juice, then at once stir this mixture into the stiffly beaten egg whites, cutting it through and through. Pour at once over the pineapple. (Froth should rise to the top). Chill for at least half an hour, then decorate with remaining pineapple, glace cherries and angelica. Serves 4 to 6.

*Mrs. Mary Michaelovsky.*

### ICE CREAM.

- |   |                                  |
|---|----------------------------------|
| 3 eggs<br>$\frac{1}{2}$ pt. cream<br>2 teasps. custard powder | 3 teacups milk<br>1 teacup sugar |
|---|----------------------------------|

Put the milk, custard powder, sugar and the yolks of the eggs in a pot. Heat until the mixture thickens, stirring all the time. Remove from the heat and then add the fresh cream, stir well and then allow to cool in the refrigerator. Beat whites of egg stiffly and add to cold mixture together with some ground grilled hazelnuts. Divide the mixture into two, leaving one half white. Mix the other half of the mixture with a melted slab of Bournville bitter chocolate. When the white ice cream has frozen, spread the remaining ground hazelnuts on top of it, then pour the chocolate mixture over and freeze again.

*Mrs. R. Carlton.*

### BANANA SHERBERT.

- |  |   |
|--|---|
| 6 ripe bananas<br>3 teaspoons lemon juice<br>1 can sweetened condensed | milk<br>2 cups whole milk<br>2 egg whites |
|--|---|

Press the bananas through a fine sieve, and add the lemon juice. the can of sweetened condensed milk and the 2 cups of whole milk. Beat with a rotary beater until smooth, pour into ice trays of refrigerator and freeze until ice forms around edges, fold in the egg whites and continue freezing for about three hours. Beating several times during freezing period.

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### BREAKFAST

(every morning during the 7 days)

- 1 glass milk
- 1 egg boiled or poached
- 1 cup tea or coffee (no sugar)

### NIGHTCAP

(every night during the 7 days)

- 1 glass milk, hot or cold

### MIDDAY MEAL

### EVENING MEAL

#### MONDAY

- Green salad with cold lean meat
- 1 slice melon or  $\frac{1}{2}$  grapefruit
- 1 glass milk

- Lean meat or fish (not fried)
- 1 green vegetable (not peas or beans)
- Stewed apple

#### TUESDAY

- Vegetable broth
- 2 biscuits and Cheddar cheese ( $1\frac{1}{2}$  in. cube)
- 1 glass milk

- Grilled fish
- 2 tomatoes
- Lemon jelly

#### WEDNESDAY

- Cheddar Cheese and tomato sandwiches (2 rounds wholemeal bread)
- Stewed prunes without sugar
- 1 glass milk

- Grilled liver
- Spinach
- Apple, orange or pear

#### THURSDAY

- $\frac{1}{2}$  grapefruit
- Lean meat and tomatoes (grilled)
- 1 glass milk

- Tomatoe juice
- Braised beef or kidney
- 1 green vegetable (not peas or beans)
- Fresh fruit

#### FRIDAY

- Cauliflower with Cheddar cheese
- 1 glass milk
- 1 slice wholemeal bread, thinly buttered

- Clear soup
- Baked fish
- Watercress
- Apple, orange or pear

#### SATURDAY

- Lean cold meat and salad
- 1 apple
- 1 glass milk

- Lean roast beef or lamb
- 1 green vegetable (not peas or beans)
- Fresh fruit

#### SUNDAY

- Green salad with grated Cheddar cheese
- 1 glass milk
- 1 slice wholemeal bread, thinly buttered

- Lean meat, grilled or braised
- 1 green vegetable (not peas or beans)
- Apple, orange or pear

Do not exceed normal helpings, i.e. 3-5 oz. of meat or fish or 6 oz. of vegetable or salad.

PASTEURISED MILK IS SAFE MILK

### MARSHMALLOW PUDDING.

Dissolve 1 packet of marshmallows in 1 cup milk that has been warmed, allow to cool. Whip one cup of cream, add to marshmallow mixture, add a dash of whiskey (or any favourite liqueur). Set in refrigerator.

### FLUFFY MOCK CREAM (PARAVA).

- 1 egg white
- 2 level tablespoons golden syrup
- $\frac{1}{2}$  teaspoon rum essence (Robertson's)

Whisk the white of an egg to a stiff froth. Heat two level tablespoons syrup in a small pot till almost boiling. Pour the syrup gradually into the egg white, whisking all the time. Continue whisking until cool and thick. Flavour with rum essence or desired Robertson's flavouring. Serve with canned fruit or hot pudding. Serves 4.

Mrs. Mary Michaelovsky.

### LADYFINGER ICE CREAM CAKE.

Line a 2 quart mould with about 2 doz. split boudior biscuits. Pack with 3 pints ice cream, and cover with foil. Freeze overnight. Unmould, garnish with whipped cream, cherries, grapes or orange slices.

Mrs. Jacque Adelsky.

### CHOCOLATE SAUCE.

- 2 oz. chocolate or cocoa
- $\frac{3}{4}$  oz. cornflour
- $\frac{3}{4}$  oz. sugar
- $\frac{1}{2}$  pint water
- 1 teaspoon Robertson's vanilla, a dash of Nescafe coffee
- 1 small teaspoon brandy

Blend cornflour with a little cold water. Boil up chocolate, Nescafe and sugar with the rest of the water. Pour boiling chocolate mixture over cornflour mixture and boil again for about 3 minutes. Cool, add vanilla and brandy and serve as required.

Mrs. Jacque Adelsky.

### JAM SAUCE.

- 1 tablespoon jam
- 1 tablespoon sugar
- 1 gill water
- little lemon juice

Boil all together until thick and syrupy (about ten minutes). Strain and serve with puddings, and crepe confiture.

### CHERRY SAUCE.

- $1\frac{1}{2}$  oz. glace cherries
- juice of 1 lemon
- 1 dessertspoon castor sugar
- ((more if preferred)
- 1 scant teaspoon cornflour
- 3 tablespoons brandy

Chop cherries put in pan with sugar and lemon juice. Make a paste with Maizena and 1 full tablespoon water. Add brandy and bring to boil till smooth. Serve hot. Delicious with Ice Cream.

### JELLY MOULD.

- 1 pkt. orange jelly
- 1 cup boiling water
- 1 dessertspoon cointreau
- 2 eggs (separated)

Dissolve jelly crystals in boiling water, set aside to cool. Add cointreau to liquid jelly. When really cool but not set, add 2 beaten egg yolks and mix well. add mixture slowly to stiffly beaten egg whites. Set in refrigerator. This pudding should set in two layers, one smooth and the other fluffy.

Mrs. Jacque Adelsky.

PASTEURISED MILK IS SAFE MILK



## ZABAGIONE.

- 4 egg yolks
- 4 tablespoons sugar
- 4 tablespoons sweet wine
- $\frac{1}{2}$  pint cream
- $1\frac{1}{2}$  dessertspoons gelatine

- dissolved in a little boiling water
- 1 pkt. Boudoir biscuits, or sponge cake

Beat yolks and sugar until very light and almost white. Add a little salt and sherry, mix thoroughly. Pour into double boiler and beat well until mixture thickness and rises. DO NOT boil. When cool fold in cream and gelatine. Fill serving dish with alternate layers of pudding and cake (or biscuits) soaked in sherry. Set in refrigerator for several hours before serving. Decorative with whipped cream and cherries.

*Mrs. Becky Krikler.*

## BAKED ALASKA.

To use up the whites of the eggs from the above pudding, a baked Alaska may be made:—

- Sponge cake
- $\frac{1}{4}$ th teaspoon salt
- 1 small tin fruit
- 4 egg whites

- chopped nuts
- 2 tablespoons sugar
- 1 ice cream brick

Line a pyrex dish with one inch layer of sponge cake so as to extend one inch beyond ice cream brick. Spoon a little fruit and sherry on cake. Place fruit and nuts on cake. Whip egg whites with salt until stiff but not dry. Beat in sugar gradually until meringue stands up in peaks. Place ice cream in the centre of the cake. Spread meringue over ice cream leaving no spot uncovered. Sprinkle generously with nuts. Bake in a hot oven for 4 - 5 minutes just before serving.

*Mrs Becky Krickler.*

## CHOCOLATE SPONGE.

- $\frac{1}{2}$  lb. slab black chocolate
- 4 egg yolks
- 7 stiffly beaten egg whites
- pinch of salt

- 4 tablespoons sugar
- 1 teaspoon sherry, coffee or rum essence

Melt chocolate in a double boiler. Meanwhile cream yolks with sugar till pale. Add melted chocolate and mix. Add sherry and salt and mix. Fold in stiffly beaten egg whites. Pour into serving dish or individual glasses and allow to set in refrigerator. To serve, garnish top with cherries and chocolate chips.

*Mrs. Lilian Lomofsky*

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## GRAPEFRUIT GARNI.

Cut grapefruit in half. Remove fruit segments with small spoon or knife. Discard seeds and white membrane to make a clean bowl of the fruit. Prepare a fruit salad with the grapefruit segments, a few strawberries, raspberries, cherries or any other fruit in season. Sprinkle with sugar according to taste. Add one teaspoon of any liqueur per grapefruit. Fill the grapefruit bowls with the prepared fruit salad and chill for a few hours. Then serve.

*Mrs. Sonia Levy.*

## BANANA AND PINEAPPLE MOUSSE.

- $\frac{1}{2}$  pint fine mashed banana
- (3 large bananas)
- small tin canned pineapple pieces

- 1 dessertspoon gelatine
- family size ice brick—vanilla

Add to mashed banana half of pineapple juice and pineapple pieces (cut smaller). Dissolve gelatine in remainder of pineapple juice. Heat on stove stirring all the time until thickens. Add this to banana mixture and allow to thicken in frig. for half an hour. Mix in ice cream brick little by little — allow to set in frig. Decorate with cherries, pineapple, nuts. Can be set and served in individual glasses.

## CRUMBED FRUIT TART.

- 1 pkt. marie biscuits
- $\frac{1}{2}$  lb. melted butter
- $1\frac{1}{2}$  cups juice from fruit
- 3 heaped tablespoons syrup

- 2 tablespoons custard
- 2 lb. tin of apricots or peaches (drained)

Mix crushed biscuits with butter and line an oven proof dish with the mixture. Bake a short while in a 350 oven to form a flan. Bring to the boil the fruit juice and syrup, add custard powder mixed with a little water to form a paste (thin). Boil slowly until it thickens. Cool. Fill then flan with the fruit, and pour the syrup over.

*Mrs. Golda Meyers.*

## STRAWBERRIES ROMANOFF.

Sprinkle large strawberries with sugar. Pour just enough liqueur over the strawberries to absorb the sugar. Cool in refrigerator for 2 hours. Drain the strawberries and place them in a bowl. Whip vanilla ice cream, and fold into an equal amount of heavy cream beaten stiff. Pour this mixture over the berries and add the liqueur used for the marinade. Serve immediately.

*Mrs. Sonia Levy.*

## VELVET CREAM.

Make a green jelly in the usual way. Take a loaf shaped baking tin and line with approximately  $\frac{3}{8}$  inch jelly. Set firm. Place a smaller tin on the jelly and weight down. Now pour liquid cold jelly round smaller tin and set. Remove small tin (by filling with hot water) and fill cavity with the following mixture:—

Melt one level dessertspoon gelatine in 4 oz. water add 1 heaped tablespoon sugar and grated rind of one lemon and stir over low heat for ten minutes. Cool. Add one coffee cup sherry and strain. Add to  $\frac{1}{2}$  pint half-whipped cream. Set and then cover with final layer of jelly.

*Mrs. Estelle Grainger.*

## GERMAN CHOCOLATE PIE.

- Meringue for base.
- 1 teaspoon Robertson's vanilla essence

- 3 tablespoons water
- $\frac{1}{4}$  lb. chocolate
- 1 cup cream

Melt chocolate and water over low heat, stir until melted. Cool. Whip cream until slightly stiff. Fold chocolate mixture into cream. Place on meringue base. Allow to set in refrigerator.

*Mrs. Cynthia Marks.*

*This page sponsored by Mrs. Amy Weinberg*



### PEPPERMINT CRISP PUDDING.

Mix together:—

1½ cups milk  
pinch of salt

½ cup sugar  
3 egg yolks

add little over one dessertspoon gelatine dissolved in ½ cup boiling water. Beat well and leave in refrigerator to set slightly. Melt 2 peppermint crisps and an 8 oz. slab of chocolate. Cool. Whip ½ pint cream. Mix cream into chocolate NOT vice versa. Whip gelatine mixture again fold into chocolate and cream. Fold in stiffly beaten egg whites. Decorate with crushed crisp. Refrigerate until ready to serve.

*Mrs. Denise Posner.*

### STRAWBERRIES CHANTILLY.

Prepare some fine ripe strawberries. Sprinkle with sugar and then pour enough liqueur over them to absorb the sugar. Place in the refrigerator for one hour. Arrange in a deep serving bowl, and force a ring of whipped, sweetened cream flavoured with vanilla round them. This dish is at its best when prepared just before serving, and must be served well chilled.

*Mrs. Sonia Levy.*

### ORANGE PUDDING.

4 cups orange juice  
1 cup boiling water  
½ cup sugar (or to taste)

1 dessertspoon custard powder  
1 pkt. orange jelly powder  
1 egg

Boil orange juice, water, and sugar, add custard and jelly powder, boil again. Add beaten egg yolk, boil again. Then fold in stiffly beaten egg white. Pour into rinsed mould, set in refrigerator, turn out and trim.

*Mrs. Frieda Haimowitz.*

### MERINGUE FLANS.

½ teaspoon salt  
1 teaspoon cream of tartar

1 cup castor sugar  
4 egg whites

Beat the salt and cream of tartar with the egg whites until stiff, add the castor sugar gradually, and continue beating until very stiff. Add one teaspoon Robertson's vanilla extract. Drop six spoonfuls onto cookies sheet, flatten to form six bases about 2" in diameter. With pastry tube surround bases with remaining meringue to a height of 2" — leaving centre unfilled. Bake in 250 oven for 1½ hours. Cool. These flans may be filled with fruit or ice cream, or a mixture of both.

*Mrs. Jacque Adelsky.*

### WATER MELON SALAD.

Cut and peel wedges from a chilled watermelon, cube them and place in individual glasses. Add slices of preserved ginger, and dessert apples in ginger syrup.

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### LEMON MERINGUE PIE.

One nine inch pastry shell  
1 tin sweetened condensed milk  
4 eggs (separated)  
juice of one large lemon

grated rind of 2 lemons  
8 level tablespoons castor sugar  
juice of one large lemon

Mix the 4 egg yolks together with the entire contents of the tin of condensed milk, the lemon rind and the lemon juice. Pour into the pastry shell. Mix the very stiffly beaten egg whites with the castor sugar, pour onto the condensed milk mixture, make patterns on the meringue with a fork, bake in 450 oven until meringue is brown. Serve when cold. For big parties, this can be made a day before.

*Mrs. Chummy Pitch.*

### PINEAPPLE SURPRISE.

Remove the top of a pineapple. Scoop out the pulp leaving about ½ an inch of pulp on all sides of the pineapple. Dice the removed pulp sprinkle with sugar and cover with liqueur (preferably cointreau). Place in refrigerator for 2 hours, place pineapple shell in refrigerator also. When ready to serve, place the diced fruit back in the chilled shell. Replace the top with leaves still attached. Serve very cold. Pineapple (when diced) may be combined with other fruit in the shell.

*Mrs. Sonia Levy.*

### PINEAPPLE SOUFFLE.

1 large tin pineapple  
(rings or chunks)  
1 pkt. Lemon jelly powder  
1 tablespoon sherry  
½ pt. cream thickly whipped

½ pt. coffee cream (Dissolve 2 teaspoons nescafe in one teaspoon boiling water, cool, add to ½ pt. cream, whip)

Heat the contents of the tin, drain off the juice and melt the jelly powder in this, allow to cool. Crush the pineapple till pieces are small and soft. Add jelly, sherry, and coffee cream to crushed pineapple place in a glass bowl finally add thickly whipped cream to this mixture folding in gently, so that swirls of coffee cream combine with plain cream to form a pattern. Garnish with cream and cherries, leave overnight, or for several hours. Do NOT place in refrigerator as this spoils the flavour. This dish may be placed in individual glasses if preferred.

### PINEAPPLE MOUSSE.

1 fresh pineapple  
1 oz. gelatin  
4 oz. sugar  
½ teaspoon salt  
2 oz. maraschino cherries

1 oz. flaked almonds  
1 teaspoon grated lemon rind  
1 pint cream stiffly whipped  
1 doz. boudoir biscuits

Boil pineapple then crush, drain off resultant syrup, soften gelatin in ¼ cup syrup and heat ¾ cup syrup to boiling point, add to gelatin mixture and stir until dissolved. Add sugar, salt and pineapple, allow this mixture to chill until slightly thickened. Wash drain, and cut cherries into quarters. Add cherries, nuts, and lemon rind to pineapple mixture, then fold in the stiffly beaten cream. Line a square dish with waxed paper, so that paper stands 2" above dish. Arrange split boudoir biscuits around sides and bottom of the dish. Place alternate layers of pineapple mixture and boudoir biscuits in dish. Allow to set. Unmould. Decorate with swirls of whipped cream and split almonds.

*This page sponsored by Mrs. Ketty Amato*



**MARSHMALLOW PUDDING. (parave).**

Dissolve in double boiler over hot water:—

- |  |                 |
|--|-----------------|
| 1 cup pineapple juice (drained<br>from canned pineapple) | pinch of salt   |
| ½ cup water  | 20 marshmallows |

When dissolved add 1 dessertspoon lemon juice, and set aside to cool. When cool fold in the stiffly beaten whites of two eggs. Pour into freezing tray and do not stir.

*Mrs. Monica Menashe.***CHOCOLATE MOUSSE**

- |                           |   |
|---------------------------|---|
| 4 eggs                    | 1 tablespoon milk   |
| 4 tablespoons sugar       | ½ teaspoon gelatine dissolved<br>in 1 tablespoon cold water |
| 8 oz. slab dark chocolate |   |

Separate eggs. Beat egg yolks and sugar until stiff and creamy. Break chocolate into bowl and melt with one tablespoon milk add gelatine dissolved in water to yolks and then add melted chocolate. Beat the white very stiffly and and fold in. Place in fridge.

*Mrs. Eve Krikler.***FRUIT FILLED MELON.**

- |   |  |
|---|--|
| 1 sweet melon or pineapple                                  | or pine)                               |
| 1 - 2 lb. mixed fresh fruit<br>(according to size of melon) | ½ pkt. lemon jelly powder<br>ice cream |

Cut melon in half and scoop out seeds. If using pine, leave leaves on and cut entire fruit down the centre. Remove pulp from inside chosen fruit. Cut into cubes, mix with other fresh fruit (peach, pear, grapes, apple, banana, etc.). Make up ½ pint of lemon jelly and pour over the fruit. When cold and nearly set, put mixture into shell of pineapple or melon. Top with vanilla ice cream, and decorate with grapes, cherries, etc.

**CREME CARMEL.**

Take one heaped teacup, sugar and put in a heavy pot over low heat until the sugar has melted and is golden brown. Add ¼ cup water and stir until smooth. Cover the sides and bottom of an oven proof dish with caramel. Then take:—

- |  |                 |
|--|-----------------|
| 6 large eggs                               | ¾ cup sugar     |
| 2 teaspoons Robertson's<br>vanilla essence | ½ teaspoon salt |

and mix together in a large bowl. Do NOT beat. Then scald two pints of milk and add to the egg mixture, and stir. Strain into the caramel mould and put dish into a deep pan of hot water and bake in pre-heated oven of 350 - 375 for about 35 minutes. (Test by inserting knife — if it comes out clean, the pudding is done). Keep in refrigerator until ready to serve. Unmould onto serving dish with sides (to catch the caramel sauce).

*Mrs. Inge Wiesenbacher.***CHOCOLATE BANANA CREAM.**

Mash 6 - 8 bananas and beat with a fork until quite frothy, add sugar and cocoa to taste and beat in one cup of whipped cream. Pour into individual dishes and decorate. Set in refrigerator.

*Mrs. Eve Krikler.***FOR MEN ONLY!***THE FINEST RECIPE FOR AN OUTSTANDING MEAL***Take your wife and friends to****'Le Boulevard'****1st Floor — JAMESON HOTEL****SALISBURY'S LEADING RESTAURANT****CHOCOLATE MOUSSE.**

- |                                |                         |
|--------------------------------|-------------------------|
| 6 eggs                         | 2 tablespoons milk      |
| 2 large slabs bitter chocolate | ½ pt. cream             |
| 3 teaspoons sugar              | 1 pkt. boudoir biscuits |

Melt chocolate with milk, add yolks one at a time and mix well. Beat cream and sugar and add to chocolate. Beat whites very stiff and fold in. Dip boudoir biscuits in milk and place at the bottom of the dish, cover them with chocolate mixture, then another layer of biscuits etc., ending with a layer of chocolate. Allow to set in refrigerator for a few hours.

*Mrs. Ruth Ferera.***APPLE DELIGHT.**

- |                          |                          |
|--------------------------|--------------------------|
| 1 pkt. redcurrant jelly  | 2 egg whites             |
| 2 cups boiling water     | 1 cup stewed apple pulp. |
| 1 tablespoon apricot jam |                          |

Dissolve the jelly powder thoroughly in boiling water and add the apricot jam. When cool whip well together the egg whites which have been slightly beaten before. Add the apple pulp, whipping again. Mould. When set unmould and decorate with whipped cream or custard.

**PROFITEROLES.****Eclairs.**

- |                     |                 |
|---------------------|-----------------|
| 4 eggs              | pinch salt      |
| 1 cup Gloria flour  | 4 oz. margarine |
| 1 cup boiling water |                 |

Put margarine and water in saucepan and bring to boil. Add sieved flour gradually stir until mixture is smooth and comes away from sides of the pot in a ball. Remove from heat and cool slightly add eggs one at a time stirring well after each addition. Put teaspoonfuls of mixture onto a greased baking sheet and bake at 450 for 25 minutes. Mix a Royal chocolate pudding with 2½ cups milk and bring to the boil, chill. A short while before required cut eclairs and fill with whipped cream. Put in a dish and cover with chocolate pudding.

*Mrs. Eve Krikler.***CHOCOLATE PUDDING.**

- |                                 |                      |
|---------------------------------|----------------------|
| 1 large slab of plain chocolate | strong coffee or rum |
| 4 eggs                          |                      |

Dissolve chocolate in double boiler and then allow to cool. Beat in the egg yolks, 4 teaspoons of rum or nescafe, and then add the stiffly beaten egg whites and fold in thoroughly. Set in individual sweet dishes for about an hour before it is required.

*Mrs. Inge Wiesenbacher.***CHOCOLATE MOUSSE.**

- |  |                              |
|--|------------------------------|
| 1 tablespoon water   | 4 eggs                       |
| 1 rounded teaspoon gelatine<br>(dissolved in 2 tablespoons<br>water) | 8 oz. block dark chocolate   |
|  | 1 small tin evaporated milk  |
|  | 1 dessertspoon rum or sherry |

Break chocolate into bowl, add water and dissolve over pan of gently steaming water. Remove from heat and cool. Beat in separated egg yolks then add gelatine dissolved in water. Whisk evaporated milk until stiff and fold into mixture. Fold in stiffly beaten egg whites and rum or sherry. Pour into serving dish and leave to set.

*Mrs. Becky Krikler.***BANANA PUDDING.**

1 pkt. lemon jelly made the usual way, 5 or 6 well mashed bananas added to the hot jelly (and a little sugar if desired). When this mixture is cold and on the verge of setting add ½ cup sweet cream and whip very well. Colouring may be added. Set the pudding in the fridge. For a PARAVA pudding omit the cream.

*Mrs. H. S. Abrahamson.**This page sponsored by Mrs. Selma Friedlander*



### ORANGE WHIP.

2½ tumblers strained orange juice

1 pkt. apple or orange jelly

Boil orange juice and dissolve the jelly crystals in it. Make a smooth paste of the custard powder and a little water, add hot jelly gradually to custard stirring all the time. Return mixture to the pot and bring to the boil. Cream castor sugar with egg yolks, add hot mixture to this gradually stirring all the time. Return mixture to pot and beat until fluffy. Set aside to cool. Pour mixture into stiffly beaten egg whites and beat well together until fluffy. Set in mould in refrigerator.

Mrs. Lillian Lomofsky.

### PINEAPPLE PUDDING.

1 pineapple

1 egg

Robertson's vanilla flavouring

about 4 or 5 bananas

1 pkt. jelly

1 dessertspoonful custard powder

2 tablespoons sugar (to taste)

Grate the pineapple and put on to boil with the sugar (or 1 lb. tinned pineapple can be used). Take the custard powder and make into a thin paste with a little water. Pour this custard into the boiling pineapple stirring all the time. Make the jelly with 2 cups boiling water. Pour it into the boiling mixture. Separate egg. Beat up yolk with a drop of water. Add to the mixture. Put the white of the egg in the frig till needed. Let the mixture get quite cold. When the mixture is quite cold add mashed bananas. Beat up white very stiffly and, mix all together. Add a drop of vanilla and set in the fridge.

**For orange pudding.** Omit pineapple and add 2 cups orange juice.

**Pineapple and Orange.** Instead of water in the jelly use orange juice.

Mrs. Janie Abrahamson.

### LYCHEE SNOW. (Chinese Dish).

1 20 oz. tin Lychees

½ oz. gelatine

4 oz. castor sugar

½ pint milk

Drain the fruit (setting aside a few pieces for decoration) and chop finely. Heat 6 oz. of the syrup dissolve the gelatine in it, and then add the sugar and chopped fruit. When this mixture is about to set mix in the whipped cream and turn the mixture into a mould. When set, turn out, and garnish with lychees and whipped cream.

Mrs. Sonia Levy

### FUDGE CAKE.

1 pkt. tennis biscuits

1 tin sweetened condensed milk

Boil unopened tin of milk for 3 hours, by which time milk should have caramelized. Place 4 or 5 biscuits on a flat dish, and spread mixture over and repeat layers. Coat with balance of mixture and sprinkle with coconut or ground almond, and decorate with cherries and nuts. Set in refrigerator.

Mrs. Eve Krikler.

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## Bread, Buns and Scones

### BEIGEL.

6 cups Gloria Flour

1½ teaspoons salt,

Mix well and make well in the centre. 1 dessertspoon dried yeast, mixed with a spoon of sugar and a little lukewarm water, place in centre of flour. Cover, and leave for ten minutes to rise. Add one egg beaten lightly together with approximately ½ pint of lukewarm water. Knead well and leave to rise. Place water in a large pot with 6 teaspoons sugar, and one teaspoon salt and boil. Make shapes by kneading small pieces of dough, pushing thumb through centre, and shaping around fingers. Boil for one minute and then place on greased baking sheets and bake in a 400 oven.

Mrs. D. Noar.

### MUFFINS.

2 cups (8 oz.) Gloria flour

3 teaspoons Royal baking powder

½ teaspoon salt

1 cup milk

¼ cup (4 oz.) soft butter

1 egg

½ teaspoon Robertson's nutmeg

1 cup finely chopped apples (approx. 3 medium)

#### Topping:

½ cup finely chopped apple

½ cup (2oz.) sugar

½ teaspoon Robertson's cinnamon

Into mixing bowl sift flour, baking powder, salt and nutmeg. Add sugar, butter, egg and milk. Mix just until all ingredients are blended. Fold in 1 cup chopped apple. Spoon batter into greased deep patty-cake tins until two-thirds full.

#### Topping:

Sprinkle ½ cup chopped apple evenly over batter in pans. Mix sugar and cinnamon and sprinkle. Bake in hot oven, 400 deg. for 20 to 25 minutes.

### MUFFINS.

1. Prepare 12 2½" muffin pan wells.

2. Melt and set aside ¼ cup butter.

3. Sift together into a bowl and set aside:—

2 cups sifted Gloria flour

1/3 of a cup sugar

½ teaspoon salt

1 tablespoon Royal baking powder

4. Bend thoroughly

1 egg well beaten

1 cup milk

Blend in the melted shortening. Make a well in centre of dry ingredients and add liquid mixture all at one time. With not more than 25 strokes, quickly and lightly stir until dry ingredients are barely moistened. Batter will be lumpy and break from spoon. (Too much mixing will result in muffin tunnels). Fill muffin well about two-third full and bake at 425 deg. 20 - 25 minutes.

Mrs. L. Fox.

### CRUMPETS.

2 eggs

1½ cups milk

4 tablespoons melted butter

½ teaspoon salt

1 tablespoon sugar

4 teaspoons Royal baking powder

1½ cups Gloria flour

Beat eggs, add to milk and melted butter and beat well. Sift in dry ingredients.

Mrs. B. Cowan.

This page sponsored by Mrs. Berry Amato



### SCONES.

2 cups **Gloria** flour  
1 egg  
2 tablespoons margarine  
1 dessertspoon sugar or  
cheese

2 teaspoons **Royal**  
Baking Powder  
pinch of salt  
milk to mix

Rub margarine into dry ingredients, add the egg, and the milk. Mix well until soft and of a sticky consistency. Turn out onto a floured board flatten with hands and cut into shapes. Brush with milk, and bake on a greased, floured tray at 450 for 5 to 10 minutes.

*Mrs. Eve Krikler.*

### SCONES.

6 oz. margarine  
2 tablespoons sugar  
1 beaten egg with  $\frac{1}{4}$  cup milk  
2 cups **Gloria** flour

2 teaspoons **Royal** baking  
powder  
pinch of salt

Rub margarine into flour until it is like breadcrumbs — add sugar and pinch of salt and baking powder. Beat egg and milk and add to mixture. If necessary add little more flour. Pat out on a board and cut into shapes.

### CHEESE SCONES.

1 cup **Gloria** flour  
1 cup grated cheese  
1 dessertspoon **Royal**  
Baking powder

1 cup milk  
pinch **Robertson's**  
cayenne pepper  
salt and pepper

Mix dry ingredients thoroughly. Sieve and add milk. Bake in greased patty pans (12). 400 deg. for 10 - 15 minutes. Serve hot with butter.

*Mrs. I. Langberg.*

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### PANCAKES.

$\frac{1}{2}$  lb. **Gloria** flour  
Pinch of salt  
1 large egg

$\frac{1}{2}$  pint of milk  
butter

Sift flour and salt into a basin. Make a well in the centre, then drop in the egg. Stir in half the milk gradually, then stir in flour from the sides of the basin. Beat well and add the rest of the milk, beating all the time. Let stand in a cool place for an hour. When ready to fry, pour and scrape batter into a jug. Melt a nut of butter in a frying pan, remove from heat and pour in some batter depending on size of pancake required. Place over heat, cook till lightly browned below, then toss over or turn with a palette knife. Brown on the other side, then turn on to sugared paper. Dredge with sugar, add a squeeze of lemon juice and roll up. Use a nut of butter for each pancake. Garnish with fingers of lemon.

*Mrs. C. Pelham.*

### MILK BUNS.

$\frac{1}{2}$  lb. butter  
2 tablespoonsful oil  
1 cup sugar  
1 dessertspoonful salt

1 pint milk  
4 eggs  
2 oz. yeast  
**Gloria** flour

Dissolve the yeast in a little lukewarm water. Add a little flour to make a paste. Add butter to milk and melt, but do not allow this mixture to be hot — only lukewarm. Cream eggs with sugar. Mix all the ingredients and add enough flour to make a nice soft dough. Leave overnight covered well. Raisins and cinnamon can be added if desired. Roll and allow to rise again. Then make into required shapes as buns or loaves. Brush tops with egg and bake in fairly hot oven.

### CHELSEA BUNS.

pastry 2 cups **Gloria** flour  
4 teaspoons Baking powder  
**Royal**

1 cup (or less) milk  
pinch of salt  
2 oz. butter

Rub the butter into flour with knife, then add milk and make a nice soft dough like scone dough. (2 tablespoons cream can be added to the pastry). Roll out dough into oblong shape and spread with 2 oz. melted butter and sprinkle with sugar, cinnamon and fruit. Roll up and cut about 1" thick and dip into beaten egg and bake in 450 oven. While this is baking, get the icing sugar ready mixed with water and vanilla essence. It must be thin and put on the buns while still in the pan and warm not hot.

### CHELSEA BUNS.

#### Pastry:

2 cups **Gloria** flour  
pinch of salt  
4 teaspoons **Royal**  
Baking Powder

2 oz. margarine  
3 tablespoons sour cream  
enough milk to make a  
dough

#### Filling:

$\frac{1}{2}$  cup sugar, mixed with 2  
2 teaspoons **Robertson's**  
cinnamon

any dried raisins, dates,  
sultanas, etc.  
2 oz. melted butter

Roll out dough into an oblong. Brush melted butter over dough. Sprinkle on the sugar and cinnamon. Put on the fruit. Roll into a swiss roll, and cut into buns. Dip buns into beaten egg, to give them a gloss, and bake in a 400 oven until brown.

*Mrs. L. Bloom.*

### DOUGHNUTS.

6 heaped tablespoons **Gloria**  
flour  
2 teaspoons **Royal**  
Baking Powder

2 tablespoons oil  
2 eggs  
 $\frac{1}{4}$  cup water  
pinch of salt

Mix well. Drop spoonfuls in deep hot oil. Roll in **Robertson's** cinnamon and sugar.



## DOUGHNUTS.

- |                                    |                               |
|------------------------------------|-------------------------------|
| 2 eggs                             | 6 teaspoons <b>Royal</b>      |
| $\frac{3}{4}$ cup sugar            | Baking Powder                 |
| 1 cup milk                         | $\frac{1}{2}$ teaspoon salt   |
| 4 tablespoons melted butter        | 1 teaspoon <b>Robertson's</b> |
| 4 cups (1 lb.) <b>Gloria Flour</b> | vanilla essence               |

Heat a pan of deep hot fat or oil to 390 F. for cooking the doughnuts. Beat the eggs and sugar well, then add the milk and melted butter. Sift the dry ingredients and add them to the liquids, blending well into a dough. A little more flour may be added if the dough is too soft for rolling. Roll out on a floured board to  $\frac{1}{2}$ " thick, and cut with a doughnut cutter. Drop into the hot fat, a few at a time, and cook until lightly browned, turning once only. Drain on crumpled kitchen paper, and sprinkle with castor sugar while hot.

## BORMUELOS. (Spanish Doughnuts).

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 cup warm water            | 1 teaspoon sugar            |
| 1 dessertspoon D.C.L. yeast | $\frac{1}{2}$ teaspoon salt |

Place above ingredients in a warmed dish, mix well, then leave to rise for about half an hour. When risen add one cup **Gloria** flour and one oz. melted butter. Then gradually add 2 more cups **Gloria** flour and more warm water, until a soft, slightly sticky dough has been formed. Allow to rise for about 2 hours. Fill a saucepan  $\frac{1}{2}$  full of oil, and heat well. Wet fingers with cold water, break off pieces of dough, and drop into oil. When doughnuts are golden brown, remove and place in a dish, and sprinkle with honey and **Robertson's cinnamon**. This recipe makes about 25 doughnuts.

*Mrs. Sally Lees.*

## YEAST DOUGHNUTS.

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 lb. <b>Gloria</b> flour         | 1 oz. compressed yeast  |
| 2 oz. butter/margarine            | 1 egg                   |
| 2 oz. castor sugar                | $\frac{1}{2}$ pint milk |
| $\frac{1}{2}$ level teaspoon salt |                         |

Make yeast sponge by blending 1 teaspoon sugar with yeast in a little warm milk to make a paste. Add remainder of warm milk — stand prepared mixture in a warm place or place in a trivet in frying pan set at 200 - 220 and cover with frypan lid or thick towel to keep warmth in for 15 minutes. Beat shortening until soft on speed 1. Mix into flour, which has been warmed, add sugar and salt. Beat egg, add to yeast mixture and mix dry ingredients to a soft dough, on speed 1. Knead well, place into a greased bowl and allow to stand in a warm place or frypan to rise for 45 minutes. Knead thoroughly and roll to  $\frac{1}{2}$ " thick. Cut with doughnut cutter and allow to stand until doubled in height — about 10 minutes. Deep fry in oil or shortening heated to 375 deg. in cooker deep fryer—400-425 deg. in frypan, until doughnuts rise to top of shortening and begin to brown underside, turning for even browning. Drain and toss in castor sugar mixed well with a little ground cinnamon.



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## IRISH BATTER BREAD.

Grease a  $9\frac{1}{2}$  x  $5\frac{1}{2}$  x  $2\frac{1}{2}$  inch loaf pan.

1. Melt and set aside 2 tablespoons butter
2. Sift together into a large bowl and set aside:—

3 cups sifted <b>Gloria</b> flour	2 teaspoons <b>Robertson's</b>
$\frac{1}{2}$ cup sugar	cinnamon
4 teaspoons <b>Royal</b>	1 teaspoon salt
Baking Powder	
3. Mix until blended:—

1 egg well beaten	3 tablespoons grated
$\frac{1}{2}$ cups milk	orange peel

Blend in the melted shortening. Make a well in the centre of dry ingredients and add liquid ingredients all at one time with 1 cup currants. Stir to moisten dry ingredients. Beat until smooth. Turn dough into pan and let stand at room temperature for 20 minutes. Bake at 325 deg. for 1 hour or 1 hour 15 minutes or until bread is clean when a knife is put through.

*Mrs. T. Fox.*

## BABKE.

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 9 cups <b>Gloria</b> flour (heaped) | a little more than a pint           |
| 1 cup sugar                         | of milk                             |
| 1 oz. yeast                         | $\frac{1}{2}$ pint of warm water or |
| 4 or 5 eggs well beaten             | $\frac{1}{2}$ pint of cream         |
| $\frac{1}{2}$ lb. butter            | 1 level dessertspoon salt           |

Place flour in a bowl, make a well in the centre, place salt around edge of bowl on top of flour — then sugar. Meanwhile mix the yeast with one tablespoon sugar and one cup of tepid water. When yeast mixture starts to bubble (five minutes) pour into the centre of the flour mixture, and cover with flour. Add one tablespoon oil—allow to rise. Melt butter in milk and water. When dough has risen well add milk mixture, then eggs and mix well. Knead. Allow to stand and rise over night, covered with a blanket to keep warm. Next morning knead well, roll out like a swiss roll, sprinkle sugar and cinnamon on. Bake in oiled bread tins in a 350 oven.

*Mrs. L. Karpas.*

## YEAST CAKE.

Measure into a mixing bowl:—

- |  |                           |
|--|---------------------------|
| $\frac{3}{4}$ cup warm milk, add, stirring to dissolve, 1 large teaspoon D.C.L. dried yeast. Stir in $\frac{1}{2}$ cup sugar, 1 teaspoon salt, half of $2\frac{1}{2}$ cups sifted <b>Gloria</b> flour. Beat well. Add and beat until smooth, 1 egg, $\frac{1}{2}$ cup soft butter, and the remaining <b>Gloria</b> flour. Drop by spoonfuls into a greased tin and let it rise for at least an hour or until it has doubled in size. Bake in a 350 oven for approx. 35 minutes. $\frac{3}{4}$ cup of fruit, or fruit and nuts may be added. After the cake has risen, and before baking you may paint the top with melted butter and sprinkle with Streisel topping as follows:— |                           |
| $\frac{1}{2}$ cup <b>Gloria</b> Flour  | $1\frac{1}{2}$ lb. butter |
| $\frac{1}{2}$ cup sugar,   |                           |

Mix so that the mixture forms fine breadcrumbs. Alternatively this cake may be covered with water icing when cold, and covered with chopped walnuts.

*Mrs. Monica Menashe.*

## WAFFLES.

- |   |                       |
|---|-----------------------|
| $1\frac{1}{2}$ cups <b>Gloria</b> flour | vanilla               |
| 2 teaspoons <b>Royal</b>                | $\frac{1}{2}$ cup oil |
| Baking Powder                           | 2 tablespoons sugar   |
| 1 egg                                   | pinch of salt         |
| $1\frac{1}{2}$ cup milk                 |                       |

Mix all the dry ingredients, then add milk, beaten egg, oil and vanilla. Batter should be fairly thin.

*Mrs. Claudie Turtledove.*

*This page sponsored by Mrs. Annie Sussman*



## WAFFLES.

1½ cups Gloria flour  
3 level teaspoons Royal  
Baking Powder  
½ teaspoon salt

1 tablespoon sugar  
3 eggs  
5 tablespoons melted butter  
1½ cups milk

Sift the flour before measuring and then resift with the other dry ingredients. Separate egg whites and yolks, and then beat yolks well. Make a hole in the centre of the sifted ingredients; pour in the liquid ingredients. Combine them with a few swift strokes. The batter should have a pebbled look. Beat until stiff, but not dry. Fold in the three egg whites into the batter until they are barely blended. Preheat your waffle iron then grease both top and bottom with melted butter. Now pour your mixture on lower plate, only a little on each square. Spread evenly and let mixture rise before you lower the top section. (For 6 persons - 1 waffle each).

*Mrs. B. Cowan.*

## HAMAN TASCHEN.

4 cups Gloria flour  
½ lb. butter  
½ cup cream  
1 cake yeast  
2 dessertspoons warm water

1½ cups milk  
3 eggs (separated)  
pinch of salt  
2 tablespoons sugar  
1 teaspoon salt

Mix the yeast, water, teaspoon sugar, salt, and 2 egg yolks, and the white of one egg well. Melt butter and 1 tablespoon sugar and milk. Mix yeast mixture into flour. When cool add butter mixture. Mix to a soft dough. If more flour is required, add some. Knead. Leave in a warm place to double in bulk; knead again. Roll out cut dough in circles, and when filled, fold to form triangular shapes. Seal edges, brush with remaining beaten egg yolk, leave to rise again. Bake in 325 oven for 25 minutes.

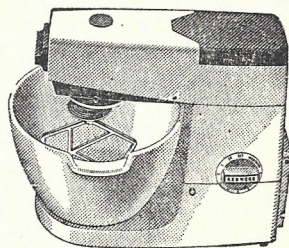
**Filling.** Poppy seed:— grind poppy seed and mix with honey.  
Cheese:— 2 lb. soft cream cheese, ½ teaspoon cinnamon, 1 egg yolk, 1 dessertspoon butter and one dessertspoon sugar. either of the above fillings may be used in the haman tashen.

*Mrs. Monica Menashe.*

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## Biscuits

### BASIC BISCUIT DOUGH.

2 cups Gloria flour  
2 teaspoons Royal  
Baking Powder  
2 tablespoons sugar

1 teaspoon Robertson's  
vanilla essence  
¼ lb. butter  
2 eggs

Sift together the dry ingredients, and crumb in the butter, add the vanilla essence, and the slightly beaten eggs. Bind to make a soft dough. Don't handle too much. Bake at 375 till golden brown. A good dough for tarts, stuffed monkeys, etc.

*Mrs. Irma Langberg.*

### STUFFED MONKEYS.

Pat basic dough into oblong shape about ¼ inch thick, cover with apricot jam, sprinkle on cinnamon and sugar, sultanas, nuts, dates, etc. Roll up like a swiss roll, and bake, when baked, cut up into biscuits.

*Mrs. Irma Langberg.*

### STUFFED MONKEYS.

#### Pastry.

8 oz. self raising Gloria flour  
4 oz. margarine  
a little milk

1 egg  
1 - 2 tablespoons sugar

#### Method:

Rub margarine into flour add sugar, mix slightly. Add lightly beaten egg and a little milk or water. Mix to a soft dough. Roll out thinly, spread with jam and a little melted butter. Sprinkle a little cinnamon over sultanas, mixed peel, cut cherries, cut almonds or walnuts. Roll, press lightly, brush with egg. Then sprinkle a little castor sugar. Cut into pieces. Bake in a moderate oven until brown. Grease baking tin very well.

*Mrs. Saloman*

### BISCUITS.

1 lb. Gloria self raising flour  
2 tablespoons water  
1 egg

6 oz. sugar  
Robertson's vanilla essence  
6 oz. margarine

Cream margarine and sugar well. Add beaten egg and vanilla essence gradually. Work in sifted flour with enough water to make a soft dough. Either roll out and cut into fancy shapes, or use biscuits attachment on mincing machine.

*Mrs. Sarah Mayo.*

### PLAIN BISCUITS.

½ lb. butter  
1 cup sugar  
2 small eggs

3 cups Gloria flour  
few drops Robertson's  
almond essence

Beat all ingredients together and knead well after flour has been added. Make into balls and press flat down in the tin (the biscuits must be very thin) and mark with fork, sprinkle with finely chopped walnuts and bake in 350 F. oven.

*Mrs. V. Michaelson.*

### BISCUITS.

2 eggs  
¾ cup sugar  
¼ lb. butter  
¼ cup oil

1½ level teaspoons Royal  
Baking Powder  
pinch of salt  
Gloria flour to mix

a few drops vanilla essence

#### Method:

Cream butter and sugar, add eggs one at a time. Add oil, vanilla essence, and then dry ingredients. Bake in hot oven for 7 minutes.

*Mrs. S. Cowen*



### BISCUITS.

$\frac{1}{2}$  lb. butter  
1 cup sugar  
2 tablespoons sour cream  
3 eggs  
1 teaspoon **Robertson's**  
vanilla essence

approx .3 cups sifted **Gloria**  
flour  
3 level teaspoons **Royal**  
Baking Powder

#### Method:

Cream together butter, sugar and cream. Add eggs one at a time. Add vanilla. Add flour to make a soft dough. Place biscuits in 400 oven in the middle.

*Mrs. F. Haimowitz.*

### GINGER SLICES.

4 eggs  
 $\frac{1}{2}$  cup syrup  
2 teaspoons bicarbonate soda dissolved in tablespoon boiling water enough **Gloria** flour to make medium dough  
 $1\frac{1}{2}$  teaspoons **Robertson's** ginger  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  lb. butter  
1 teaspoon **Robertson's** ground cloves  
1 teaspoon **Robertson's** mixed spice

Cream butter, add sugar, beat well. Add syrup and eggs — cream together. Mix in dry ingredients, spread in greased tin (oblong). Bake in moderate oven for 15/20 minutes. Cut when hot in to slices. can be buttered when serving.

*Mrs. Sadie Bloom*

### GINGER BISCUITS.

5 cups **Gloria** flour  
 $\frac{1}{2}$  pkt. (two teaspoons) bicarb.  
 $\frac{1}{2}$  egg  
 $\frac{1}{2}$  lb. sugar  
2 dessertspoons ginger  
 $\frac{1}{2}$  lb. syrup  
 $\frac{1}{2}$  lb. butter

Rub butter into flour, sugar and ginger. Add syrup, bicarb. and egg mixed together. Make round balls and bake in moderate oven on ungreased pan.

*Mrs. A. Noar.*

### LAMINGTONS AND ICING.

Sponge cake  
4 oz. icing sugar  
2 tablespoons jam (apricot)  
 $\frac{1}{2}$  pint water  
1 oz. margarine  
 $1\frac{1}{2}$  tablespoons cocoa

Melt margarine in water, add jam. When jam is dissolved, carefully add cocoa and icing sugar. Use as required. Slice through sponge making squares, and coat with icing.

N.B. IF icing is too thin, it can be thickened with cornflour, approximately 1 dessertspoon mixed with a little water. It might be necessary to reheat icing during coating.

*Mrs. Louise Phillips.*

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### BISCUITS.

$\frac{1}{2}$  lb. butter  
1 cup castor sugar  
3 cups **Gloria** flour  
 $\frac{1}{2}$  cup custard powder  
2 eggs

pinch of salt  
2 teaspoons **Royal**  
Baking Powder  
1 teaspoon **Robertson's**  
vanilla or lemon essence

#### Method:

Beat butter with back of spoon till very soft. Add sugar a little at a time and beat well. Add eggs one at a time, beat well. Add flavouring. Sift flour and custard powder, baking powder and salt. Add a little at a time to egg mixture mixing into a soft dough. Roll out and cut. Bake for 10 - 12 minutes in 400 oven.

Note:— To get variety, divide above dough into 4.

- For **chocolate biscuits** mix 1 heaped tablespoon cocoa with hot water into a paste and mix this into dough. Add more flour if if too soft, roll out and bake as above.
- For **Caraway Seed biscuits** add 2 teaspoons seeds to plain dough and mix well. Treat as above.
- For **Fruit biscuits** add half a cup of washed and dried currants, or sultanas or use chopped peel. Treat as above.

*Mrs. F. Haimovitz*

### CUSTARD BISCUITS.

$\frac{1}{2}$  lb. butter  
6 level tablespoons custard powder  
4 teaspoons **Royal**  
Baking Powder

3 cups **Gloria** flour  
8 tablespoons castor sugar  
2 eggs  
1 teaspoon **Robertson's**  
vanilla essence

Cream butter and sugar, add eggs one at a time, then vanilla. Sift all dry ingredients and add to the mixture. Bake in 400 oven. DON'T grease the tin.

*Mrs. D. Noar.*

### TEA BISCUITS.

8 oz. butter  
1 cup sugar  
1 egg  
 $2\frac{1}{2}$  cups **Gloria** flour

salt to taste  
1 teaspoon **Robertson's**  
almond or vanilla essence

Cream butter and sugar, add egg and mix thoroughly. Then add the dry ingredients which have been sifted together. Roll dough into small balls and place on a baking sheet. Flatten each ball with a fork. Bake in 500 oven for 6 minutes.

*Mrs. Eve Krikler.*

### CHERRY BISCUITS (without eggs).

1 lb. **Gloria** flour  
 $\frac{1}{2}$  lb. castor sugar  
1 level teaspoon bicarb.  
pinch of salt

$\frac{1}{2}$  lb. cocoanut  
 $\frac{3}{4}$  lb. margarine  
 $\frac{1}{2}$  cup milk

Put milk and sugar in a pot and bring to the boil. Then add 1 teaspoon bicarb. and stir for a few minutes, then remove from the heat and cool. Rub butter into flour, add cocoanut and salt, also grated rind of a lemon or an orange or any other flavouring you like. Add the liquid mixture to the dry ingredients, knead. Roll little pieces in hand, and mark with a fork. Place a piece of cherry on each biscuit. Bake in a 300 oven for 10 minutes.

*Mrs. D. Noar.*

*This page sponsored by Mrs. Ella Robinson*



### CHEESE STRAWS.

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

$\frac{1}{2}$  teaspoon Robertson's  
cayenne pepper  
 $\frac{1}{2}$  teaspoon salt

Rub butter into flour and cheese. Beat eggs and add to mixture. Leave a little of the egg to smear over the straws. Roll out and cut into straws. Bake in hot (450 F.) for 10 minutes.

Mrs. Frieda Haimowitz

### CASHEW NUT CHOCOLATE BISCUITS.

6 oz. dark chocolate  
1 tin condensed milk  
 $\frac{1}{2}$  lb. sweet biscuit crumbs

4 oz. cashew nuts  
1 teaspoon Robertson's  
vanilla essence

Place a double thickness of greaseproof paper in a 6" square tin. Allow the paper to come well up the sides of the tin to prevent the chocolate mixture from sticking. Grate the chocolate into a double boiler and melt slowly, then add the condensed milk, and stir well. Crush the crumbs until they are fine, and stir into the chocolate mixture with the nuts and essence. Remove from the heat, and turn the mixture into the prepared tin, leave until hard. Cut into triangles and place in fancy cases.

Mrs. Irma Langberg.

### CINNAMON BISCUITS.

4 cups Gloria flour  
 $1\frac{1}{2}$  cups milk  
4 teaspoons Royal  
Baking Powder

$\frac{1}{2}$  lb. margarine  
1 teaspoon Robertson's  
vanilla essence

Sift the flour and the baking powder together and rub in the butter. Add milk and vanilla. Divide dough into 4 parts and roll out into oblong pieces. Spread oil or melted butter liberally on rolled out pieces. Take one cup sugar mixed with two teaspoons ground cinnamon, and sprinkle over the oil. Roll up like swiss roll, and cut into fairly big pieces. Bake at 400 till golden brown (about 15 minutes). Let cool slightly but while still warm pour thin water icing over. Make icing with icing sugar water and a drop of almond essence.

Mrs. Bella Baron.

### CRUNCHIES.

4 oz. butter  
3 oz. sugar  
8 oz. oats

1 tablespoon golden syrup  
1 tablespoon cocoanut  
1 pinch salt

Melt butter, sugar, and syrup but do not boil. Mix in all dry ingredients. Bake in ungreased flat tin at 350 oven and cut while hot.

Mrs. A. Noar.

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### BRANDY SNAPS.

2 oz. butter  
2 oz. Gloria flour  
3 tablespoons golden syrup  
2 dessertspoons castor sugar

1 teaspoon brandy  
 $\frac{1}{4}$  teaspoon Robertson's  
ground ginger

Melt the butter and the golden syrup, add the other ingredients. Drop spoonfuls far apart onto a greased baking tin. Bake in 375 oven, (watch as they are liable to burn). Remove from the tray while hot, and roll around the handle of a wooden spoon or any other suitable utensil. When the snaps are cool pipe in whipped cream or thick custard.

Mrs. Monica Menashe.

### MINENNA.

8 oz. butter or margarine  
 $\frac{1}{2}$  coffee cup icing sugar  
3 cups Gloria flour  
2 oz. margarine  
 $\frac{1}{2}$  lb. dates

1 dessertspoon milk  
1 tablespoon oil  
few nuts  
Robertson's vanilla essence

Mix butter and icing sugar. Add oil and vanilla essence. Add flour and knead, then add milk. Take little pieces and make pancakes. Take dates which have been chopped, together with nuts and place in centre of pancake, then fold over and cover dates. Bake at 375 deg. for 30 minutes. Minennas must not be too brown, just very slightly coloured.

Mrs. Cohen.

### RICE KRISPIE Dainties.

2 oz. butter or margarine  
1 heaped tablespoon syrup

1 heaped tablespoon cocoa  
 $1\frac{1}{2}$  cups Rice Krispies

Melt butter and syrup, add cocoa, and bring to the boil. Remove from heat and add the rice Krispies. Using a dessertspoon, shape spoonfuls of the mixture into any desired shape. Place a nut or a cherry on the top of each ball.

Mrs. Golda Meyers.

### COCOANUT BISCUITS.

$\frac{1}{2}$  lb. castor sugar  
2 tablespoons milk  
 $\frac{1}{2}$  level teaspoon bicarb.

$\frac{1}{2}$  lb. Gloria flour  
6 oz. margarine  
4 oz. cocoanut

Boil the sugar and the milk, add the bicarb. and allow to cool. Cream flour and margarine, add cocoanut and mix. Then add sugar and milk. Roll into little balls, press with a fork and bake in 375 oven until light brown.

Mrs. Hazel Franco.

### CHOC-MINT WAFFERS.

6 oz. shortening  
4 oz. plain flour  
8 oz. castor sugar  
4 oz. self raising Gloria flour

1 egg  
 $\frac{1}{2}$  cup cocoa  
 $\frac{1}{4}$  cup milk

#### Method:

Cream shortening and sugar, add sifted flour and cocoa alternately with the beaten egg and milk. Form into logs 1" in diameter and place in frig. overnight. Next day cut in  $\frac{1}{4}$ " slices and bake approximately 10 minutes in a moderate oven. 350. When cool sandwich together with following:—

2 cups icing sugar  
3 tablespoons cream

2 drops peppermint essence  
and green colouring

Mix well together.

Mrs. L. Philips.



### SYRUP BISCUITS.

$\frac{1}{2}$  lb. margarine  
1 dessertspoon syrup  
1 small teaspoon bicarb.  
1 large cup Gloria flour

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

Cream the margarine and sugar. Heat together syrup, milk, bicarb. and salt. Add to the fat and sugar mixture. Add flour, mix and form into small balls and press with a fork. (This is also a good mixture to press through a cookie press). Bake in a 350 oven until golden brown.

*Mrs. Monica Menashe.*

### NUT BISCUITS.

$\frac{1}{2}$  lb. butter or margarine  
 $\frac{1}{2}$  cup castor sugar  
1 cup Gloria flour  
1 cup cornflour

1 cup chopped nuts( almonds,  
walnuts)  
Robertson's vanilla essence

#### Method:

Cream butter and sugar. Add sifted cornflour and flour then nuts and vanilla. Form into balls. Bake on greased pan at 350 for 15 - 20 minutes. Roll in castor sugar while still hot.

*Mrs. C. Turtledove.*

### JAM BISCUITS.

$\frac{1}{2}$  cup butter  
1 cup sweet cream  
1 egg yolk  
2 teaspoons Royal baking powder

1 teaspoon Robertson's  
essence  
enough Gloria flour to  
make a soft dough

#### Method:

Mix butter and cream well. Add egg yolk, Royal baking powder and vanilla, and enough flour to make a soft dough. Roll out very thinly. Cut in rounds and place a little apricot jam in the centre of each round. Fold in half and press edges down. Beat egg white semi-stiffly and paint over tops of biscuits then sprinkle with sugar. Bake till light brown at 400 in ungreased pan.

*Mrs. H. Noar.*

### BISCUITS VIENNESE.

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup castor sugar  
1  $\frac{1}{2}$  cups Gloria flour  
 $\frac{1}{2}$  cup ground almonds  
1 egg

$\frac{1}{2}$  teaspoon Robertson's  
vanilla essence  
a few drops Robertson's  
almond essence  
2 teaspoons brandy

#### Method:

Cream butter and sugar, add beaten egg and brandy and essences. Beat in sifted flour enriched with ground almonds. Chill until firm. Force onto baking sheet which is lightly greased. Bake 8 - 10 minutes in 400 oven. To decorate: sandwich 2 biscuits together with jam, dip each end in melted chocolate.

*Mrs. J. Adelsky.*

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### GINGERBREAD MEN.

1 teaspoon Royal  
Baking Powder  
 $\frac{1}{4}$  teaspoon bicarbonate of  
soda  
 $\frac{3}{4}$  teaspoon salt  
2  $\frac{1}{2}$  teaspoon Robertson's  
ground ginger  
1 teaspoon Robertson's  
ground cinnamon

2  $\frac{1}{2}$  cups flour (10 ounces)  
 $\frac{1}{2}$  cup butter (2  $\frac{1}{2}$  oz.)  
 $\frac{1}{4}$  cup sugar (2 oz.)  
 $\frac{1}{2}$  cup brown sugar (4 oz.)  
1 egg  
 $\frac{1}{4}$  cup golden syrup  
1 teaspoon vanilla essence  
few currants, raisins and  
cherries to form faces.

#### Method:

Sift together 3 times flour, baking powder, salt, bicarbonate of soda, ginger and cinnamon. Cream butter and gradually cream in the white and brown sugars, blending well. Mix in egg, syrup and vanilla and beat well. Add sifted dry ingredients, part at a time, mixing in well after each addition. Form dough into a ball and wrap in waxed paper. Chill for few hours or overnight. Preheat oven to 350. Grease baking sheets. Roll out dough part at a time to a scant  $\frac{1}{4}$ " thickness. Cut with floured Gingerbread man.

*Mrs. K. Amato.*

### RICHICAS.

3 eggs  
3 coffee cups sugar  
2 coffee cups oil  
1 coffee cup milk

2 lb. Gloria flour  
(self raising)  
Robertson's vanilla essence  
Sesame seeds (optional)

Put all the oil, sugar, milk and eggs into a basin and mix well. Add flour and vanilla to the soft dough. Put through a mincing machine and roll out. Roll into 6 inch lenth, approximately  $\frac{1}{2}$ " wide and form into circles, with sesame seed on top. Just before baking brush over with egg. Bake in an oven 450 deg. for 10 minutes. Leave to cool for 10 minutes and serve.

*Mrs. Louise Philips.*

### RICHICAS.

3 eggs  
1 tea cup sugar  
1 tea cup oil  
3 teaspoons Royal  
Baking Powder

Gloria flour  
juice of one orange and  
water to make one tea cup  
sesame seeds.

Beat eggs and sugar. Add oil and the tea cup of orange juice and water and as much flour as required with Baking Powder, to make a stiff dough. Mince dough once and roll thinly and shape as for bagel, turn downwards onto sesame seeds (or sugar with cinnamon), and spread little beaten egg over the sesame seeds only. Bake at 375 F. when all is baked, put them in a cool oven (200 F.) switched off, until oven is quite cold.

*Mrs. Renee Tarica.*

### AMERICAN SHORTBREAD.

$\frac{1}{2}$  cup sugar  
1 egg  
1 teaspoon Royal  
Baking Powder

2 cups Gloria flour  
 $\frac{1}{4}$  teaspoon salt  
1  $\frac{1}{2}$  tablespoons butter

Cream butter and sugar and add egg, add flour and the salt and the baking powder. Place in a shallow pan and spread with pineapple jam. Then spread on the following:—

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

1 egg

Mix the above ingredients together.

Bake in a 350 oven for 20 to 30 minutes.

*Mrs. Monica Menashe.*

*This page sponsored by Mrs. Estelle Lobel*



## TWO-TONE MERINGUES.

1 egg white  
1 cup sugar (castor if available)  
1 teaspoon **Royal Baking Powder**

whipped cream, if desired  
2 tablespoons boiling water  
1 teaspoon vinegar  
cochineal

Beat egg white until stiff, then add sugar, boiling water and vinegar. Beat again until very stiff. Fold in one teaspoon baking powder. Drop half of the mixture by teaspoonfuls on to greased baking sheet, or put through a forcing bag if desired. Add a few drops of cochineal to remaining mixture to colour a pale pink. Bake all at 300 degrees (oven switched off) for approximately 45 minutes. When cool join one white and one pink meringue with whipped cream and put into paper patty cases. Make 30 single meringues. **Variation.** This basic recipe can be varied by adding a few drops of peppermint essence and substituting green colouring for cochineal.

*Mrs. Mary Michaelovsky.*

## MERINGUES.

egg whites  
castor sugar

to every egg white use  
2 oz. castor sugar

### Method:

Beat egg whites till stiff. Gradually add the castor sugar and beat in. Grease baking tin and cover with greaseproof paper. Place teaspoonfuls on paper and bake at 150 for 2 - 3 hours.

## ALMOND BISCUITS.

$\frac{1}{2}$  lb. **Gloria Flour**  
 $\frac{1}{2}$  lb. castor sugar  
 $1\frac{1}{2}$  teaspoons **Royal Baking Powder**

$\frac{1}{2}$  lb. butter  
 $\frac{1}{2}$  lb. cornflour  
pinch of salt  
2 small eggs

Cream butter and sugar well. Add beaten egg yolks slowly and cream till they have been thoroughly absorbed. Fold in well beaten egg whites and other ingredients sifted together. Add almond essence. Mould into round shapes in your hand, and mark with a fork. Place an almond on each biscuit.

*Mrs. D. Noar.*

## CHOCOLATE COCOANUT FINGERS.

4 oz. butter  
1 teacup **Gloria flour**  
1 heaped teaspoon **Royal Baking Powder**

2 oz sugar  
2 teaspoons cocoa  
1 teacup cocoanut

Cream butter and sugar, add the rest of the ingredients. Press mixture into a baking tray and bake at 350 for 25 minutes. When cold ice with chocolate icing and cut into fingers. If desired these biscuits may be spread with nuts or cocoanut.

*Mrs. Monica Menashe.*

**Truworths**

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## SHORTBREAD.

$\frac{1}{2}$  lb. butter  
4 tablespoons castor sugar

3 cups **Gloria flour**

Cream butter and sugar. Add flour and knead very well. Press down in ungreased pan and mark with a fork. Bake at 350 oven until golden brown. Cut while hot.

*Mrs. A. Noar.*

## SHORTBREAD BISCIUTS.

$\frac{1}{2}$  lb. butter  
2 cups **Gloria Flour**

2 heaped tablespoons icing sugar

Cream butter and icing sugar. Gradually add sifted flour and mix until the texture of putty is obtained. Pat into a flat biscuit tray. Prick surface well with a fork. Bake for  $\frac{1}{2}$  hour at 350 degrees. Cut into fingers while still warm.

*Mrs. Mary Michaelovsky.*

## SHORTBREAD.

2 tablespoons maizena or cornflour  
2 tablespoons icing sugar

6 tablespoons **Gloria flour**  
 $\frac{1}{4}$  lb. butter

Cream butter and sugar, add dry ingredients, knead well. Press the mixture in a baking tin and prick with a fork. Bake in a 300 oven for about 30 minutes. Sprinkle with castor sugar, and replace in oven for a few minutes, cut while hot. (Sift flour and maizena 3 times).

*Mrs. D. Noar.*

## SHORTBREAD.

8 oz. margarine  
4 oz. icing sugar

12 oz. **Gloria flour**  
pinch of salt

Sift dry ingredients together, grate margarine and add to the dry ingredients. Knead until smooth press into greased pan and sprinkle with sugar. Bake at 350 for about 30 minutes.

*Mrs. Eve Krickler.*

## PEANUT MACAROONS.

4 egg whites  
pinch of salt  
 $1\frac{1}{2}$  cups castor sugar

4 cups **Rice Krispies**  
2 cups unsalted peanuts  
(split in half)

Beat egg whites and salt until stiff. Then add castor sugar a teaspoon at a time. Beat again until very stiff. Add rice crispies and peanuts. Drop on to baking tray with a spoon. Bake at 300 degrees until light brown.

*Mrs. Freda Haimovitz.*

## COCOANUT MACAROONS.

1 coffee cup egg whites

2 coffee cups sugar

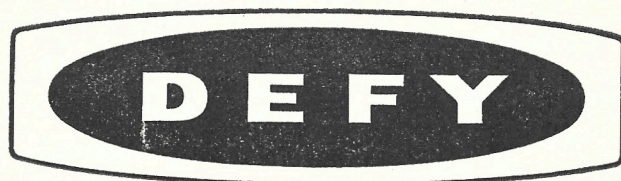
Beat well, add enough cocoanut to make the mixture firm. Place on a greased tin add a cherry to each macaroon and bake in 300 oven.

*Mrs. D. Noar.*

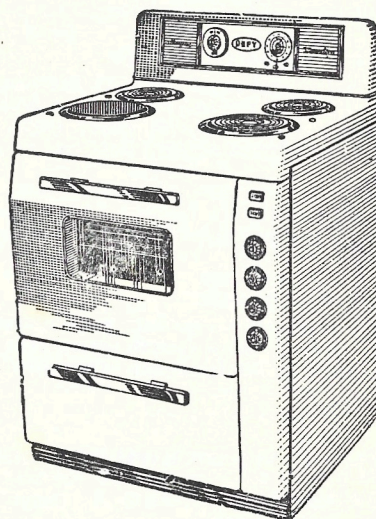
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## Small Cakes

### HONEY AND WALNUT SCONE RINGS.

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 8 oz. Gloria Flour (self raising) | 2 oz. margarine                 |
| pinch of salt                     | 2 level tablespoons clear honey |
| <b>Topping:</b>                   | 4 tablespoons milk (approx.)    |

- 1 dessertspoon clear honey  
approx.  $\frac{1}{2}$  oz. chopped walnuts

Sieve the flour and salt into a bowl. Rub in the fat finely then mix to a soft but not sticky dough with the honey and milk. Turn on to a floured board and knead until free of cracks. Roll out to about  $\frac{1}{2}$ " thick and cut into approx. nine  $2\frac{1}{4}$ " rounds with a biscuit cutter. Place on a greased baking tray. Bake in a hot oven 425 deg. for 15/20 minutes until golden brown and firm. Brush the hot scones with warmed honey and sprinkle with chopped walnuts. Serve hot or cold with butter.

### CURRENT SQUARES.

- |  |                                 |
|--|---------------------------------|
| $\frac{1}{2}$ lb. margarine or butter  | 2 tablespoons sugar             |
| 2 eggs                                 | $\frac{1}{4}$ cup milk          |
| 2 cups Gloria flour                    | pinch of salt                   |
| 1 large cup mixed fruit                | 2 teaspoons Royal Baking Powder |
| 1 teaspoon Robertson's vanilla essence |                                 |

Cream butter and sugar, add eggs, vanilla and salt. Add baking powder to flour and add alternately with milk to creamed mixture. Bake in large flat tin sprinkling cinnamon and sugar over the top of the mixture. Oven temperature 350 degrees.

Mrs. Becky Krikler.

### TEA TIMERS.

- |                        |                                  |
|------------------------|----------------------------------|
| 8 oz. Gloria flour     | 1 medium egg                     |
| pinch of salt          | orange juice to mix if necessary |
| 4 oz. margarine        | castor sugar to dredge           |
| 6 oz. sugar            |                                  |
| 1 oz. cleaned sultanas |                                  |

Sieve the flour and salt into a mixing bowl. Rub in the margarine until the mixture resembles fine breadcrumbs. Stir in the sugar and sultanas. Mix to a stiff dough with the beaten egg and as little orange juice as necessary. Knead until smooth, roll out on a lightly floured board to  $\frac{1}{4}$ " thickness. Cut out rounds size of a small wine glass and place on greased baking tray. Bake in 375 deg. oven for 15 minutes until golden brown. Cool on a wire tray and serve sprinkled with sugar (cinnamon sugar if preferred.) Makes 8.

### NUTS SMACKS. Meringue Top.

- |                              |                            |
|------------------------------|----------------------------|
| 1 cup walnuts (chopped fine) | $\frac{3}{4}$ cup of sugar |
| 2 egg whites                 | (mix white and brown)      |
| raspberry jam                |                            |

### Dough.

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ cup butter   | pinch of salt                  |
| $\frac{1}{2}$ cup sugar ( $\frac{1}{4}$ white and $\frac{1}{4}$ brown) | 1 teaspoon Royal Baking Powder |
| $1\frac{1}{2}$ cups Gloria flour                                       | 1 teaspoon vanilla essence     |
| 2 egg yolks  |                                |

Cream butter and sugar add egg yolks, vanilla essence, flour and baking powder. Mix well. Press mixture evenly in greased 13 x 9" baking pan. Spread a little raspberry jam over. Whip the egg whites till stiff add the sugar and whip again and then add the nuts. Spread over the dough and bake in 325 deg. oven for 20/25 minutes.

Mrs. R. Carlton.

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### LEMON FROSTED COCONUT BARS.

- |                         |                        |
|-------------------------|------------------------|
| 1/2 cup butter          | 1 teaspoon Robertson's |
| 1 1/2 cups brown sugar  | vanilla essence        |
| 1 1/2 cups Gloria flour | 1 teaspoon Royal       |
| 2 eggs                  | Baking Powder          |
| 1/2 cup chopped nuts    | 1/2 teaspoon salt      |
|                         | 1 cup coconut          |

#### Lemon Frosting.

1 cup icing sugar  
1 tablespoon water  
Cream butter and 1/2 cup brown sugar until light and fluffy, add a few drops vanilla and 1 cup flour. Mix well, press mixture evenly over greased 13 x 9" baking pan. Bake in 350 deg. oven for 15 minutes. Beat eggs vanilla and remaining 1 cup brown sugar until frothy. Sift together remaining 1/2 cup flour, baking powder and salt. Fold into egg mixture. Add coconut and nuts, mix well. Spread evenly over baked mixture and bake in 350 deg. oven for 20 minutes more. Cool in pan. Mix icing sugar, lemon rind and juice and stir over boiling water until smooth and shiny. Cool a little then pour over baked mixture. When cold cut into 26 bars.

Mrs. R. Carlton.

### ROLLED OAT CRUNCHIES.

- |  |                                  |
|--|----------------------------------|
| 1 oz. margarine                        | a little Robertson's             |
| 1 oz. sugar                            | vanilla essence                  |
| 1 egg white                            | 2 oz. plain Gloria flour         |
| 1/2 level teaspoon Royal baking powder | 2 oz. rolled oats                |
|  | 1/2 oz. ground almond (optional) |

Cream margarine and sugar. Add egg white a little at a time, beating well. Mix in a little vanilla essence. Fold in flour rolled oats ground almond and baking powder. Use a teaspoon and fork and place the mixture in small heaps on a greased baking tray. Bake in 375 deg. oven for 15 to 20 minutes or until cakes are golden brown. Makes 12.

### SPICE CAKES.

- |                                |                          |
|--------------------------------|--------------------------|
| 3 to 4 oz. butter or margarine | 1/2 teaspoon Robertson's |
| 1 egg                          | ground ginger            |
| 4 oz. sugar                    | 1/2 teaspoon Robertson's |
| 8 oz. Gloria flour             | ground cinnamon          |
| pinch of salt                  | 1/2 teaspoon Robertson's |
| 1/2 teaspoon Royal             | grated nutmeg            |
| Baking Powder                  | little milk to mix       |

Prepare patty pans by well greasing. Sieve the flour, salt, baking powder, cinnamon, nutmeg and ground ginger into a basin. Rub in the fat with fingertips until it resembles fine breadcrumbs, then stir in the sugar and mix well. Make a well in the centre and stir in the beaten egg and just sufficient milk to make a soft mixture. Half fill the prepared tins with the mixture and bake in a quick oven 380 deg. for 15/20 minutes according to the size of the cakes or until they are golden brown and feel firm to the touch.

### QUEEN CAKES.

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1/2 lb. Gloria flour                | 1/2 lb. sultanas         |
| 1/2 lb. butter                      | 1/2 teaspoon Royal       |
| 1/2 lb. castor sugar                | Baking Powder            |
| 1 egg                               | essence of Robertson's   |
| 1/2 teacupful cream or less of milk | lemon or almond to taste |

Sieve the flour and baking powder on to a sheet of paper. Put the sugar, butter and cream into a basin and beat up to a light cream. Add the egg then add flour and fruit. This should now be a cake batter consistency. If too heavy add a little milk. Put into small greased tins and bake from 20/30 minutes. Lemon rind may be substituted for flavouring.

### JAM SQUARES.

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 lb. butter               | pinch of salt                   |
| 2 tablespoons castor sugar | 2 teaspoons Royal baking powder |
| 2 tablespoons oil          | apricot jam                     |
| 1/2 teaspoon Robertson's   | chopped pecan or Walnuts        |
| vanilla essence            | icing sugar                     |
| 1 beaten egg               |                                 |
| 2 cups Gloria flour        |                                 |

Cream butter and sugar, add oil and essence, stir in egg with a little sifted flour, salt and baking powder. Divide dough in two. Lightly grease a swiss roll tin 11" x 7". Grate one portion of dough evenly over the bottom of the pan, using coarse side of grater. Use a fork lightly to ensure even spreading but do not spread the dough flat as the coarseness is its attraction. Soften jam over low heat until slightly warm. Spread lightly over dough. Sprinkle nuts over. Grate second half of dough over the jam and nuts, again do not flatten. Bake in a slow oven, 300 deg. for 45 to 50 minutes. Remove from oven, dredge with icing sugar and slice into squares.

### BUTTER COOKIES.

- |                         |                        |
|-------------------------|------------------------|
| 1 1/2 cups Gloria flour | 1/2 lb. butter         |
| 1/2 cup castor sugar    | 1 teaspoon Robertson's |
| 2 eggs                  | vanilla essence        |
| 2 teaspoons Royal       | 1/2 cup milk           |
| Baking Powder           |                        |

Beat butter and sugar until creamy. Add eggs one at a time then essence. Sift dry ingredients together then slowly add to mixture together with the milk which must be added a little at a time. Half fill greased bun tins and bake for 20 to 25 minutes in a 375 degree oven. This mixture should make about two dozen cookies.

Mrs. Shirley Cowen.

### LITTLE ICED ORANGE BUNS.

- |                    |                                     |
|--------------------|-------------------------------------|
| 4 oz. margarine    | grated rind of 1 orange             |
| 4 oz. castor sugar | 3 tablespoons strained orange juice |
| 1 large egg        |                                     |
| 6 oz. Gloria flour |                                     |
| (self raising)     |                                     |

#### Topping:

- |   |                                  |
|---|----------------------------------|
| 3 oz. sieved icing sugar                  | 2 orange slices cut in triangles |
| 2 dessertspoons hot water (approximately) | a few glace cherries             |

Cream margarine and castor sugar until light and fluffy. Gradually beat in the egg. Fold in sieved flour orange rind and juice. Grease bun tins and two thirds fill with the mixture. Bake in a 390 deg. oven for 15/20 minutes until golden brown and springy to the touch. Cool on a wire tray. Top each with a teaspoon of glace icing and either a triangle of orange or half a glace cherry. To make icing, mix the icing sugar with enough hot water to make a thick creamy consistency. Makes about 16.

### DATE COOKIES.

- |                             |                            |
|-----------------------------|----------------------------|
| 1/2 lb. butter or margarine | 1 egg                      |
| 1/2 cup castor sugar        | 1 pkt. Marie biscuits      |
| 1 pkt. dates                | few handfuls rice krispies |
| dessicated coconut          |                            |

Melt butter and sugar. Add dates, cook till soft. Add egg and broken Marie Biscuits. Replace on stove, stir till mixed. Remove from stove, add Rice Krispies. Roll into balls and dip in coconut. Place in fridge overnight.

Mrs. C. Turtle dove.

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## MADELEINES.

- |                               |                           |
|-------------------------------|---------------------------|
| 4 oz. Gloria flour            | dessicated cocoanut       |
| 4 eggs                        | halved glazed cherries    |
| 4 oz. butter or margarine     | few drops vanilla essence |
| melted and sieved apricot jam | leaves of Angelica        |
|                               | 4 oz. castor sugar        |

Sieve flour. Whisk eggs and sugar together over hot water until mixture is thick, pale in colour and will hold its own weight. Very lightly — with a metal spoon — fold in flour then melted butter and vanilla essence. Three quarters fill 16 — 18 well greased dariole moulds with the mixture and bake near the top of a 400 deg. oven for 10/15 minutes. Turn out on a wire tray to cool. When cold brush each madeleine with melted apricot jam and roll in dessicated cocoanut. Decorate top of each with halved glaze cherry and angelica leaves also forced whipped cream if desired.

## DATE SHORTIES.

- |                               |                          |
|-------------------------------|--------------------------|
| 6 oz. margarine               | 6 oz. stoned dates       |
| 3 oz. castor sugar            | 1 dessertspoon honey     |
| 6 oz. self raise Gloria flour | 6 tablespoons cold water |
| 6 oz. fine Semolina           | 1 tablespoon lemon juice |

Melt margarine and sugar, then stir the sieved flour and semolina. Grease a small swiss roll tin or shallow baking pan and spread base evenly with half the shortbread mixture. Put chopped dates, honey, water and lemon juice into a small saucepan and stir over gentle heat until mixture is soft and smooth, then spread over the shortbread in baking tin. Put remaining mixture on top and press down lightly. Bake in 375 deg. oven bake for 30/35 minutes until light brown. Cut into small squares and leave in the tin to cool. Makes about 12.

## "S" CAKES.

- |              |                              |
|--------------|------------------------------|
| 5 oz. sugar  | 10 oz. Gloria flour          |
| 5 oz. butter | 1 teaspoon grated lemon rind |
| 1 egg        | 2 oz. ground almonds         |

Cream the butter and sugar, add most of the beaten egg, stir in the flour, lemon rind and almonds. Take pieces of the dough, roll and form into an "S" shape. Place on a greased baking sheet and bake in a moderate oven for about ten minutes.

## LEMON BUNS.

- |                    |                         |
|--------------------|-------------------------|
| 8 oz. Gloria flour | 4 oz. sugar             |
| (self raising)     | grated rind of 2 lemons |
| a pinch of salt    | 1 egg                   |
| 3 oz. margarine    | milk to mix             |

Sieve flour and salt, rub in fat and add sugar and rind. Mix with beaten egg and milk to a soft dropping consistency. Put in greased patty pans and bake in a 400 degree oven for 10/15 minutes.

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## Tarts and Pastry

### CONTINTAL PASTRY (sweet pastry for tartlets, etc.).

This is a sweet pastry used for small patties that have a rich filling i.e. almonds or various custard fillings. It also makes a very good apple cake. Place drained, sweetened, cooked apples between two layers of the pastry.

- |  |   |
|--|---|
| 3 cups ( $\frac{3}{4}$ lb.) Gloria flour | 6 oz ( $\frac{3}{4}$ cup) butter                              |
| 3 tablespoons castor sugar               | 1 egg   |
| $\frac{1}{4}$ teaspoon salt              | $\frac{1}{4}$ cup milk  |
| 2 teaspoons Royal Baking Powder          | $\frac{1}{2}$ teaspoon Robertson's vanilla essence (optional) |

Sift the flour, salt and baking powder into a bowl; add the sugar and rub in the butter until the mixture is the consistency of fine breadcrumbs. Beat the egg and mix in the milk; add  $\frac{1}{2}$  teaspoon vanilla essence if desired. Pour the liquid gradually into the dry mixture, stirring with a fork to blend it to a soft dough. The texture of the dough must be firm enough to roll out, but not dry. Roll out to  $\frac{1}{4}$  in. thick and use for patties, shells or fancy pastries. Bake this pastry at 425 F.

Mrs. R. Kaplan.

### APPLE SLICES.

- |  |                    |
|--|--------------------|
| 1 continental pastry recipe (as above) | beaten egg or milk |
| stewed, sweetened apples               | icing sugar        |

Make 1 recipe for continental pastry and divide it in two. Roll out half the pastry to about  $\frac{1}{2}$ " thick, and line a lightly greased swiss roll tin. Spread with a layer of stewed, sweetened and drained apples. Roll out the remaining pastry and cover the top, pressing all round the edges to seal. Brush with beaten egg or milk to glaze, and prick over with a fork, but do not prick right through to the bottom layer. Bake in a moderately hot oven, 425 F., for about 20 minutes, until lightly browned. When cold, cut into small squares or fingers for serving, and dust with icing sugar.

Mrs. R. Kaplan.

### CHOUX PASTRY.

- |                          |                     |
|--------------------------|---------------------|
| $\frac{1}{4}$ cup butter | 1 cup boiling water |
| 1 cup Gloria flour       | 4 medium sized eggs |

Add the butter to the hot water and bring it to the boil until the butter is melted. Add the flour all at once and stir vigorously until it forms a ball. Remove from the stove, cool for 5 minutes, then add the eggs one at a time, beating well. The mixture should be fairly stiff. Shape them into cream puffs or eclairs and place them on a greased baking sheet. Bake in hot oven 400 deg. for 35 minutes, reducing the temperature after the first 10 minutes to 350 degrees. Cook until pastry is well puffed, browned and dry.

Mrs. Becky Krikler.

### CREAM PUFFS.

- |                                 |                 |
|---------------------------------|-----------------|
| $\frac{1}{4}$ pint water        | pinch of salt   |
| $2\frac{1}{2}$ oz. Gloria flour | 1 oz. margarine |
| 2 eggs                          |                 |

Place water and margarine in medium sized saucepan and bring to the boil. Add flour and salt to mixture and stir vigorously over low heat until mixture forms a ball and leaves the sides of the pan clean. Remove from the heat and beat in eggs beating well after adding each one and until all the egg has been absorbed. Using a forcing bag or greased dessertspoon form into rounds well apart on an ungreased baking sheet. Bake 30 to 40 minutes in a 400 oven. Cool slightly and slit. Fill either with sweetened vanilla cream or custard.

Mrs. Sarah Mayo.

### PUFF PASTRY.

- |                                |           |
|--------------------------------|-----------|
| $\frac{1}{4}$ lb. butter       | ice water |
| $\frac{1}{4}$ lb. Gloria flour |           |

Rub butter into flour and add sufficient ice water to make a smooth dough.

Mrs. C. Wiesenbacher.



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**CHOUX PASTRY.**

1 cup boiling water  
1 cup Gloria flour (½ lb.)

½ cup (¼ lb.) butter  
4 medium sized eggs

Add the butter to the hot water and bring it to the boil over heat until the butter is melted. Add the flour all at once, and stir vigorously until it forms a ball. Remove from the stove, cool for 5 minutes, then add the eggs — one at a time — beating each in well. The mixture should be fairly stiff.

**CREAM PUFFS.**

Drop spoonfuls of Choux Pastry mixture onto greased baking sheet — shaping nicely with the spoon. Do not make too big as they rise a lot. Bake in hot oven, 425 F. for about 25 minutes, reducing the heat after the Puffs have well risen. When cold, split at side and fill with sweetened whipped cream and dust tops with icing sugar.

**ECLAIRS.**

Make a paper cone with double grease-proof paper and cut 1 in. from pointed end. Fill the cone with Choux Pastry mixture and force out onto a greased baking sheet into finger shapes about 4 in. long. Bake in hot oven 425 F. for about 25 minutes reducing oven heat after eclairs have risen well. Bake until well browned and dry. When cold, make a slit in the side and fill with any suitable filling (cream, custard, etc.). Ice tops with a little melted chocolate or with chocolate icing.

NOTE: Cream Puff or Eclair Choux Pastry shapes may be baked as above and filled with savoury fillings.

**PASTRY.**

2 cups Gloria flour  
pinch of salt  
just under ½ lb. Holsum

juice of ½ lemon and iced water to mix

Rub ¼ of Holsum into Flour and add lemon juice and iced water to make a stiff dough. Roll out three times, each time adding one third Holsum sliced thinly. Fold over and roll again. Cover with wax paper and place in fridge for 24 hours or more. This makes good cornish pasties. For meat fillings use left over roast cut into small squares. Fry chopped onion add meat, chopped potatoes, carrots, peas, etc., as desired. Add 1 dessert-spoon Bisto, water and cook until soft.

*Mrs. Monica Menashe.*

**SHORT CRUST PASTRY.**

2 cups (½ lb.) Gloria flour  
1 teaspoon Royal Baking Powder

½ teaspoon salt  
4 - 5 oz. butter or margarine iced water

Sift the flour, salt and baking powder into a bowl; add the butter and rub it in until the mixture looks like fine mealie meal. Add just enough cold water to blend into a firm, dry dough. Turn onto a floured board, and mould smooth with the fingers; do not knead, and handle lightly. Roll out to the desired shape and bake at 450 F.

*Mrs. G. Langberg.*

**FLAKY PASTRY.**

1 lb. Gloria flour  
12 oz. margarine  
½ teaspoon salt

1 tablespoon lemon juice  
cold water to mix

Rub one third of the fat into the flour and salt. Mix with cold water to a dough. Divide the remaining fat into three, cut one-third in small lumps and spread on the pastry. Fold in three and roll out. Repeat folding and rolling three times. This is used for meat pies, sausage rolls and other savoury dishes. Bake in 475 F. oven.

*Mrs. G. Haimowitz.*

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### TART PASTRY.

4 oz. margarine  
2 cups Gloria flour  
2 tablespoons sugar

$\frac{1}{2}$  cup cold water  
1 egg

Rub margarine in flour till well mixed. Then add sugar, water and egg yolk. Mix well with spoon, the dough is very soft. Place in refrigerator. Keep egg white for brushing over before baking. This dough will keep in the fridge for up to 10 days and can be used whenever convenient.

### PINEAPPLE TART.

1 cup Gloria flour  
1 teaspoon Royal Baking Powder  
 $\frac{1}{2}$  cup butter  
1 $\frac{1}{2}$  cups sugar  
4 eggs separated

5 tablespoons milk  
1 teaspoon Robertson's vanilla essence.  
1 tin pineapple pieces  
1 cup thick whipped cream

Sift flour and baking powder together. Cream butter, then gradually add  $\frac{1}{2}$  cup sugar creaming until fluffy. Mix in the yolks of the eggs. Add dry ingredients alternately with the milk, blending well after each addition. Spread dough equally in two 9 ins. cake tins lined with greased paper. Beat egg whites until they form soft peaks that hold. Add vanilla essence. Gradually add remaining sugar, beating until mixture holds in stiff points. Spread over dough, bake 45 mins. 350 oven. Allow to cool partially, then remove from tins leave to cool completely. Drain pineapple thoroughly mix pieces with cream. Place one of the baked dough on a serving plate with meringue, side facing upwards. Spread cream and pineapple mixture on top. Top with second baked dough. Meringue side up. Decorate with nuts and pineapple.

### VIENNESE TART.

4 oz. margarine  
2 oz. Gloria flour

1 $\frac{1}{2}$  oz. sieved icing sugar  
2 oz. cornflour

Cream together margarine and icing sugar. Work in flour and cornflour then pipe into small paper cases. Bake for approximately 45 minutes in a very moderate oven (350 F.) until pale brown. Fill centres with glace icing or jam. If desired, dust with icing sugar.

Mrs. R. Kaplan.

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### GINGER TART.

$\frac{1}{4}$  lb. soft butter  
just under  $\frac{1}{2}$  cup sugar  
2 teaspoons Royal Baking Powder  
1 $\frac{1}{2}$  cups Gloria Flour

1 egg  
a few drops of Robertson's lemon essence  
a few drops of vanilla essence

Cream to make a soft dough. Pat the dough into a greased pie dish and prick with a fork. Bake.

#### Filling:

Bring the following to the boil together:—

1 cup syrup  
1 cup water  
1 teaspoon Robertson's ginger

Dissolve two heaped tablespoons custard in cold water and add to the boiling mixture. Stir until it thickens. 2 tablespoons preserved ginger may be added. Top with whipped cream.

Mrs. Selma Friedlander.

### CHEESE TART.

1 lb. cream cheese  
 $\frac{1}{2}$  cup sugar  
pinch salt  
1 tablespoon Gloria Flour

2 eggs  
1 teaspoon Robertson's vanilla essence  
 $\frac{1}{4}$  pint sour cream

#### Base of Tart:

3 cups Post Toasties  
2 tablespoons sugar  
2 oz. melted butter

Mix cheese, sugar and salt well, add flour, egg yolks, vanilla, cream; mix well. When thoroughly blended add stiffly beaten egg whites.

#### Base of Tart:

Crush post toasties, add sugar and melted butter. Put into a buttered tart dish and pour filling in. Bake till golden brown. (Approximately  $\frac{1}{2}$  hour at 325 F.)

Mrs. G. Langberg.

### CHINESE TART.

Fill any tart shell with the following:—

4 oz. ground almonds  
4 oz. butter  
4 oz. sugar  
2 eggs

8 rolled marie biscuits  
1 teaspoon Robertson's vanilla essence.

Cream the butter and the sugar, and then add the whole eggs and the remaining ingredients. Spread the pastry shell with any red jam, and then add the mixture. Bake in 375 oven until golden brown.

Mrs. Inge Wiesenbacher.

### LEMON MERINGUE TART.

#### Base:

$\frac{1}{2}$  pkt. Marie biscuits  
1 $\frac{1}{2}$  tablespoons syrup

$\frac{1}{4}$  lb. melted butter  
lemon juice to bind

Crush biscuits till fine, add syrup, melted butter and lemon juice. Put into a greased tart dish.

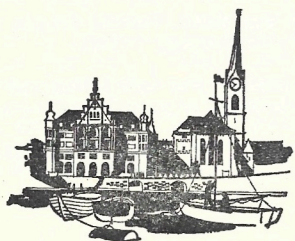
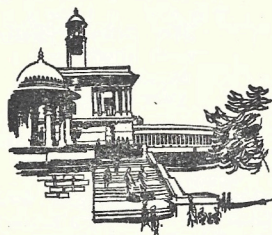
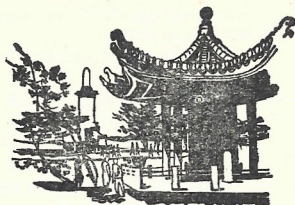
#### Filling:

Take 1 tin condensed milk, add  $\frac{1}{2}$  cup lemon juice and 1 teaspoon lemon rind and 2 egg yolks. Beat well. Place in the dish. Bake in oven at 350 F. for about 10 minutes. Take 2 whites of eggs. Beat with 3 tablespoons sugar, one at a time. Place on top of tart, put back into oven and leave till golden brown.

Mrs. G. Langberg

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## Cakes

### CHEESE CAKE.

Pastry.

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

$\frac{1}{2}$  teaspoon Royal  
Baking Powder  
1 cup Gloria flour

Cream butter and sugar, add egg add sifted baking powder and flour. Line an ovenproof dish approximately 8" x 12" with this pastry.

Filling.

2 eggs  
 $\frac{1}{2}$  lb. cream cheese  
1 tablespoon Gloria flour  
3 tablespoons sugar

1 cup milk  
2 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon Robertson's  
vanilla essence

Sift flour and sugar, add the cheese and mix thoroughly, separate eggs add yolks to mixture, add milk and vanilla then lemon juice. Beat egg white until stiff, then fold into the mixture. Bake in a 325 oven for three quarters of an hour.

Mrs. Connie Taitz.

### CHEESE CAKE.

use any biscuit dough for  
base

$1\frac{1}{2}$  lb. cream cheese makes 2 cheese cakes

Mixture:

Boil 1 cup milk and a big slice of butter. Add 1 dessertspoon custard and 2 dessertspoons sugar which has been made into a paste. Bring to the boil. Add to  $1\frac{1}{2}$  lb. cheese. Whip in one beaten egg. Fill pastry shell sprinkle top with Robertson's cinnamon and sugar. Bake 400 oven for 25 to 30 minutes.

Mrs. Hilda Cohen.

### CHEESE CAKE WITH MARIE BISCUITS.

2 cartons cream cheese  
2 eggs  
 $\frac{1}{4}$  pint cream  
1 teaspoon custard

2 tablespoons sugar  
1 packet Marie biscuits  
7 oz. butter

Crush biscuits very well, add butter and mix thoroughly. Grease an oven proof dish well and line it with the biscuit mixture, leaving some for the topping. Mix the cream, egg, cheese, custard and sugar very well, place this mixture in the biscuit lined dish, and spread with the remaining biscuit mixture.

Mrs. Freda Haimowitz.

### CHEESE CAKE.

Grease your tin, line the bottom and sides with greaseproof paper and grease. Make a base either of sweet biscuits crumbled, or use a plain biscuit dough.

1 lb. cream cheese  
3 eggs  
1 oz. butter  
1 dessertspoon custard powder

1 dessertspoon fine Matzo  
meal  
5 oz. castor sugar  
 $\frac{1}{2}$  dessertspoon lemon juice

Put all ingredients into mixer and beat for 15 minutes. Bake in fairly low oven 350 F. for 50 - 60 minutes. Rather underdo than overdo.

Mrs. Maimie Hirsch.

### CHEESE CAKE.

1 lb. cream cheese  
2 eggs (separated)  
1 cup cream (thick)  
2 teaspoons butter  
3 oz. sugar

2 teaspoons lemon juice  
1 tablespoon Gloria flour  
 $\frac{1}{2}$  teaspoon Robertson's  
cinnamon  
pinch of salt

Method:

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

Mrs. Baron.



### CHOCOLATE SANDWICH CAKE.

- |  |   |
|--|---|
| 6 tablespoons milk                               | 1 cup sugar                               |
| 3 tablespoons sugar                              | 3 eggs                                    |
| 3 dessertspoons cocoa                            | 1½ cups sifted <b>Gloria</b> flour        |
| 1 teaspoon <b>Robertson's</b><br>vanilla essence | 3 teaspoons <b>Royal</b> Baking<br>Powder |
| ½ lb. butter                                     | pinch of salt                             |

Mix cocoa with a little hot water to a smooth paste. Add milk and sugar (3 tablespoons) and bring to the boil to thicken. Leave to cool and when cool add vanilla. Cream butter and sugar well. Add the yolks of the eggs. Then add above chocolate mixture. Next gradually add sifted flour and salt and baking powder. Lastly fold in stiffly beaten egg whites. Bake in a moderate oven for about 25 minutes. Ice with chocolate icing.

*Mrs. Estelle Michelson.*

### HOT-MILK CHOCOLATE CAKE.

- |                            |  |
|----------------------------|--|
| 2 cups <b>Gloria</b> flour | 1 teaspoon <b>Robertson's</b><br>vanilla essence |
| 4 eggs                     | 2 heaped teaspoons <b>Royal</b><br>Baking Powder |
| ½ lb. margarine            | 2 tablespoons cocoa                              |
| 10 tablespoons water       |  |
| 1½ cups sugar              |  |

Melt the butter and water together. Beat the eggs for 10 minutes. Add the sugar gradually and beat again for 10 minutes. Add the vanilla. Add the butter, water mixture alternatively with flour. Mix well then fold in the baking powder and lastly 2 tablespoons cocoa. Bake in 2 sandwich tins for 20 minutes approximately at 375 degs. Sandwich together with Jam and chocolate icing and ice the cake.

*Mrs. Lilian Lomofsky*

### CHOCOLATE BISCUIT CAKE.

- |                             |  |
|-----------------------------|--|
| ½ lb. milk coffee biscuits  | ½ lb. icing sugar                                |
| 6 oz. oil/shortening        | 1 egg  |
| 5 tablespoons cocoa         | ½ teaspoon <b>Robertson's</b><br>vanilla essence |
| 3 tablespoons boiling water |  |

Soften biscuits by allowing them to stand out on a tray overnight. Prepare a loaf tin by lining it with grease proof paper. Put shortening into a saucepan and heat slowly, allow to melt but not boil, add boiling water to cocoa, stir until well mixed. Place icing sugar in a basin, add egg and **Robertson's** vanilla essence. Mix until smooth, add the cocoa then the shortening. Beat well. Fill the tin with alternate layers of chocolate and biscuits, beginning and ending with chocolate. Stand in a cool place to set.

*Mrs. Louise Philips.*

### CHOCOLATE CAKE.

- |  |   |
|--|---|
| ½ lb. butter                             | 1 cup milk                                |
| 1 cup sugar                              | 2 teaspoons <b>Royal</b><br>Baking Powder |
| 4 eggs                                   | 1 tablespoon cold water                   |
| ½ teaspoon <b>Robertson's</b><br>vanilla | pinch of salt                             |
| 2 tablespoons cocoa                      |   |
| 1½ cups <b>Gloria</b> flour              |   |

Cream butter and sugar, add eggs singly then cocoa, vanilla and salt. Add flour alternately with the milk. Dissolve the baking powder in the cold water, and add it lastly. Bake in a 350 oven.

#### Chocolate icing:

- |              |                     |
|--------------|---------------------|
| 2 oz. butter | 2 cups icing sugar  |
| 1 egg        | 2 tablespoons cocoa |
| vanilla      | and a little milk   |

*Mrs. Claudie Turtledove.*

### CHOCOLATE CAKE.

- |                                      |  |
|--------------------------------------|--|
| 2 tablespoons cocoa                  | 3 eggs   |
| 4 tablespoons sugar                  | 2 cups sifted <b>Gloria</b> flour                |
| 5 tablespoons milk                   | ½ cup cold milk                                  |
| 4 oz. butter                         | 1 teaspoon <b>Robertson's</b><br>vanilla essence |
| 1 small cup castor sugar             | 3 level teaspoons <b>Royal</b><br>Baking Powder  |
| pinch <b>Robertson's</b><br>cinnamon |  |
| pinch salt                           |  |

Put 2 tablespoons cocoa, 4 tablespoons sugar and 5 tablespoons milk into the top of a double boiler, melt over hot water, and leave to cool. Cream 4 ozs. butter with one small cup of castor sugar, add three egg yolks, one at a time, then add the melted chocolate mixture. Fold in 2 cups sifted flour alternatively with ½ cup cold milk, 1 teaspoon vanilla essence. Add pinch of cinnamon, and salt, 3 level teaspoons baking powder and the whites of the three eggs (beaten, but not too stiffly). Bake 20 minutes at 400 degrees in a two inch deep tin.

*Mrs. B. Cowan*

### ONE EGG CHOCOLATE SPONGE.

- |                           |  |
|---------------------------|--|
| 2 oz. butter              | 1 teaspoon <b>Royal</b><br>Baking Powder |
| 1 dessertspoon syrup      | <b>Robertson's</b> vanilla essence       |
| 1 egg                     | ½ cup milk                               |
| ½ cup sugar               | 1 teaspoon bicarbonate<br>of soda        |
| 1 tablespoon cocoa        |  |
| 1 cup <b>Gloria</b> flour |  |

Melt butter and syrup, add egg and sugar and beat well. Then add flour baking powder, and cocoa which have been previously sifted together. add vanilla, and lastly bicarbonate of soda dissolved in milk. Bake 30 minutes in a 370 oven.

*Mrs. Becky Krikler.*

### ONE EGG CHOCOLATE CAKE.

- |  |  |
|--|--|
| 1½ cups <b>Gloria</b> Flour              | 1 teaspoon <b>Robertson's</b><br>vanilla essence       |
| 1 cup sugar                              | ½ teaspoon salt  |
| ½ cup margarine (½ lb.)                  | ½ cup milk   |
| ½ cup cocoa                              | ½ teaspoon bicarb. dissolved<br>in ½ cup boiling water |
| 1 egg                                    |  |
| 1 teaspoon <b>Royal</b> Baking<br>Powder |  |

Mix all ingredients together and beat for three minutes. Bake in moderate oven.

*Mrs. Monica Menashe.*

### CHOCOLATE CAKE.

- |                             |   |
|-----------------------------|---|
| 4 eggs                      | 2 teaspoons <b>Robertson's</b><br>vanilla essence |
| 1 cup <b>Gloria</b> flour   | 2 teaspoons <b>Royal</b><br>Baking Powder         |
| 2 tablespoons Cocoa         | 1 cup sugar                                       |
| 4 tablespoons boiling water |   |
| ½ lb. melted butter         |   |

Beat eggs and sugar well. Add the flour, cocoa mixed with boiling water. Add melted butter, vanilla essence and baking powder. Then bake at 400 degs. for 20 mins.

### ICING FILLING.

1 tablespoon melted butter  
Stir in heaped dessertspoon cocoa. Add icing sugar and boiling water.



### CHOCOLATE CAKE (infallible)

- |                     |                        |
|---------------------|------------------------|
| 2 cups Gloria flour | 1½ cups sugar          |
| ½ teaspoon salt     | 3 eggs                 |
| ¼ cup cocoa         | 1 teaspoon Robertsons' |
| 3 teaspoons Royal   | vanilla or rum essence |
| Baking Powder       | ¼ cup water mixed with |
| 4 oz. butter        | ¼ cup milk             |

Cream butter and sugar well, add egg yolks one at a time. Sift together flour, salt, and cocoa. Add the dry ingredients alternately with the liquid. Fold in beaten egg whites. Fold in baking powder. Place in two layer tins. Bake in 400 oven for 30 - 35 minutes.

Mrs. A. J. Naim.

### CHOCOLATE CAKE.

- |                     |                        |
|---------------------|------------------------|
| 4 oz. margarine     | ½ cup milk             |
| ½ cup sugar         | 2 dessertspoons cocoa  |
| 2 cups Gloria flour | ½ teaspoon Robertson's |
| 1½ teaspoons Royal  | vanilla essence        |
| Baking Powder       | 2 large eggs           |

Beat margarine and sugar till soft. Gradually add beaten eggs one at a time, add vanilla. Sift flour with baking powder and cocoa, and add this to the egg mixture, alternatively with the milk. Place in greased tins. Bake at 375 degrees for 25 minutes.

Mrs. Illana King.

### CHOCOLATE CAKE.

- |                           |                           |
|---------------------------|---------------------------|
| 2 level tablespoons cocoa | 1 cup Gloria flour        |
| 1 level teaspoon Royal    | ½ cup sour milk           |
| Baking Powder             | 1 level tablespoon butter |
| ½ teaspoon bicarbonate    | 1 cup sugar               |
| of soda                   | 2 eggs                    |

Melt the cocoa and milk, then rub butter and sugar together, then add flour. Add the rest of the ingredients and a little vanilla essence. Pour batter into 2 lined tins. Bake for 20 minutes in oven at 400 degs.

Mrs. C. N. Adelsky.

### CINNAMON CRUMB CAKE.

- |                      |                      |
|----------------------|----------------------|
| 1½ cups Gloria flour | Milk                 |
| 3 teaspoons Royal    | 3 tablespoons sugar  |
| baking powder        | 2 tablespoons butter |
| ¼ teaspoon salt      | 1 egg                |

Sift together flour, baking powder, salt and sugar, then add butter cut into pieces, crumble mixture with fingers, until butter is thoroughly mixed into flour. Beat egg in cup — then fill with milk and add milk and egg mixture to dry ingredients. Mix thoroughly. Spread the batter in a layer cake pan and top with following mixture:—

- |                            |                         |
|----------------------------|-------------------------|
| 4 tablespoons sugar        | 2 teaspoons Robertson's |
| 2 tablespoons solid butter | cinnamon                |
| 2 level tablespoons flour  |                         |

Crumb these ingredients together with a fork and spread over batter. Bake at 400 F. for 25 minutes.

Mrs. V. Michelson.

### DATE CAKE.

- |                        |                           |
|------------------------|---------------------------|
| ¾ cup sugar            | ¼ lb. butter              |
| 2 eggs                 | 1 teaspoon bicarbonate of |
| 1 teaspoon Robertson's | soda                      |
| vanilla essence        | 1½ cups Gloria flour      |
| 1 teaspoon Royal       | ½ cup boiling water       |
| Baking Powder          | 1 cup stoneless dates     |

Chop the dates. Cream the butter and the sugar add the eggs one at a time, add the essence, then add all the dry ingredients. Add the bicarbonate of soda to the boiling water and pour over the dates. Add this to the rest of the mixture. Bake in a 375 oven for 45 minutes.

Mrs. Shirley Cowen.

### CHANTILLY SPONGE.

(An expensive, but delicious cake to make for a special party).

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 large chiffon or Angel cake | 2 cups thick whipped cream    |
| 1 cup cubed drained pineapple | ½ teaspoon Robertson's        |
| 12 marshmallows quartered     | vanilla essence.              |
| 1 cup cut strawberries        | 20 whole berries for trimming |

Cut cool cake into half crosswise. Fold pineapple, marshmallows and strawberries and essence into whipped cream. Spread the bottom half of the cake liberally with the mixed filling. Cover with the top half and spread remaining mixture over the top and sides of cake. Chill for two to three hours before serving. Garnish with whole berries. Serves 12.

Mrs. Mary Michaelovsky.

### EASY DATE LOAF.

- |                               |                        |
|-------------------------------|------------------------|
| ½ lb. dates chopped           | 1 teaspoon Robertson's |
| ¼ cup sugar                   | cinnamon               |
| 2 oz. butter                  | 1 teaspoon Robertson's |
| 1 teaspoonful bicarb. of soda | ginger                 |
| 1 cup boiling water           | 1 teaspoon Robertson's |
| chopped nuts optional         | mixed spice            |
| 2 cups Gloria Flour           |                        |

Pour one cup boiling water over sugar, dates and bicarb. Stir well and allow to cool. Then add spices and flour. Bake in a well buttered loaf tin for 1½ hours at 350 degrees.

Mrs. Hannah Hodes.

### FRUIT CAKE.

Boil the following for ten minutes:—

- |                  |                   |
|------------------|-------------------|
| ½ lb. butter     | 1 small cup sugar |
| 1 lb. cake fruit | 1 large cup water |

Remove from the heat and add 1 teaspoon bicarbonate of soda. Allow to get quite cold. Then add 2 cups Gloria Flour sifted together with 1 teaspoon Royal baking powder, and a little salt. Add two well beaten eggs, ½ teaspoon Robertson's ginger, ½ teaspoon Robertson's cinnamon, ½ teaspoon Robertson's mixed spice, 1 wineglass full brandy. Grease a pan well. Bake at 350 for 1½ hours.

Mrs. Janie Abrahamson.

### FRUIT CAKE. (Boiled and very easy).

Cook the following ingredients for 5 minutes:—

½ cup sugar, ½ lb. butter, 1 teaspoon cinnamon, 1 teaspoon mixed spice, 1 teaspoon bicarb., ¼ cup cold water, 3 cups (one lb.) mixed fruit, 2 teaspoons brandy. When cool add 3 beaten eggs, and mix in 2 cups flour sifted together with 1 rounded teaspoon baking powder. Bake in 350 oven for about an hour.

Mrs. Becky Krikler.

### FRUIT CAKE.

- |                         |                            |
|-------------------------|----------------------------|
| 1½ lb. mixed fruit, and | 2 cups water               |
| add preserved ginger    | 2 teaspoons bicarb.        |
| 4 cups Gloria flour     | ½ lb. butter               |
| 2 eggs                  | mixed Robertson's spice    |
| 2 cups sugar            | (about a teaspoon of each) |
| ½ cup brandy            |                            |

Boil sugar, fruit, water, and butter for about ten minutes. Allow to cool add flour, beaten eggs, bicarb. mixed with a little milk, and then add the brandy. Butter a tin and dust with flour. Bake for 1½ hours at 300.

Mrs. Denise Posner.

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### GENOA FRUIT CAKE.

- |                            |                                 |
|----------------------------|---------------------------------|
| 8 oz. butter               | 4 oz. candied peel              |
| 8 oz. castor sugar         | 4 oz. sultanas                  |
| 12 oz. <b>Gloria</b> flour | 4 oz. chopped sweet almonds     |
| 2 oz. preserved cherries   | 1 wine glass milk               |
| 2 teaspoons <b>Royal</b>   | 4 eggs                          |
| Baking Powder              | little <b>Robertson's</b> lemon |
| 4 oz. currants             | essence                         |

Beat butter and sugar to a cream, add eggs one at a time and beat well. Stir in sieved flour and baking powder, add the fruit, the milk (enough to make a fairly firm mixture) and lastly add the flavouring. Pour into a well buttered square tin, sprinkle chopped nuts on top and bake in 250 oven for about 2 hours. Size of tin  $8\frac{1}{2}$ " square  $2\frac{1}{2}$ " deep.

Mrs. V. Michelson.

### SWISS ROLL.

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 cup sifted <b>Gloria</b> flour      | 4 eggs                                |
| $1\frac{1}{2}$ teaspoons <b>Royal</b> | $\frac{3}{4}$ cup sifted castor sugar |
| Baking Powder                         | 3 tablespoons cold water              |
| $\frac{1}{4}$ teaspoon salt           | jam.                                  |

Sift together the flour, baking powder and salt. Beat the egg yolks until they are thick and creamy, then gradually add the castor sugar, beating well after each addition. Beat in the cold water well. Beat the egg whites until stiff but not dry, and add them alternately with the sifted dry ingredients. Turn the batter into a 15" by 10" by 1" swiss roll pan, lined with waxed paper, and bake in a moderate oven at 350 F. for about 20 minutes. Turn out immediately on a damp cloth sprinkled with icing sugar. Remove the paper and trim the crusty edges holding the edges of the damp cloth, roll up the cloth and cake. Allow it to cool thoroughly, then unroll gently. Spread with jam and roll up again. Remove to a plate and sprinkle with icing sugar.

### RICH FRIDGE CAKE.

- |                           |                                    |
|---------------------------|------------------------------------|
| 2 pkts. "Tennis" biscuits | $\frac{1}{2}$ cup water            |
| 1 pint milk               | <b>Robertson's</b> vanilla essence |
| $\frac{3}{4}$ cup sugar   | 2 eggs                             |
| 4 dessertspoons custard   | $\frac{1}{2}$ lb. margarine        |
| powder                    |                                    |

Cover bottom of square pyrex dish with biscuits. Boil milk and sugar. Mix custard powder with cold water, add to boiling milk and boil once. To the custard add two beaten egg yolks, margarine and vanilla essence. Spread the hot mixture on the biscuits. Fill the dish with alternate layers of biscuits and custard mixture, ending with a biscuit layer. Beat the two egg whites and spread on the top. Place in the fridge to set. Decorate with drinking chocolate, or grated chocolate and cherries.

Mrs. Hannah Hodes.

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### BANANA NUT LOAF.

- |  |  |
|--|--|
| $1\frac{1}{2}$ cups sifted <b>Gloria</b> Flour | $\frac{1}{2}$ cup soft shortening          |
| 2 teaspoons <b>Royal</b> Baking Powder         | $\frac{3}{4}$ cup sugar                    |
| $\frac{1}{4}$ teaspoon bicarbonate of soda     | 2 eggs (unbeaten)                          |
| $\frac{1}{2}$ teaspoon salt                    | 1 cup mashed ripe bananas                  |
|  | $\frac{1}{2}$ cup coarsely chopped walnuts |

Sift flour, baking powder, bicarb. and salt. Cream shortening with sugar until smooth, add eggs one at a time and beat until the mixture is very light and fluffy. Blend in the sifted ingredients alternately with the mashed bananas and nuts. Mix until well blended. Turn into greased pan 9" x 5" x 3". Bake in a 350 oven for one hour.

Mrs. Katy Amato.

### GINGER LAYER CAKE.

- |   |   |
|---|---|
| $\frac{1}{2}$ cup sugar                     | $\frac{1}{2}$ cup butter                    |
| 1 tablespoon golden syrup                   | $1\frac{1}{2}$ teaspoons <b>Robertson's</b> |
| 2 eggs                                      | ground ginger                               |
| 1 cup <b>Gloria</b> Flour                   | 1 teaspoon bicarbonate of                   |
| $1\frac{1}{2}$ teaspoons <b>Robertson's</b> | soda  |
| ground cinnamon                             |   |

Cream the butter and sugar well and add syrup (mixed with 2 tablespoons boiling water) and beaten egg yolks. Sift in flour and spices. Mix soda with 2 tablespoons water and add to the mixture. Fold in stiffly beaten egg whites. Bake in two 7" sandwich tins in a moderate oven for 15 - 20 minutes.

Mrs. Touba Lipman.

### ALMOND MERINGUE.

- |   |                                    |
|---|------------------------------------|
| 1 cup <b>Gloria</b> Flour                 | $\frac{1}{4}$ teaspoon salt        |
| 3 tablespoons milk                        | 1 tablespoon sugar                 |
| $\frac{1}{4}$ lb. butter                  | 1 teaspoon <b>Robertson's</b>      |
| $\frac{1}{2}$ teaspoon <b>Robertson's</b> | vanilla essence                    |
| cinnamon                                  | $\frac{1}{2}$ cup blanched almonds |
| 1 teaspoon <b>Royal</b> Baking Powder     | 4 eggs — separated                 |
|   | $1\frac{1}{2}$ cup sugar           |

Sift the flour, baking powder and salt together. Cream butter and  $\frac{1}{2}$  cup sugar until fluffy, add well beaten egg yolks, vanilla, milk and sifted dry ingredients. Spread mixture in two 9" greased pans. Beat egg whites until stiff but not dry, then add remaining sugar ( $\frac{1}{4}$  cup) gradually, and beat until eggs hold peak, then spread over unbaked mixture in both pans. Sprinkle surface with almonds, 1 tablespoon sugar and  $\frac{1}{2}$  teaspoon cinnamon. Bake in 350 F. oven for 30 minutes. When cool, spread whipped cream and cherries on one meringue surface, cover with second layer keeping meringue on top.

Mrs. V. Michelson.

### ORANGE TEA CAKE.

- |   |                                   |
|---|-----------------------------------|
| 2 cups <b>Gloria</b> Flour                | $\frac{3}{4}$ cup of orange juice |
| 3 teaspoons <b>Royal</b> Baking Powder    | $\frac{1}{2}$ cup butter          |
| salt                                      | 1 cup sugar                       |
| $\frac{1}{2}$ teaspoon <b>Robertson's</b> | 2 eggs (beaten)                   |
| nutmeg                                    | grated rind of 1 medium orange    |

Sift the flour and baking powder, salt and nutmeg together. Cream the butter with the sugar. Add eggs and orange rind; beat thoroughly. Add sifted dry ingredients and orange juice alternatively in small amounts, beating well after each addition. Pour into greased pan and bake in 350 F. oven for 50 minutes.

Mrs. Cynthia Marks.

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### SPONGE CAKE.

- |                                |   |
|--------------------------------|---|
| 1 cup Gloria flour             | 4 eggs  |
| $\frac{1}{2}$ teaspoon salt    | $\frac{3}{4}$ cup castor sugar                    |
| 1 teaspoon Royal Baking Powder | $\frac{1}{2}$ teaspoon any Robertson's flavouring |

Sift the flour, salt and baking powder for 5 minutes. This is important. Separate the eggs, and beat the yolks till they are very light, then add the sugar gradually. Add the flavouring, then fold in the stiffly beaten whites. Add the sifted dry ingredients and fold them in lightly, but thoroughly. Bake moderate oven 350 F. for 30 - 40 minutes.

### COFFEE CAKE.

- |                                 |  |
|---------------------------------|--|
| 6 oz. butter                    | 2 tablespoons Robertson's coffee essence |
| 3 eggs separated                | 1 cup sugar                              |
| $\frac{1}{2}$ cup milk          | 2 cups Gloria flour                      |
| 3 teaspoons Royal Baking Powder |  |

Cream the butter and sugar. Add egg yolks and then flour which has been sifted with baking powder. Add coffee essence and then milk and fold in stiffly whipped egg whites. Bake in 2 layer tins for 30 minutes at 350 F.

Mrs. V. Michelson.

### HOT BUTTER SPONGE.

- |   |                                 |
|---|---------------------------------|
| $\frac{3}{4}$ cup castor sugar                  | 3 eggs                          |
| 1 cup Gloria flour                              | 2 teaspoons Royal Baking Powder |
| 1 teaspoon Robertson's vanilla or lemon essence | pinch of salt                   |

Bring the following to the boil together:—

- |                    |               |
|--------------------|---------------|
| 4 tablespoons milk | 2 oz. butter. |
| 1 tablespoon water |               |

Beat the eggs and sugar until creamy, then add essence, flour and salt gradually. Then add butter and milk mixture. Lastly add baking powder. Bake in 375 F. in sandwich tins for 10 minutes.

Mrs. S. Cowan.

### ORANGE CAKE.

- |                                      |   |
|--------------------------------------|---|
| $\frac{1}{2}$ lb. eggs (weight them) | 1 $\frac{1}{2}$ teaspoons Royal Baking Powder |
| $\frac{1}{2}$ lb. butter             | juice and grated rind of 2 oranges            |
| $\frac{1}{2}$ lb. sugar              |   |
| $\frac{1}{2}$ lb. Gloria flour       |   |

Cream the butter and sugar well and then add egg yolks and flour alternatively. Add orange juice and rind and baking powder. Beat egg whites stiffly and fold under mixture carefully. Bake at 350 degs. for approximately  $\frac{3}{4}$  hour in a greased and floured tin.

Mrs. C. Wiesenbacher.

### FLUFFY WHITE CAKE.

- |   |   |
|---|---|
| $\frac{1}{2}$ cup butter                      | $\frac{1}{2}$ teaspoon salt                           |
| 1 $\frac{1}{2}$ cups castor sugar             | 1 cup of milk   |
| 2 $\frac{1}{2}$ cups Gloria flour             | 1 $\frac{1}{2}$ teaspoons Robertson's vanilla essence |
| 2 $\frac{1}{2}$ teaspoons Royal Baking Powder | 4 egg whites  |

Cream butter and sugar until white and fluffy. Sift the flour, baking powder and salt. Mix alternatively with milk, add vanilla and lastly fold in stiffly beaten egg whites. Pour into 2 9" sandwich tins, greased. Bake at 350 F. for 30 minutes.

### LEMON NUT SPICE CAKE.

- |                                    |  |
|------------------------------------|--|
| $\frac{1}{2}$ cup butter           | 2 cups Gloria flour                      |
| $\frac{1}{2}$ cup sugar            | 2 $\frac{1}{2}$ cups Royal Baking Powder |
| 1 egg                              | $\frac{1}{2}$ teaspoon salt              |
| $\frac{1}{2}$ cup milk             |  |
| grated rind of $\frac{1}{2}$ lemon |  |

### TOP MIXTURE.

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 3 tablespoons sugar                | 1 teaspoon grated lemon rind      |
| 1 teaspoon mixed Robertson's spice | $\frac{1}{2}$ cup chopped walnuts |

Cream the butter well, adding the sugar gradually and beating until very light. Beat the egg and mix it with the milk and lemon rind. Add sifted dry ingredients to the creamed mixture — alternatively with the milk and egg. Grease and lightly flour an 8" square baking pan and pour in the mixture. Smooth with the back of spoon. Mix together the ingredients for the top mixture, and sprinkle this over the cake mixture in the baking pan. Bake in a moderate oven 375 F. for 30 - 40 minutes.

### ORANGE BAR CAKE.

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 6 oz. sugar                    | 6 oz. butter                          |
| 2 teaspoons orange rind        | 2 tablespoons orange juice (strained) |
| 4 oz. Gloria flour             | 3 eggs                                |
| 4 oz Gloria Self Raising flour |                                       |

Cream sugar, butter and orange rind. When well blended add well beaten eggs and cream well. Then stir in the flour alternately with orange juice. Bake in moderate oven for about 35 minutes. This mixture makes 2 small bar cakes or 1 big one. Ice with orange icing to which you can add orange rind.

Mrs. Estelle Michelson.

### GINGER BREAD.

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 6 tablespoons butter                | $\frac{1}{2}$ cup golden syrup        |
| 1 cup milk                          | 3 teaspoons Robertson's ground ginger |
| 2 eggs                              | $\frac{1}{2}$ teaspoon salt           |
| 3 $\frac{1}{2}$ cups Gloria flour   | 1 cup sugar                           |
| 2 teaspoons Robertson's mixed spice | 1 teaspoon bicarb. of soda            |

Warm the syrup and butter in a bowl until the fat is melted, but not hot. Add the milk and well beaten eggs. Sift in the flour, spices, salt and sugar, and beat until thoroughly mixed. Lastly add the bicarbonate of soda (dissolved in 1 tablespoon hot water) and mix well. Pour into a greased and paper lined roasting pan, about 12" square by 3" deep. Bake 1 hour 350 F.

### STEAMED BOSTON BREAD.

- |                           |                                 |
|---------------------------|---------------------------------|
| 2 cups Gloria flour       | 2 oz. chopped walnuts           |
| a pinch of salt           | $\frac{3}{4}$ cup syrup         |
| 1 heaped teaspoon Bicarb. | $\frac{1}{2}$ lb. chopped dates |
| 1 cup milk                |                                 |

In one basin mix flour, dates and nuts, in another mix milk with syrup until dissolved. Stir in bicarb. and add salt. Mix thoroughly and then add to dry ingredients, mixing well. Grease two one lb. cocoa tins, and half fill each tin with the mixture. Grease lids and cover. Stand tins in a large pot half filled with boiling water. Cover pot and allow to boil for 3 hours on medium slow heat. Allow to cool slightly before turning out.

Mrs. Monica Menashe.

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## BANANA BREAD.

- |   |  |
|---|--|
| 1 lb. butter                                    | 1/2 teaspoon salt                      |
| 1 cup sugar                                     | 2 teaspoons <b>Royal Baking Powder</b> |
| 2 eggs  | 1/4 teaspoon bicarbonate of soda       |
| 1/2 teaspoon <b>Robertson's</b> vanilla essence | 1/2 cup milk                           |
| 4 bananas                                       |  |
| 2 cups <b>Gloria Flour</b>                      |  |

Cream together the butter and sugar, add the eggs one at a time, and beat each in thoroughly, then add the vanilla essence. Mash the bananas well and stir them into the mixture. Sift in the flour, salt and baking powder. Mix the bicarbonate of soda with a little milk, and add it to the mixture. Gradually add the 1/2 cup milk, and beat the mixture thoroughly. Turn into a greased 9" by 4" loaf tin and bake for 1 hour at 350 F. Serve plain or buttered.

## GINGER TART.

- |                                   |   |
|-----------------------------------|---|
| 1 1/2 teacups <b>Gloria Flour</b> | 1 teaspoon <b>Robertson's</b> ground ginger |
| 4 oz. margarine                   | 2 digestive biscuits                        |
| 2 oz. castor sugar                |   |

Cream margarine and sugar, add flour, ginger and biscuits broken up small but not into crumbs. Mix well together, divide in two and press into two round tins. Bake in moderate oven for approximately 1/2 hour. Sandwich together when cold with butter icing to which 1/2 teaspoon **Robertson's** ginger has been added

*Mrs. Monica Menashe.*

## BUTTERSCOTCH CAKE.

- |  |   |
|--|---|
| 1 1/4 cups <b>Gloria Flour</b>                   | 1/2 cup sugar                                 |
| 3 teaspoons <b>Royal Baking Powder</b>           | 1 egg   |
| 1/2 teaspoon salt                                | 2 yolks                                       |
| 1 pkt. <b>Royal Instant Butterscotch Pudding</b> | 1/2 cup milk                                  |
| 5 oz. butter or margarine                        | 1 teaspoon <b>Robertson's</b> vanilla essence |

Sift flour, baking powder and salt and butterscotch pudding together. Cream butter or margarine together with sugar. Beat the egg and egg yolks together until thick and light and add gradually to the creamed mixture, then blend in the flour mixture with the creamed mixture alternately with the milk and the vanilla. Combine lightly and turn into prepared tins and bake in 350 to 400 oven for 35 minutes.

*Mrs. Hazel Franco.*

## FRIGDIAIRE CAKE.

- |                                    |  |
|------------------------------------|--|
| 9 eggs (separate whites and yolks) | 9 tablespoons <b>Gloria</b> flour            |
| 9 dessertspoons sugar              | 1 heaped teaspoon <b>Royal</b> baking powder |
| 1/2 dessertspoon custard           |  |

### Method:

Beat yolks and sugar well. Add custard. Fold in whites alternately with flour (a little at a time). Grease biscuit tin and sprinkle with flour. Pour in mixture just enough to cover bottom of tin. Makes 4 layers. Bake 350 for 10 - 15 minutes.

### Custard:

1 pint milk to make a thick creamy custard (not too firm) and add 1 teaspoon vanilla.

Place custard between the layers leaving some for the top. Have ready minced 1/2 packet Marie biscuit crumbs and sprinkle on top. Keep in fridge. Makes one long cake which may be sliced into 4 portions.

*Mrs. Pearl Kaplan.*

## AUSTRIAN STRUDEL.

- |                    |  |
|--------------------|--|
| 1 egg              | salt   |
| 1 egg cup of water | <b>Gloria Flour</b> to make a pliable dough. |
| 1 egg cup of oil   |  |

Mix all ingredients together and allow to stand in a covered warm dish for half an hour. Then stretch the dough to approximately 30 inches diameter. Use a large cloth to do this as the dough tends to tear. Fill dough with apples (grated) nuts, cinnamon, sugar, sultanas, raisins, etc. Roll up like a swiss roll but before rolling up pour one cup oil over mixture. Bake for 3 hours in 300 degrees oven.

*Mrs. Pat Holt.*

## BLITZ TORTE.

- |   |  |
|---|--|
| 1 cup sifted <b>Gloria</b> flour              | 4 eggs (separated)                       |
| 1 teaspoon <b>Royal</b> baking powder         | 3 tablespoons milk                       |
| pinch salt                                    | 1/2 cup blanched almonds (ground)        |
| 1/2 cup butter                                | 1 tablespoon sugar                       |
| 1 1/2 cups sugar                              | 1/2 teaspoon <b>Robertson's</b> cinnamon |
| 1 teaspoon <b>Robertson's</b> vanilla essence |  |

### Method:

Sift baking powder, flour and salt together. Cream butter with 1/2 cup sugar until fluffy. Add well beaten egg yolks, vanilla, milk and sifted dry ingredients. Spread mixture in two greased loose-bottom pans. Beat whites until stiff but not dry, add remaining sugar gradually and beat until eggs hold sharp peak. Spread over unbaked mixture in both pans. Sprinkle with almonds, 1 tablespoon sugar and cinnamon and bake in moderate 350 oven for about 30 minutes. Cool and spread custard or whipped cream between layers.

*Mrs. Lilian Lomofsky*

## PINEAPPLE AND WALNUT CAKE.

- |                           |                                       |
|---------------------------|---------------------------------------|
| 7 oz. butter              | 3 oz. drained tinned pineapple chunks |
| 5 oz. castor sugar        | 2 oz. walnuts                         |
| 3 eggs                    | 2 tablespoons warm water              |
| 9 oz. <b>Gloria Flour</b> |                                       |

Grease and line a 7" cake tin with greased greaseproof paper. Cream butter and sugar until light and fluffy (and white in colour). Add eggs one at a time, beating in well. Stir in the sifted flour, drained and chopped pineapple and chopped nuts. Add warm water. Bake at 375 for about 1 1/4 hours or until well risen and firm to the touch. Turn out and cool on wire rack. When cool ice with pineapple frosting, and decorate with pineapple and walnuts.

## DATE AND NUT LOAF.

- |  |   |
|--|---|
| 1 cup dates                              | 1/2 teaspoon <b>Robertson's</b> mixed spice |
| 1/2 cup chopped nuts                     | 1 teaspoon bicarb.                          |
| 1 tablespoon butter                      | 1 cup boiling water                         |
| 1 cup sugar                              | 2 cups <b>Gloria Flour</b>                  |
| 1/2 teaspoon <b>Robertson's</b> ginger   | 1 teaspoon <b>Royal</b> baking powder       |
| 1/2 teaspoon <b>Robertson's</b> cinnamon | 1 egg                                       |

Cut up dates in a bowl and add butter, sugar and spices. Mix the bicarb. in the cup of boiling water, and pour over the mixture. Allow to cool. Add the flour and baking powder, and then beat in the egg. Mix well together, and bake in a loaf tin in a 350 oven for one hour.

*Mrs. Selma Friedlander.*



### STRAWBERRY SHORTCAKE.

4 oz. butter  
3 oz. sugar  
2 eggs  
4 oz. Gloria flour  
1 level teaspoon Royal  
baking powder

Cream butter and sugar till light and fluffy, add beaten eggs gradually and then beat in the flour which has been sifted with the baking powder. Bake in two well greased 6" tins at 375 for about 25 minutes.

#### Filling:—

1 egg white  
 $\frac{1}{2}$  pint thick cream  
strawberries

Whip the egg white until stiff and then add the cream, spread one shortcake with the cream mixture, and some of the strawberries, place the other cake on top, spread with the remainder of the cream and strawberries.

### HOT MILK SPONGE.

1 oz. butter  
1 teaspoon Robertson's  
vanilla essence  
 $\frac{3}{4}$  cup sugar  
2 eggs  
2 teaspoons Royal  
baking powder  
1 cup Gloria Flour  
pinch of salt  
 $\frac{3}{4}$  cup milk

Beat sugar and eggs till light and fluffy. Add baking powder and salt and fold in flour. Boil milk, butter and vanilla essence and add. Bake in a moderate oven. This makes a good flan, also a sandwich cake if put together with fresh cream and tinned fruit or strawberries, etc.

*Mrs. Monica Menashe.*

### HOT MILK SPONGE.

3 eggs  
1 cup sugar  
 $1\frac{1}{2}$  cups Gloria Flour  
3 teaspoons Royal baking  
powder  
pinch of salt  
 $\frac{1}{2}$  teaspoon Robertson's  
vanilla essence  
 $\frac{1}{2}$  teaspoon Robertson's  
lemon essence  
1 tablespoon butter  
 $\frac{1}{2}$  cup milk and water mixed

Beat eggs and sugar well, add flour, baking powder and vanilla. Boil together butter, milk and water and pour over first mixture, mix well. Bake in two sandwich tins at 350 degrees for 10 to 15 minutes.

*Mrs. Selma Friedlander.*

### LOUISE CAKE.

3 egg yolks  
milk  
2 level teaspoons Royal  
baking powder  
 $1\frac{1}{2}$  cups Gloria flour  
 $\frac{1}{2}$  cup sugar  
Robertson's vanilla essence  
jam

Meringue:—  $\frac{1}{2}$  cup sugar, 3 egg whites.

Cream butter and sugar well add egg yolks gradually, beating well. Beat in the flour which has been sifted with the baking powder, add milk and the vanilla. Use enough milk to make a soft dropping consistency. Place in well greased oblong oven proof dish. Bake for  $\frac{1}{2}$  an hour in 350 oven. While cake is baking, make the meringue by beating the egg whites and adding the sugar. When cake has baked remove from oven, while still hot spread the jam over it, spread meringue on and bake in 400 oven for about ten minutes.

*Mrs. Sarah Mayo.*

### MADEIRA CAKE.

2 eggs (weighed) (4 oz.)  
4 oz. butter  
4 oz. sugar (castor for finer  
texture)  
4 oz. Gloria flour  
1 teaspoon Royal  
Baking Powder  
1 dessertspoon milk  
few drops Robertson's  
vanilla essence

Cream the butter and sugar till white and fluffy. Add eggs one by one. Add flavouring, then flour and milk gradually, combining baking powder with last tablespoon of flour. Bake in a small loaf tin at 375 F. for about 20 minutes.

*Mrs. M. Maisels.*

## Icings and Fillings

### GINGER FILLING FOR SPONGE OR BUTTER CAKE.

$\frac{1}{2}$  cup sugar  
2 eggs  
2 tablespoons butter  
4 or 5 bananas  
juice of 1 lemon  
crystalized ginger in syrup

Cream butter and sugar, add eggs one at a time. Mash bananas with lemon juice, add to egg mixture. Boil in double boiler until thick. Add ginger pieces, cut up finely and some syrup according to taste. When thick remove from the stove and allow to cool. Split the two layers of cake in half and put filling in-between layers.

*Mrs. G. Langberg.*

### BUTTER ICING

$\frac{1}{2}$  lb. fresh butter  
 $\frac{1}{2}$  lb. sifted icing sugar  
Robertson's flavouring  
Robertson's colouring

Cream together the butter and sugar till quite soft. Add flavouring and colouring to taste.

### VIENNESE ICING.

Add coffee essence or strong coffee and a dash of Grande Marnier liqueur. This icing should be a light brown in colour.

### Brandy Butter Icing.

Add brandy to taste and leave white.

### Cherry Butter Icing.

Add Cherry essence and chopped cherries and colour pale pink.

### Rum Butter Icing.

Add Robertson's Rum Essence and a dash of Nescafe to colour.

### Chocolate Butter Icing.

Add dissolved Chocolate until Icing is a dark brown colour. A dash of any orange liqueur may be added if desired.

### Pineapple Frosting.

Blend together 1 cup castor sugar and two tablespoons pineapple juice. Mix well.

### Almond Filling.

Combine  $\frac{1}{2}$  cup ground almonds, 1 unbeaten egg white, 1 tablespoon water and scant  $\frac{1}{2}$  teaspoon Robertson's essence. Mix well.

### Cinnamon Glaze.

Sift together 2 cups sifted castor sugar and 1 teaspoon Robertson's cinnamon. Add 4 to 5 tablespoons hot cream. Blend until of spreading consistency.

### Almond Curd Filling:

2 oz. butter  
2 oz. sugar  
1 egg  
1 oz. ground almonds  
a few fine cake crumbs  
(if any at hand)

Beat the egg well, melt the butter, add all the other ingredients, and cook for a few minutes till the egg has thickened.

### Butter Cream.

2 oz. butter  
2 oz. icing sugar  
brandy, or vanilla of coffee  
essence

Cream together the butter and sugar till quite soft, add flavouring. Chopped fruits, nuts, etc. can be added to the filing.

### Chocolate Filling.

2 oz. sugar  
2 oz. butter  
1 egg yolk  
 $\frac{1}{2}$  oz. chocolate  
Robertson's vanilla

Add a little water to the sugar and boil to a syrup. Pour it on to the well beaten egg yolk and stir well, and allow to cool. Cream the butter and mix in the melted chocolate and vanilla. Mix all together and use as required.

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### Lemon Curd.

2 oz. butter  
4 oz. sugar

2 eggs  
2 lemons

Grate the lemon rind and squeeze out the juice. Melt the butter add sugar, lemon rind and juice, and well beaten eggs. Cook all together over a gentle heat until it thickens. It may be bottled and will keep well.

### Water Icing.

Put one pound carefully sifted icing sugar in a basin, and add enough liquid to make a consistency that will just run smooth if dropped from a spoon. The following icings can be made from this basic recipe:—

**Coffee Icing** — use strong coffee or water and enough coffee essence to colour. A dash of chocolate and orange juice improves the flavour.

**Lemon Icing** — Use the juice of half a lemon to 1 lb. sugar and enough water to make the desired consistency.

**Orange Icing** — Use pure orange juice and Icing Sugar with a dash of Brandy.

**Grenadilla Icing.** Take 1 lb. grenadillas, scoop out the pulp and rub through a fine sieve. Work into it as much sifted icing sugar as will make the desired consistency, beat well until smooth.

**Glace Icing** (for a quick drying icing).

Beat the white of 1 egg till frothy work in enough icing sugar to make the desired consistency and add any flavouring and colouring so desired.

### FILLING FOR SMALL TARTS.

1 cup chopped raisin, or  
figs, or dates

2 teaspoons lemon juice

5 tablespoons sugar

2 teaspoons butter

$\frac{1}{2}$  teaspoon grated lemon rind

$\frac{1}{2}$  teaspoon salt

5 tablespoons boiling water

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

Mrs. K. Amato.

### BUTTER ICING:

2 cup sifted icing sugar

Robertson's flavouring

1 whole egg

$\frac{1}{2}$  cup butter

Mix well together. Enough for one small cake.

### CHOCOLATE BUTTER ICING.

2 oz. butter

1 tablespoon cocoa

1 teacup icing sugar

1 teaspoon Robertson's

stiffly beaten white of

vanilla essence

$\frac{1}{2}$  egg

Beat the butter to a cream, then gradually add the sifted icing sugar and cocoa. When blended add the beaten egg white and vanilla.  
(Sufficient for 7" sandwich cake and filling).

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## Sweets

### TEIGLACH.

7 eggs  
3 tablespoons oil  
1 teaspoon Robertson's  
ground ginger

pinch Royal Baking Powder  
enough Gloria flour to  
make a very soft dough

**Filling** consisting of nuts, raisins, dates and sultanas.

**Syrup:**— consists of 4 lb. golden syrup, one cup water, and one tablespoon Robertson's ground ginger.

Beat eggs very well, add one teaspoon ginger and the oil gradually, beating until thick. Add flour and baking powder to make a very soft dough. Put syrup on to boil in a very big pot. Stuff the dates with nuts and raisins etc. With floured hands roll dough round filling. When all teglach are rolled, put one at a time into boiling syrup. Place lid on pot and do NOT lift lid for 20 minutes. The first 5 minutes have the stove on high, the next 5 minutes on medium, and the last 10 minutes on low. After 20 minutes lift the lid, and stir the teglach with a wooden spoon and replace the lid. A few minutes later stir again. Repeat this process until the teglach are golden brown. Remove from the heat and gradually stir in 2 cups of boiling water. Replace lid, and leave till cold. Place teglach in glass bottles with syrup.

Mrs. Irma Langberg.

### CARAMELS.

$\frac{1}{2}$  pint golden syrup

2 oz. butter

$\frac{1}{4}$  pint sugar

2 teaspoons Robertson's

$\frac{1}{4}$  pint water

vanilla essence

2 oz. chocolate (grated)

Stir together syrup, sugar and water over low heat until dissolved. Add chocolate, butter and vanilla essence, boil very gently for about half an hour, stirring all the time. Test by pouring a few drops into cold water. When mixture forms a soft ball between finger and thumb, it is ready. Pour onto a greased baking sheet. Cut into squares when cold.

### FRIANDISES.

Served with black coffee after a special meal.

#### Glace Syrup.

1 cup sugar

1 good pinch of cream of  
tartar

$\frac{1}{2}$  cup water

#### Suggested Fillings:

(1) whole dates, stoned prunes filled with sultanas or raisins.

(2) nuts, Brazil, almond or walnuts.

(3) Glace cherries.

(4) Pieces of glace pineapple, apricot, etc.

#### Method:

Mix sugar, water and cream of tartar in a small saucepan and stir. Boil very rapidly, but on no account stir or move saucepan during boiling. Watch the syrup carefully, it will gradually change to a light yellow in colour. Continue boiling rapidly until the syrup turns to a very light brown. Remove the saucepan immediately from the stove, without stirring the syrup. Drop in fillings which have been previously prepared, one at a time and lift out immediately with two forks. They will be lightly coated with syrup. Place on a lightly oiled biscuit tin. Allow to cool and trim off uneven edges with sharp knife. Place in fancy paper cases.

#### NOTE:

(a) You must work very quickly once the syrup is ready to coat the fruit as it becomes too sticky to handle very quickly.

(b) These should be prepared shortly before required on the same day if possible as they do not keep for long.

(c) If you wish to make a larger quantity do not double the recipe but rather boil a second lot.

Mrs. Irma Langberg.



## FUDGE.

- |                            |   |
|----------------------------|---|
| 1 small tin condensed milk | $\frac{1}{2}$ lb. slab bitter chocolate |
| $1\frac{1}{2}$ cups sugar  | pinch of salt                           |
| 3 tablespoons butter       | 1 teaspoon <b>Robertson's</b>           |
| 3 tablespoons syrup        | vanilla essence                         |

Mix all ingredients with exception of **Robertson's** vanilla essence and bring to boil, stirring occasionally. When mixture begins to boil turn heat down to medium low and allow to simmer for about 15 minutes. Remove from stove add essence and whip until creamy and thick. Pour into greased biscuit tin and allow to set. Cut into squares.

*Mrs. Golda Meyers.*

## FUDGE.

- |                                |                                 |
|--------------------------------|---------------------------------|
| 2 lb. sugar                    | rind of a lemon, grated         |
| 2 teaspoons <b>Robertson's</b> | 4 tablespoons syrup             |
| vanilla essence                | 5 oz. (or a little more) butter |
| 1 tin condensed milk           | 1 small cup milk                |

Place sugar, butter, milk and syrup into saucepan and bring to boil. Boil for three minutes, stirring all the time, as sugar must be thoroughly dissolved. Add condensed milk, and boil for 10-12 minutes. Remove from heat, add essence (and chopped walnuts if you wish). Heat for a further 4 minutes. Pour into a well buttered tin. Allow to cool and set cut into squares.

*Mrs. Denise Posner.*

## PEANUT BRITTLE.

- |               |                       |
|---------------|-----------------------|
| 2 oz. peanuts | juice of half a lemon |
| 2 oz. sugar   |                       |

Roast and peel peanuts. Place sugar and lemon juice in a pan, and melt over low heat, without stirring. Boil to the colour of golden syrup. Make the nuts hot, and add to the caramel immediately it is at the right stage. Pour mixture onto oiled baking sheet. When nearly set cut into squares or fingers.

*Mrs. Jacque Adelsky.*

## MARSHMALLOWS.

- |                           |                            |
|---------------------------|----------------------------|
| 3 cups sugar              | 2 egg whites               |
| $1\frac{1}{2}$ cups water | 1 teaspoon cream of tartar |
| 4 dessertspoons gelatin   |                            |

Place sugar, water and gelatin in pan over heat, and stir all the time. Just as the mixture starts to thicken add cream of tartar and boil until thread forms on the end of the spoon. Cool. Add stiffly beaten egg whites and beat again until thick. Grease a pan and pour the mixture into it. Allow to stand overnight. Cut into squares and roll each marshmallow in icing sugar.

*Mrs. Becky Krikler.*

## COCOANUT ICE.

- |                                       |                          |
|---------------------------------------|--------------------------|
| $\frac{1}{2}$ lb. sugar               | $\frac{1}{2}$ pint water |
| $\frac{1}{4}$ lb. desiccated cocoanut | 2 oz. butter             |

Boil sugar and water together for about 20 minutes. Test syrup by pouring a little into cold water, if it forms a "soft ball" it is ready. Add butter and cocoanut, mix well and pour into buttered tin. Make a second batch and colour this pink, when first batch is nearly set, pour second batch on top. When cold cut into squares or fingers.

## TRUFFLES.

Melt 2 oz. butter, 4 tablespoons sugar, and 2 tablespoons milk. Remove from heat and add 1 tablespoon cocoa and 1 teaspoon coffee essence. Roll into balls (add more cocoa if needed) and roll in chocolate granules.

*Mrs. Cynthia Marks.*

# Beverages

## PINEAPPLE SHERBET.

- |                                |                |
|--------------------------------|----------------|
| 3 small pineapples             | 2 quarts water |
| (tinned pineapple may be used) | crushed ice    |
| juice of 4 lemons              | sugar to taste |

Chop pineapple coarsely, add cold water, lemon juice and sugar. Stir and strain into a large jug. Add crushed ice and serve.

## GRENADILLA SHERBET.

May be made the same way, using the pulp of about 15 grenadillas.

## BARLEY WATER.

- |                            |                       |
|----------------------------|-----------------------|
| 3 tablespoons pearl barley | 1 lemon               |
| 1 tablespoon sugar         | 1 quart boiling water |

Blanch the barley. Add thinly peeled lemon rind. Add boiling water, bring to boil and simmer two hours. Strain, add sugar and lemon juice stir and keep on ice until required.

## CLARET CUP.

- |                              |                             |
|------------------------------|-----------------------------|
| 1 quart bottle claret        | 1 gill sugar or to taste    |
| 1 sherry glass sherry        | 3 slice cucumber            |
| the rind of 1 lemon          | 3 slices lemon              |
| 2 thin slices pineapple      | 3 sprigs mint (or verbenia) |
| 1 gill lemons or lemon juice | 2 quarts soda water         |

Put claret, lemon juice, rind and sugar in large jug and pack in ice for one hour. Add rest of the ingredients and serve. A liqueur glass of Maraschino may be added to fortify if desired.

## GINGER POP.

- |  |                                    |
|--|------------------------------------|
| 3 lemons                               | $\frac{1}{2}$ oz. compressed yeast |
| 1 oz. crushed root ginger              | 1 lb. granulated sugar             |
| $\frac{1}{2}$ teaspoon cream of tartar |                                    |

Hammer ginger well and put into basin with sliced lemons, sugar and cream of tartar. Pour on two quarts boiling water, stir well and allow to cool. Add two quarts cold water. When quite cold, break up yeast and sprinkle into liquid, leave for 36 hours. Strain and put into screw top bottles.

## LEMON SYRUP.

- |                   |                      |
|-------------------|----------------------|
| 3 lemons          | 2 lb. sugar          |
| 2 oz. citric acid | 1 pint boiling water |

Peel the lemon rind very thinly and mix all the ingredients (including the rind and strained lemon juice) in a basin. Stir till dissolved. Strain bottle and cork tightly. One tablespoon of syrup in a tumbler of water.

## ORANGEADE.

- |                         |                         |
|-------------------------|-------------------------|
| the juice of 15 oranges | 2 quarts water          |
| rind of 3 oranges       | $\frac{3}{4}$ lb. sugar |

Boil orange rind, sugar and one pint of water for 20 minutes to form syrup. Strain orange juice into a glass jug and add remaining 3 pints of water. When syrup is cold add to mixture in jug stir add a few cubes of crushed ice and serve.

## LEMONADE.

- |                       |                         |
|-----------------------|-------------------------|
| 4 lemons              | $\frac{1}{4}$ lb. sugar |
| 2 pints boiling water |                         |

Peel the rind very thinly and put into a large jug. Squeeze all the juice into the jug. Pour in the boiling water with sugar dissolved. Cover and leave till cool. Strain and serve.

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*"Health and Beauty Clinic"*

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VICKI ORPEN

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## Pesach Dishes

### PASSOVER

(How to lay the table for the Seder)

The table must be laid before dusk and it is usual to be as lavish as possible with special tableware and a lovely centre piece to symbolise freedom.

Three whole matzot are placed on one platter, each covered separately with a fine cloth. The Seder platter is arranged as follows:—A Shank Bone is placed on the right, a roasted egg to the left and the bitter herbs (Horse radish) are placed in the centre. The Haroset (A mixture of nuts, apple, cinnamon and wine, should be put underneath the Shankbone, shaped like a brick. The wine glasses used must hold one and a half egg shaped like a brick. The wine glasses used must hold one and a half egg is placed underneath the egg on the Passover Platter. A special Cup of Wine is prepared for Elijah, the prophet. It is customary to eat hard boiled eggs with salt water, and no roast meat is served on the first two nights.

### PESACH TAIGLACH.

1 doz. eggs minus 3 whites	chopped nuts
2 tablespoons Robertson's ginger	5 cups sugar
3 tablespoons oil	water (the 2 lb. tin full plus $\frac{1}{4}$ tinful)
$\frac{1}{4}$ lb. Matzo cake meal	dates
2 lb. syrup	

Place syrup, water and sugar in a large pot; leave ready. Beat the eggs well; add oil and one tablespoon ginger. Mix in lightly the cake meal and then knead a little. Take a portion of the dough, roll out into a rope one inch thick and cut into one inch lengths. Then roll lengths into 4 inch long rolls, wrap a length about a date in a spiral. Now place the pot with the syrup in it on to boil. Drop the taiglach into boiling syrup, and boil steadily for about 1 to 1  $\frac{1}{2}$  hours. Do not lift the lid of the pot for the first 20 minutes. Then stir the mixture occasionally; allow to cook until the Taiglach are golden brown. Just before cooking has been completed, add 1 tablespoon ginger. Remove the Taiglach from the syrup one at a time, and roll in chopped nuts. Should Taiglach appear to fall in cook with lid on and they will swell again.

### PESACH BLINTZES.

Beat 3 eggs only until the yolks and the whites are well blended. Stir in three cups of potato flour and mix well. Add enough water to make a thin batter. Heat a small frying pan, grease lightly, and pour in enough batter to make a thin pancake. Tilt the pan quickly as the batter is added so that it covers the entire surface of the pan. Cook ONE SIDE ONLY until firm. Stack the pancakes, when all have been cooked, fill with one of the following fillings.

PRUNE:— Fill each pancake with a spoonful of chopped raw prunes sweetened to taste. Fold into 3 cornered pieces and fry again in 4 table-spoons of fat or butter, when brown, sprinkle with sugar and keep in a 275 oven for 15 minutes. Watch to see that they don't burn.

MEAT:— chop two small onions and cook in a little chicken fat until brown. Add one cup of chopped cooked meat, 2 eggs, salt and pepper to taste, and blend thoroughly. Place a spoonful of this mixture in each pancake, fold in 3 cornered pieces, and fry in chicken fat.

### MACAROONS.

Beat together, the whites of two eggs and  $\frac{1}{4}$  sup castor sugar, until very stiff. Fold in  $\frac{1}{4}$  cups of ground almond (OR cocoanut, OR grated walnuts. Drop teaspoonfuls of this mixture onto a greased cookie tin. Allow plenty of room to spread in the baking. Bake in a 350 oven for 15 minutes, or until slightly brown and dry.



### CARROT IMBERLACH.

1½ lb. carrots  
1 lb. sugar

3 oz. almonds  
1 teaspoon Robertson's ginger

Cook carrots, mash and press off all juice through a strainer. To the carrots add the sugar, the ground almonds, and the ginger. Place in a saucepan and cook over a low heat for half an hour, or more (until very thick) stirring frequently. Sprinkle a little sugar and ginger on to a board and spread the mixture evenly about ¼ inch thick over this. Sprinkle top of mixture with sugar and ginger also, and when slightly cool but not completely hard, cut into diamond shapes.

### ALMOND COOKIES.

Pound one pound of blanched almonds to a paste. Add one pound of sugar, 2 eggs and one teaspoon Robertson's cinnamon. Stir until the mixture is thoroughly blended. Spread out in a greased shallow pan, and bake in a 325 oven for 30 minutes, or until light brown. Cut in squares while still warm, and then cool on a rack.

### DATE CAKE.

Beat 8 egg yolks and 1½ cups of castor sugar until thick and lemon coloured. Mix together:—1 cup fine matzo meal, 1 tablespoon Robertson's cinnamon, 1 teaspoon Robertson's ground cloves, add to the egg yolks with the juice of half a lemon and stir until blended. Fold in half a pound of seeded dates cut fine. Beat the egg whites until stiff, and fold in the batter. Bake in 350 oven for 45 minutes.

### PESACH SPONGE

1½ glass castor sugar  
6 eggs  
½ cup orange juice  
½ glass potato flour  
½ glass cake meal

Separate eggs. Beat yolks very well with sugar. Add orange juice slowly. Beat egg whites til stiff. Fold in alternately a little flour and egg whites at a time. Bake 300 for an hour.

*Mrs. Pearl Kaplan*

### POMERANTZEN.

5 grapefruit or oranges  
5 cups sugar  
½ cup water

½ cup orange juice  
3 teaspoons icing sugar

Carefully peel skin off fruit. Cover skins with water and cook until soft. Cool, and cut off thin yellow rind. Add sugar, orange juice and water, and cook for about ½ an hour, or until sugar thickens. Place slices on a wet board, adding icing sugar with the juice, beat up well and pour over the slices. Allow to cool overnight. A few slices may be joined one on top of the other, and when cool may be sliced.

### GRAPE WINE

40 lbs. grapes  
12 lbs. sugar

Take grapes off sticks, place into wooden barrel or bottles. Place grapes and sugar in alternate layers till container is ¾ full. Leave open for 3 - 4 days till fermentation ceases. Cork well and leave to stand.

*Mrs. Pearl Kaplan*

### BEETROOT SOUP

Peel beetroots, grate and place in a pot with water and boil till soft. When cool add lemon juice, sugar and salt to taste. Add cream as desired.

*Mrs. Pearl Kaplan.*

### STUFFED CHREMSELS.

3 matzot soaked in cold water  
6 oz. sugar  
¼ cup ground almonds  
3 well beaten eggs  
1 teaspoon grated lemon rind  
1 tablespoon chicken fat  
1 cup chopped apples or prunes

Cream eggs, sugar, fat, add the soaked matzot (which have been well pressed) alternately with the other ingredients except the fruit. Roll out in circles about the size of a small saucer (coffee set size) cover half the circles with fruit mixture, cover with the remaining circles. Brush edges with cold water, and pinch together. Roll in matzo meal and fry in deep hot fat until delicately brown. Serve hot, sprinkled with cinnamon and sugar.

### BUTTER BISCUITS.

½ lb. cake meal  
6 oz. sugar  
½ lb. butter  
2 eggs

Cream butter and sugar, add eggs then cake meal to make a fairly stiff dough. Roll out and cut. Sprinkle with chopped almonds. Bake in 350 oven for about 15 minutes.

### WALNUT CAKE.

Cream together the yolks of 9 eggs, and ½ lb. castor sugar. Weigh one pound of walnuts before shelling, when shelled, grind. To the creamed yolks and sugar add 2 tablespoons of well sifted matzo meal, a pinch of salt, and one teaspoon Robertson's vanilla, then mix in the ground walnuts. Fold in gently the 9 beaten egg whites. Bake in a 350 oven for ¾ hour.

### PESACH DAINTIES.

½ cup fine cake meal  
½ cup potato meal  
½ cup castor sugar  
½ cup potato meal  
½ lb. butter  
3 eggs

Mix cake meal and potato meal. Rub sugar and butter. Add eggs and lastly nuts, add meal mixture. Roll out about one inch in thickness. Cut into shapes and place a nut on top of each cookie. Paint with a little egg or milk, and sprinkle with Robertson's sugar and cinnamon. Bake in a 350 oven about 15 minutes.

### PESACH FLAN.

Beat 4 egg whites until foamy. Add one tablespoon of vinegar drop by drop and beat constantly as the vinegar is added. Add one cup of castor sugar gradually and continue beating until the mixture is smooth. Fold in one tablespoon vanilla essence. Line a spring form pan with this mixture. Making the sides one inch higher than the middle. Bake for an hour in a 325 oven until light brown. Remove sides of the pan and leave to cool. Fill with any sliced fruit and top with whipped cream.

### PLETSLACH

1 lb. diced apricots (wash wel)  
1 lb. sugar

Put above ingredients into a pot and steam with 1 cup water for 10 mins. Mince it and put back into pot stirring all the time until mixture no longer sticks to the side of the pot.

Place on a wet board and smooth with a knife to ½" thickness. Allow to cool. When cold cut into diamond shapes and roll in sugar.

*Mrs. Pearl Kaplan*

*This page sponsored by Mr. Teddy Cohen*



### MATZO SHORTCAKE.

4 egg yolks	1 cup fine cake meal
$\frac{3}{4}$ cup castor sugar	fresh fruit
grated rind of one lemon	whipped cream
pinch of salt	

Beat the egg yolks with sugar till creamy then fold in the sifted matzo meal, salt and grated lemon rind, and lastly the stiffly beaten egg whites. Grease two sandwich tins and sprinkle with cake meal. Place mixture in the tins and bake at 400 for 20 - 25 minutes. Turn out and allow to cool. Spread one half thickly with fruit, cover with other layer and decorate with whipped cream.

### PESACH BISCUITS.

2 tablespoonfuls ground almond	1 egg
6 oz. matzo meal	3 oz. butter
2 oz. potato flour	2 oz. castor sugar

Mix dry ingredients, rub in butter. Add egg and a little Robertson's vanilla, mix until sides of basin are clean. If to dry add a little water. Roll into small balls. Press down with a fork and bake in a 350 oven till brown.

### NUT CUP CAKES.

Beat 8 eggs, 2 cups sugar, and the grated rind of a lemon until thick and lemon coloured. Fold in 6 oz. fine matzo meal and 1 cup finely chopped nuts. Bake in greased cup cake tins at 350 for 25 to 30 minutes.

### GERMAN PUFFS

Melt  $\frac{1}{2}$  cup of butter, add a cup of hot water, and bring to the boil. Add  $\frac{1}{4}$  lb. of finely sifted meal, all at once, and stir until the mixture forms a stiff paste. Remove from the heat. Add four eggs which have been beaten until light. Grease 8 patty tins and place some of the batter in each tin. Bake in a 400 oven until puffed and well browned. Serve with sugar or syrup, or sprinkle with cinnamon and serve with wine sauce or cream.

### ROSSEL.

3 weeks before Pesach, wash and peel about 2-3 lb. Beetroot and place in a large glass jar filled with water and covered with greaseproof paper. Keep in a cool place to sour. After 3 days remove scum from top, and continue to do so each time a new layer forms. By Pesach, the Rossel will be ready to use.

In a deep dish rub the yolk of one egg with two tablespoons sugar, and into this mixture strain about 6 tablespoons Rossel, and mix thoroughly. Bring chicken soup to the boil just before serving and gradually add rassel mixture. If necessary add more sugar to make it sweet and sour. 6 servings.

VARIATION:— before adding rassel mixture boil chicken soup for about 20 minutes with tiny mincemeat balls and prunes.

### APPLE AND MATZO PUDDING

Soak and squeeze dry 3 Matzot. Cut 3 large apples into small pieces. Add  $\frac{1}{4}$  lb. each currants, raisins,  $\frac{1}{2}$  teaspoon Robertson's cinnamon, grated rind of  $\frac{1}{4}$  a lemon,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup melted butter or fat, 3 beaten eggs. Mix well. Bake at 350 for 40 minutes until well browned.

Mrs. Denise Posner

### GREMSLACH

Form usual Knaidel recipe into triangles, and fry to a golden brown in a mixture of 6 tablespoons fat to one tablespoon honey. Serve with either the meat course or with soup.

### ALMOND PUDDING.

4 eggs	$\frac{1}{4}$ lb. ground almond
$\frac{1}{4}$ lb. castor sugar	1 small potato mashed.

Beat up egg yolks and sugar for 20 minutes, add potato and ground almonds. Lastly, stiffly beaten egg whites. Bake in 350 oven until done.

### MATZO MEAL PANCAKES

Beat the yolks of 3 eggs until very light, blend  $\frac{1}{2}$  cup Matzo meal with  $\frac{1}{2}$  cup of water, and add  $\frac{1}{2}$  teaspoon salt. Add to the eggs and mix well. Fold in the stiffly beaten egg whites. Drop the mixture by spoonfuls on a well greased grill plate. When golden brown, on one side turn and fry the other side. Serve with jam.

### KNAIDLACH 1.

Beat two eggs until very light. Add  $\frac{1}{2}$  cup water, 1 tablespoon chicken fat,  $\frac{1}{2}$  cup fine Matzo meal, a pinch of nutmeg, and salt to taste. Stir as little as possible, add the Matzo meal with a folding motion. Form into balls about 1 to  $1\frac{1}{2}$  inches in diameter. It is well to test one ball before cooking the rest. Cook the test ball for 15 minutes, if it falls apart add a little meal to the batter and test another ball. If the test ball holds its shape, form the rest of the balls and leave them in the refrigerator for an hour. Then cook rapidly in boiling salted water for 15 minutes.

### KNAIDLACH 2.

Beat 2 eggs until very light, add 4 eggshells of water, 2 tablespoons of chicken fat, pinch of ginger, pinch of nutmeg, salt and pepper to taste. Then add enough Matzo meal to make a "dropping consistency" batter (batter should drop slowly off a spoon). Place in a refrigerator for 15 minutes, then form mixture into balls 1 inch in diameter, drop the balls into boiling salted water or soup place lid on pot, and do not raise for 20 minutes, at the end of this time, Knaidlach should be ready to serve.

### KNAIDLACH 3.

3 eggs  
pinch salt  
1 teaspoon sugar

Robertson's cinnamon  
and ginger

Add 3 dessertspoons fat to  $1\frac{1}{2}$  cups boiling water or soup and fork in 2 cups matzo meal — stand in frig. Boil 30 minutes in boiling salt water.

Mrs. Hilda Cohen.

### MATZO BALLS FOR MEAT.

3 squares matzo	1 small onion cut up
3 tablespoons chicken fat	matzo meal
3 whole eggs	salt and Robertson's pepper

Soak matzo for a few minutes in cold water and then squeeze dry. Put chicken fat and chopped onion into frying pan, add the matzo and dry the mixture over low heat, stirring all the time. Let cool and then add 3 eggs, salt and pepper to taste, and as much matzo meal as is necessary to bind the mixture. Roll rounds the size of a ping pong ball, and boil in salt water for at least 15 minutes in a pan without the lid on. Drain and place chopped fried onion on top of each ball. This dish is delicious served with boiled pickled brisket and sauerkraut.

Mrs. Inge Wiesenbacher.

### MATZO MEAL ROLLS.

2 cups Matzo meal	$\frac{1}{2}$ cup oil
2 cups boiling water	salt and pepper to taste.
5 eggs	

Stir oil into matzo meal until thoroughly mixed. Add boiling water, salt and pepper. Beat 5 eggs very well and add to the meal mixture. Shape into rolls. Place on a greased pan sprinkled with matzo meal and bake in a 400 oven for 15 to 25 minutes. This recipe makes 12 big fluffy rolls.

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## Weights and Measures

Ingredients should be measured and weighed accurately, but where kitchen scales are not available, the following approximate measurements will be found useful:—

FLOUR	1½ Rounded Tablespoons	1 oz.
SUGAR	1 Rounded Tablespoon	1 oz.
CORNFLOUR	1 Rounded Tablespoon	1 oz.
COCOA	2 Rounded Dessertspoons	1 oz.
ICING SUGAR	1 Heaped Tablespoon	1 oz.
BREAD CRUMBS	2 Heaped Tablespoons	1 oz.
COCOANUT	3 Rounded Tablespoons	1 oz.
LIQUID	A Breakfastcupful	½ pt.
LIQUID	A Teacupful	⅓ pt.

The average modern tablespoon is equal in capacity to the British standard measuring tablespoon, and a large teaspoon is equal in capacity to the British standard measuring teaspoon.

When a recipe calls for "the weight of an egg in flour, sugar, etc." You may find it useful to know that a medium sized egg weight 2 oz.

### QUICK CONVERSION TABLE:

- 1 Litre = (Approx.) 1½ Pints.
- 1 Kilogram = (Approx.) 2 lb. 3 oz.

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## Handy Hints

If apples oranges or tomatoes are scalded with boiling water, they skin very easily.

Molten chocolate is messy and makes a pan hard to clean. Eliminate this task by melting chocolate on a boat shaped piece of aluminium foil, floated on boiling water.

Silverware will keep free from tarnish if stored away in foil.

A few drops of glycerine added to the final rinsing water, will ensure that woollens remain soft, without matting.

To prevent picture frames from making marks on the walls, stick small pieces of foam rubber onto the bottom two corners of the frame.

A pinch of curry powder combined with a little dry mustard will bring out the full flavour of cheese dishes such as souffles.

Lemon juice poured over apples or bananas when they have been peeled will prevent these fruits from turning brown.

A disc of foam rubber placed on the bottom of the tin before potting plants will prevent the soil from running out while in no way hampering the drainage of the plant.

Dried fruits will not sink in a cake, if they have first been lightly tossed in flour.

To tenderize meat, rub a little dry mustard into it before grilling.

If too much salt has been used in the preparation of a stew or soup, add a raw potato, and the dish will regain its true flavour.

If beetroot stains a clean tablecloth, pour salt over the stain immediately.

Add a teaspoon of powdered chocolate to a 2 oz. tin of instant coffee to improve the flavour.

To make an omelette light and fluffy, place a lid on the pan during cooking.

Ox tongue peel more easily if a tablespoon of vinegar is added to the water in which they are cooked.

Scones will split more easily for buttering if the dough is folded double. Cut through the two layers before baking.

Add a few drops of bath oil when you make starch, it will prevent the iron from sticking, and the laundered articles will be fresh and fragrant.

Keep all clothes pegs on a stretched out wire hanger. Saves time when hanging out the washing as the hanger slides along the line, and the pegs are easily accessible.

Put a handful of salt in the water when scraping new potatoes. Leave for about 20 minutes and the skins will come off easily.

Suede shoes with shiny marks will be spruced up if rubbed over with fine sandpaper, and brushed up with methylated spirits.

Mint sprinkled first with sugar will chop easier.



**NOTES**

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## NOTES

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