

EASY
RECIPIES
AND
HELPFUL HINTS



COMPILED & PUBLISHED

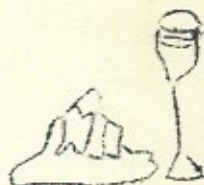
BY THE

NDOLA WOMENS ZIONIST SOCIETY

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FOREWORD.

We would like to thank everyone who has made the publication of this booklet possible - our advertisers for their most generous support, & all our contributors who so kindly gave us their favourite recipes.

We feel that this book will be welcomed in all households, and users have the added satisfaction of knowing that their support is helping a deserving cause.

The Committee
Ndola Women's Zionist Society.

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"I guessed my pepper, my soup was too hot.
I guessed my water, it dried in the pot.
I guessed my salt, and what do you think?
For the rest of the day we did nothing but drink.
I guessed my sugar, my sauce was too sweet,
And thus by guessing I spoilt my treat.
So now I guess nothing, for cooking by guesses
Will ruin all skill and produce nothing but messes,

Lemon Fish:

2 lbs. firm fish	4 bay leaves
1 onion	Egg yolk-
salt and pepper	1 teaspoon pepper-
Little water	corns
	Lemon jelly

Boil fish and all ingredients slowly. When three-quarter cooked add one packet lemon jelly which has been dissolved in $\frac{1}{2}$ pint water. Add to fish. Add juice of one lemon and sugar to taste. When cooked take one egg yolk, rub in sugar and some of the gravy from fish. Stir well and pour over mixture. Remove fish carefully and strain gravy over fish. Allow to set.

Salmon Delight:

1 lb. tin salmon	1 teaspoon melted
$\frac{1}{2}$ cup milk	butter.
2 tablespoons grated onion	Lemon juice
1 tablespoon flour	salt and pepper
$\frac{1}{2}$ cup grated cheese	

Drain gravy from salmon and add $\frac{1}{2}$ cup milk and the melted butter to it. Stir the flour into gravy, butter and milk and add salt and pepper to taste. Add the cheese to mixture and cook over medium heat until the mixture is thick. Then add two tablespoons lemon juice and the grated onions to the mixture. Pack the salmon (after removing big bones) into a pyrex dish well greased with butter and pour mixture over it. Bake in a moderate oven for 25 minutes. Put small pieces of celery over top.

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Sweet and Sour Herrings:

4 Herrings	Vinegar and sugar to taste
1 sliced onion	Syrup
peppercorns and 2 bay leaves	

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

Fish Fritters:

1 lb. small fish	$\frac{1}{2}$ teaspoon pepper
3 eggs - separated	1 tablespoon minced parsley
3 tablespoons flour	$\frac{1}{2}$ teaspoon minced garlic
1 tablespoon salt	

Cook fish, remove skin and bones and mash. Beat egg yolks until light and thick, then add flour, salt, pepper, garlic, parsley and fish. Fold in white of eggs beaten until stiff. Drop by table-spoonsful into hot deep fat and fry until brown.

Chopped Herring:

3 herrings	3 eggs
1 small onion	9 Marie biscuits
Vinegar, sugar	1 or 2 apples

Soak herrings overnight, clean and skin. Boil eggs till hard. Mince eggs, onion, herring and peeled apple (or chop, if preferred). Soak biscuits in $\frac{1}{2}$ cup vinegar and add to mixture. Add sugar to taste. Spread on plate and decorate with chopped egg.

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F I S H

Herrings and Tomatoes:

3 Herrings

Bay leaves & Peppercorns

2 tomatoes

1 large onion

Lemon juice & sugar
to taste

Soak herrings overnight. Remove skin and cut herrings in half. Put in a dish, add a few bay leaves and peppercorns. Boil 2 large tomatoes until soft. Put through a strainer, add sugar and lemon juice to taste and leave to cool. Fry one sliced onion in oil until brown, add to tomatoes. When cool, put over herrings and put in refrigerator for a day. Fresh herrings may be used instead of salted ones.

Herring Salad:

3 Herrings

2 cold cooked potatoes

2 cold cooked beetroot

4 pickled onions

Some chopped cashew nuts

1 cup cream

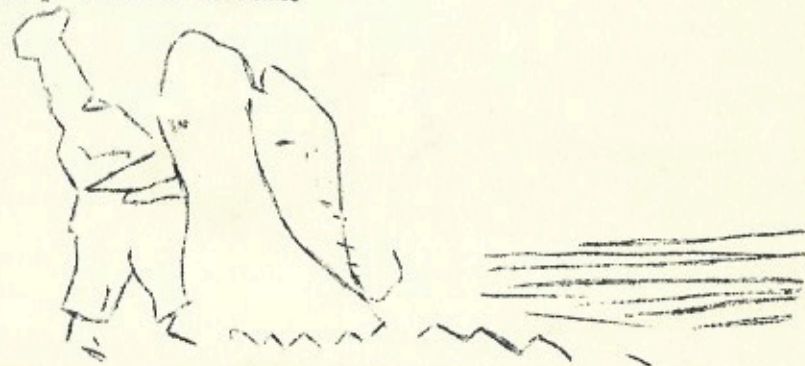
1 pickled cucumber

$\frac{1}{2}$ fresh cucumber

pepper, sugar

lemon juice (approx.
 $\frac{1}{2}$ cup)

Wash, bone and skin herrings. Add sliced potatoes, beetroot, cucumbers, onion, etc. Add lemon, a little sugar and pepper to taste. Add cup thick cream.



F I S HBaked Fish in Tomatoes:

4 slices fish	$\frac{1}{2}$ cup water
4 potatoes	small piece butter
1 onion (medium)	seasoning
2 tomatoes (medium)	$\frac{1}{2}$ cup sweet cream

Put fish, sliced onion, tomatoes, potatoes, seasoning and butter in a casserole or baking dish, add the water and put in oven to bake. Just before serving, pour over the cream.

Pickled Herring with Cream:

6 Salt Herrings	peppercorns
1 cup sour cream	2 sliced onions
2 lemons (juice)	2 teaspoons sugar
1 sliced lemon	

Soak herrings overnight. Clean, skin and bone herrings. Place in glass jar in alternate layers with onions, lemon slices and peppercorns. Mix lemon juice, sugar and sour cream well together and add to the jar. Allow to stand for 48 hours.

Baked Fish Balls:

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

Oxtail Soup:

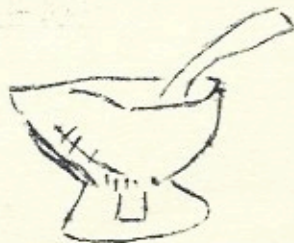
1 large oxtail	6 peppercorns
1 onion	4 carrots
1 bay leaf	cooked vegetables
2 whole cloves	

Wash the oxtail and cut into pieces. Cut the onion and cook in a tablespoon of any meat fat. When brown add the oxtail and let it also brown. Then put meat in a saucepan with 2 quarts of water, salt to taste, the 2 whole cloves, 6 peppercorns, bay leaf and 4 carrots. Simmer until the meat is tender. Strain and remove all fat. Serve with a little of the meat cut in pieces and small pieces of cooked vegetables.

Green Pea Soup:

Peas	stock
chopped parsley	

Make soup stock as usual, but add to it in addition to other vegetables, 1 pint of washed pea pods. In a separate pan melt a tablespoon of chicken or other fat. Add 2 cups of peas and one tablespoon of finely chopped parsley. Stir until the peas are well coated. Add one cup of soup stock, cover and cook until the peas are tender. Add one quart of strained stock and salt to taste. Two tablespoons of sugar may be added if desired. Add dumplings before serving.



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S O U P S

Barley Soup:

1/2 cup medium barley 2 onions
1/2 cup diced carrots salt and pepper

Cook the barley, finely sliced onions, diced carrots, salt and pepper to taste, in 1 quart of water until tender. Stir in a quart of soup stock and bring to boil. (Stock made with lamb makes a delicious soup.

Borsht:

Beetroots Salt, sugar, lemon juice
Boiled Eggs or tartaric acid.
Boiled potatoes Egg yolks

Wash and scrub beetroots, remove any spots or leaves. Cook in enough water until beets are tender. Remove beets, skin and grate. Put grated beets in fresh water, season to taste with salt, sugar, lemon juice or tartaric acid and cook about 15 minutes longer. Chill. Beat 2 egg yolks with a little sugar or with sour cream. It can be served with boiled eggs and boiled potatoes.

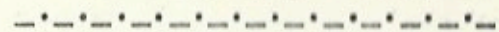
Bean and Barley Soup: (Pressure Cooker)

1 lb. flank 1/2 cup barley
1 cup beans seasoning
Tomato Sauce water

Wash, but do not soak beans and barley. Place all ingredients in pressure cooker, with sufficient water to fill half the cooker. Bring to pressure; boil gently for about 1 1/2 hours.

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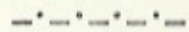


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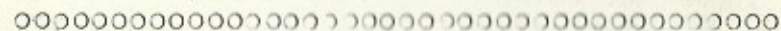
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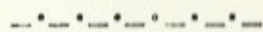
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Filetto Ala Woronoff (Italian style):

- 4 slices beef
- 4 tablespoons butter or fat
- 3 teaspoons Worcestershire sauce
- 1/4 teaspoon Rosemary
- 1/2 teaspoon prepared mustard
- Salt, pepper

Remove all fat from Beef. Melt the butter or fat in a pan. Add the rosemary. When the butter is slightly brown add the fillets and cook over high heat for 2-3 minutes each side. Season both sides with salt and pepper. Mix the Worcestershire sauce and the prepared mustard; you may add 3 teaspoons cognac if desired. Pour into pan with more butter if necessary. Cook fillets 1 minute more in the sauce, turning once. Remove meat to hot serving platter and keep warm. Cook sauce over high heat stirring constantly for 1 minute and serve. (Serves 4 people).

Russian Cabbage Borsht:

- 3 lbs Flank or Brisket
- 1 head of Cabbage
- 3 or 4 large skinned tomatoes
- 2 sour apples
- lemon juice
- salt, pepper, sugar to taste.

Bring to boil meat and water, salt and pepper. Boil for 1 1/2 hours. Add shredded cabbage, tomatoes, sliced apples, sugar and lemon juice to taste. Boil for 1 1/2 hours. Add a little garlic if desired. Serve hot.

Prune Tzimas:

3 lbs brisket	3 tablespoons syrup
$\frac{1}{2}$ lb prunes	8 potatoes
1 onion.	

Put meat on to boil with water to cover and add one sliced onion and salt. Bake about 1 $\frac{1}{2}$ hours. Add potatoes, prunes and syrup and bake in oven at 350° for an hour until potatoes are well browned and meat is tender.

Carrot Tzimas:

3 lbs brisket	2 tablespoons syrup
12 large carrots	salt and pepper to taste
Onions	

Fry an onion in fat. Season brisket with salt and pepper and brown on all sides, then add enough water to cover the meat. When half done remove all fat from the top and add sliced or grated carrots, syrup and a little sugar if not sweet enough. When meat and carrots are soft, make a paste of one tablespoon of flour and water and add to mixture. Put into a roasting pan & brown off tzimas in oven.

Tomato Bredie:

2 lbs mutton chops	3 potatoes
2 lbs tomatoes	cooked rice
salt and sugar	

Braise the chops and allow to simmer until tender. Add the potatoes. When the latter are soft, add the tomatoes, quartered. Finally add salt and sugar to taste. Serve on mounds of rice.

Monkey Gland Steak:

2 lbs sliced steak	salt & pepper
2 tablespoons worcester- shire sauce	1 large grated onion
$\frac{1}{2}$ teaspoon mustard powder	2 tablespoons tomato sauce
2 tablespoons vinegar	

Mix all above ingredients together. Soak the sliced steak in the above mixture for about 2 hours. Heat pan with 2 tablespoons chicken fat and fry steak in same. Pour sauce over steak in pan and cook until meat is tender. Serve piping hot with sauce from pan.

Sweet and Sour Cabbage Rolls:

2 lbs meat	Grated onion
1 egg	salt & pepper
2 tablespoons syrup	juice of 1 lemon
Sliced carrots	1 cabbage

Separate the leaves of the cabbage, cover with boiling water and allow to cool. Mince the meat and combine with one egg, grated onion, salt and pepper. Form into rolls. Place each roll into a cabbage leaf and fold over. Arrange in casserole dish and add a little water, 2 tablespoons syrup, lemon juice and sliced carrots. Cover and put in a moderate oven. Baste frequently and add a little more syrup or lemon juice if necessary. Cook until cabbage is tender and golden brown.

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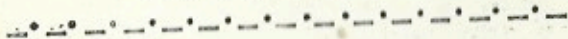
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Chicken with Spaghetti en Casserole:

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| 1 tender young chicken | 1 cup stock |
| Olive oil | Spaghetti |
| 1 cup canned mushrooms | salt |
| 1 cup white wine | pepper |

Prepare the chicken as for roasting. Place in casserole, add two tablespoons olive oil, the white wine, stock, salt and pepper to taste, the canned mushrooms. Cover tightly and place in a preheated oven at 350° and cook until the chicken is tender. Meanwhile cook enough spaghetti to make two cups and to this add 1 tablespoon tomato puree, salt and pepper to taste. Place chicken on platter, add the spaghetti and sauce and serve.

Roast Stuffed Duck:

- | | |
|-------------------------|------------------------|
| 1 Duck | 2 eggs |
| 4 slices white bread | 2 tablespoons fish oil |
| 1 teaspoon grated onion | chopped parsley |
| salt & pepper | ginger, allspice |

Prepare the duck in the usual way, and stuff with the following:

Soak the four slices of bread in water, squeeze out the water, and remove crusts. Add 2 eggs, the fish oil, grated onion, some chopped parsley, salt and pepper. Fill the duck three-quarters full. Place in a roasting pan with a little water, and spice with allspice, onion, ginger, salt and pepper. Cover and roast until tender, basting frequently.

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Duck in Aspic:

1 Duck	little sherry
Calf's foot jelly	lettuce
seedless oranges	

Roast duck. Cool and remove breast meat carefully. Remove all skin, fat and bones from duck. Chop fine all but the breast meat. Arrange in a mould. Make the calf's foot jelly, adding a little sherry. Pour jelly over the duck in the mould and set until firm. Unmould on a bed of lettuce. Peel and slice thinly the seedless oranges and lay the slices around the duck. Cut the breast meat into neat slices or strips and garnish the orange slices with them.

Another stuffing for Roast Duck:

1 cup cooked rice	½ cup chopped onion
2 tablespoons fat	½ teaspoon celery salt
½ teaspoon salt	1 cup dried apricots

Cook onion in fat but do not brown. Add salt, celery salt and dried apricots cut into thin strips. Add mixture to rice and stuff the bird as usual.

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N D O L A.

P O U L T R Y.

Stuffed Chicken:

Chicken
 $\frac{1}{4}$ lb almonds
1 egg

Parsley
Pepper & salt
Breadcrumbs

Steam chicken and when it is almost tender stuff with the following:

Take the almonds (chopped), season with parsley, pepper and salt to taste. Add one tablespoon breadcrumbs and bind with one well beaten egg. Place the chicken in a roasting pan and roast until tender.

Boiled Chicken - Baked:

1 Chicken
1 clove garlic
 $\frac{1}{2}$ teaspoon paprika

1 Onion
 $\frac{1}{2}$ teaspoon salt
Soft breadcrumbs

Make chicken soup with an old hen. Remove chicken from soup as soon as tender. Place in roasting pan with 3 tablespoons of fat or chicken fat, 1 sliced onion, the garlic and pepper and salt. Sprinkle with soft breadcrumbs. Baste frequently, and when sufficiently browned, cut in pieces for serving.



P O U L T R Y.Chicken or Turkey Risotto:

2 ozs fat	1 pt. stock
4 ozs rice	2 tomatoes
pepper & salt	1 onion (chopped fine)
pieces of cooked chicken or turkey.	

Melt fat in saucepan or casserole. Add washed rice and onion and cook gently for a few minutes. Add stock and seasoning. Cover and cook gently on top of stove or in the oven for about 45 minutes, or until rice is tender and the liquid almost absorbed. Stir rice with a fork occasionally while cooking. Add skinned sliced tomatoes and pieces of meat and cook for a few minutes longer.

Chicken or Turkey Creole:

Stew poultry until tender. Cut up into small pieces. Saute in chicken fat: 2 tablespoons chopped onion, 2 tablespoons chopped green pepper, and stir in 3 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika. Add to this mixture: 1 cup broth from the stewed poultry. Bring to the boil and add one teaspoon lemon juice. Saute 1 tin sliced mushrooms in 2 tablespoons fat, and cook slowly until tender. Add mushrooms to rest of sauce, pour over the poultry and heat. (Add a little extra broth if too thick). Serve with rice or noodles.

Beetroot Salad:

Boil beetroots until tender. Skin and slice thinly into a jar, adding thinly sliced onions at intervals. Cover with vinegar. Place lid on top & keep in refrigerator. Use as required.

Cabbage & Pineapple Salad:

1 small cabbage
1 pineapple

1 banana
Salt & pepper

Grate whole cabbage on coarse grater. Peel and grate pineapple. Mix well together, sprinkle with salt and pepper. Garnish with banana slices.

Cabbage Salad:

1 medium cabbage
Salad oil

spring onions
salt & pepper

Finely shred cabbage and wash and drain well. Add chopped up spring onions and season to taste. Put in a bowl and add salad oil until well mixed, then leave in a refrigerator to crisp.

Cabbage Salad:

1 cabbage
1 carrot
1 teaspoon salt
1 tablespoon sugar
Juice of 1 lemon.

$\frac{1}{2}$ pineapple
1 apple
2 tablespoons mayonnaise.

Shred cabbage, pour over boiling water and allow to stand 15 minutes. Wash well with cold water. Place in dish, grate in apple, pineapple and carrot. Add lemon juice, salt & mayonnaise. Allow to stand.

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SALADS.

Russian Salad:

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

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

Avocado Pear & Banana Salad:

- | | |
|-----------------|---------|
| 2 avocado pears | Lettuce |
| 6 bananas | salt |
| 1 egg | pepper |

Peel pears and cut across in slices. Cut bananas lengthwise, put a ring of avocado pears over each. Lay carefully on a bed of lettuce, sprinkle grated hardboiled egg lightly over and serve with light dressing.

Stuffed Tomato Salad:

- Tomatoes
- Chopped chicken (tongue, fish, cheese)
- Parsley
- Lettuce

Skin medium sized firm tomatoes. Cut off top & scoop out centre. Mix tomato pulp with chopped chicken (or tongue, fish or cheese) and parsley. Fill cases, top with mayonnaise and serve on shredded lettuce, after chilling.

M.EATLESS DISHES.Delmonico Potatoes:

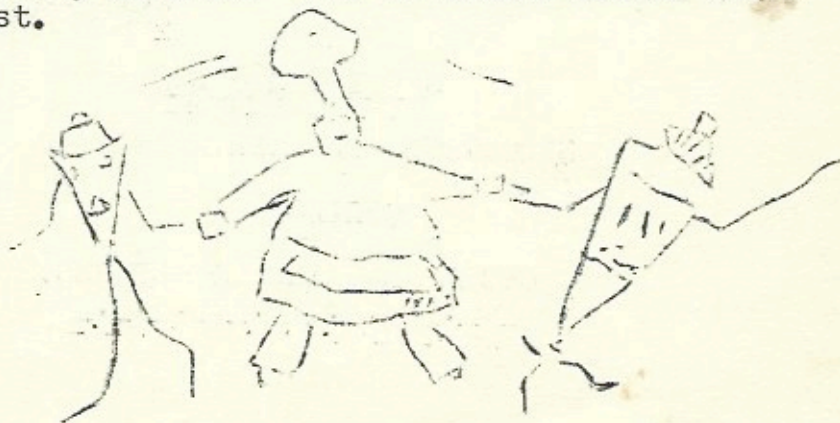
2 cups diced cooked potatoes	salt
2 medium cups white sauce	pepper
	buttered crumbs

Mix potatoes, white sauce and seasonings. Pour into greased baking dish, cover with crumbs and bake in hot oven at 450* for 15 minutes. 2 tablespoons chopped pimiento may be added to white sauce. Serves 4 people.

Mushroom Toast:

2 tablespoons butter	1 cup milk
2 tablespoons flour	1½ cups grated cheese
½ teaspoon worcestershire sauce	6 slices toast
4 oz. tin mushrooms	salt
½ teaspoon dry mustard	cayenne pepper

Melt 1 tablespoon butter, blend in flour, salt, pepper, mustard and sauce. Add milk and cook until thick. Add cheese. Stir until cheese melts. Melt remaining butter in a pan, add mushrooms & saute for 5 minutes. Add to cheese sauce. Serve on toast.



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Upsidedown Vegetable Cake:

2 cups sifted flour	1 beaten egg
2 teaspoons baking powder	1 cup milk
$\frac{1}{4}$ teaspoon salt	2 tablespoons butter
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup vegetable stock.
$\frac{1}{4}$ cups mixed cooked vegetables	

Mix and sift dry ingredients together and cut in shortening. Combine egg and milk; add to dry ingredients, stirring until mixed. Arrange hot seasoned vegetables in bottom of greased shallow baking pan, add vegetable stock, dot with butter, cover with first mixture and bake in hot oven at 425* for 20 / 25 minutes. Turn out on hot serving plate with vegetables on top and serve with tomato sauce.

Spinach and Eggs:

Cook spinach. Drain well and sieve. For 2 small cups sieved spinach, fry 1 large chopped onion in 1 tablespoon butter until lightly browned. Add sieved spinach, mix through lightly, then add 2 beaten eggs. Cook slowly for a minute or two, stirring constantly. Add more butter if too dry. Serve immediately in hot dish or on hot buttered slices of toast. If desired, omit eggs, and stir in 2 or 3 tablespoons sour cream. Mix just long enough to heat the cream and serve immediately.

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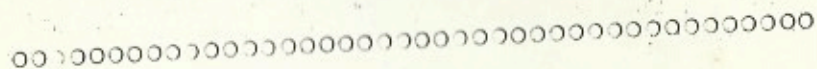
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VEGETABLES.

Candied sweet Potatoes:

- | | |
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| 6 sweet potatoes | 1 teaspoon salt |
| 1/2 cup syrup | 1 cup applesauce |
| 1 tablespoon butter | |

Boil sweet potatoes in jackets until nearly cooked. Peel and slice and place in baking tray. Boil together the syrup, salt, butter and applesauce. Pour over the potatoes and bake in a slow oven for one hour, until potatoes are glazed, & the syrup thickens slightly.

French Style Green Peas:

- | | |
|------------------------|--------------------|
| 1 lb. young peas | 1 teaspoon sugar |
| 2 outer lettuce leaves | knob of butter or |
| 6 pea pods | chicken fat. Salt. |

Shell peas. Place lettuce leaves and pods in the bottom of a pot, add peas and just cover with boiling water. Add 1 teaspoon sugar, close lid tightly, and boil 10-15 minutes. Drain, put into hot serving dish, add butter or fat, sprinkle over a little salt and serve immediately.

Cauliflower & Cheese:

- | | |
|-----------------------|----------------------|
| 1 medium cauliflower | White sauce made of: |
| 1/2 cup grated cheese | 1/2 oz butter |
| 1 teasp. salt, dash | 1 tablespoon flour |
| pepper | milk |
| 1 1/2 cups milk | |

Boil cauliflower in salt water, then place in buttered pyrex dish with white sauce, which has been well mixed with the grated cheese, salt & pepper. Bake in hot oven for 15 minutes until brown on top.

P U D D I N G S.Hot.Apple Jelly Tart:

8 ozs flour	salt
2 level teaspoon Royal baking powder	$\frac{1}{4}$ lb butter $\frac{1}{4}$ cup cold water

Sift flour, rub in butter, salt, baking powder and add water. Cut pastry into two.

Filling:

1 tin apples (pie)	1 tablespoon sugar
1 pkt jelly	2 tablespoons cold water

Line a dish with one portion of the pastry, turn apples onto this pastry. Shake packet of jelly over apples, then sugar, and lastly cold water. Cover with second portion of pastry - slit top of pastry with a sharp knife in a few places & bake for $\frac{1}{2}$ hour at 425° .

Bleak House Pudding:

4 ozs flour	$1\frac{1}{2}$ teaspoon baking powder
2 ozs margarine	salt
1 egg	milk to mix
2 ozs sugar	jam sauce to coat

Sift the flour and the salt, rub in the butter, add sugar and baking powder. Beat the egg, add to the dry ingredients with sufficient milk to make a soft dropping consistency. Pour into a well greased piedish, bake at 375° for 40 minutes, turn out and coat with jam sauce.

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Cecil Avenue

N D O L A.

Sole Agents for

PHILLIPS THE TRUE TEMPER STEEL BICYCLE.

P U D D I N G S.

22.

Hot.

Lokshen Pudding: (Milk)

3 Eggs	$\frac{1}{4}$ lb. Butter
$\frac{1}{2}$ Cup Jam	3 cups boiled lokshen

Put lokshen in greased pyrex dish. Beat up eggs and milk and mix in lokshen. Add jam (if preferred also sultanas) butter, salt to taste and mix all together. Bake for $\frac{3}{4}$ hour in 350*

Potato Pudding (Kugel):

5 Large potatoes	1 teaspoon grated onion
3 eggs	$\frac{1}{2}$ cup shortening
$\frac{1}{2}$ cup Matzo meal	$\frac{1}{2}$ teaspoon baking powder
1 teaspoon salt	dash of pepper
dash of cinnamon	

Grate the potatoes on a fine grater, drain off most of the water and add the eggs and the other ingredients. Pour into a well-greased heated pudding dish and bake in 400* oven for about one hour or until brown crust has formed on top. To make the pudding lighter in texture and colour, substitute 1 large cooked and mashed potato for one of the raw potatoes and decrease the matzo meal to $\frac{1}{4}$ cup.

Egg Custard:

2 Eggs	any flavouring essence
1 pint milk	if required
1 tablespoon sugar	

Whisk eggs in bowl, add milk add then sugar. Put into an oven dish and stand it in water. Cook at medium heat until set.

P U D D I N G S

23.

Hot

Banana and Cake Crumb Pudding:

Bananas	Cake crumbs
Sugar	Melted butter
Orange juice	Wheatbix or Post Toasties

Place a layer of bananas, then a layer of crumbs in a piedish. Cover each layer with sugar, orange juice and melted butter. Repeat layers until dish is full. Place Wheatbix or Post Toasties on top, also a few dabs of butter. For a large size piedish - 8 bananas, half a cake, juice of 3 or 4 oranges.

Bread Pudding

4 or more slices soaked bread	2 Eggs
1 cup stewed apples	1 cup Milk
$\frac{1}{2}$ cup Seedless raisins or sultanas	2 ozs. Butter
	Cinnamon, Salt and sugar to taste.

Soak bread and squeeze out well. Mix with apple sauce, raisins and seasoning. Beat up eggs with milk and pour over. Melt butter in pyrex dish and grease dish thoroughly. Pour mixture in and bake in moderate oven until golden brown. Serve with thick hot custard.

BAKED ORANGES:

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

D E S S E R T S.Cold.Orange Egg Cream:

1½ dessertspoons gelatine	1 teaspoon lemon juice
1 cup orange juice	2 eggs
½ cup hot water	3 tablespoons sugar
	pinch salt

Dissolve gelatine in hot water. Beat yolks of eggs add sugar and salt and add gradually to well-beaten whites. Add gelatine and orange and lemon juice. Beat well. Pour into mould. Serve with chocolate sauce.

Strawberry Bavarian Cream:

2 cups strawberries	1 tablespoon lemon juice
1 cup sugar	1 cup sweet cream
1½ tablespoons gelatine	2 egg whites, ½ teas. salt
2 tablespoons cold water	2 tablesp. boiling water

Hull and slice strawberries and pour sugar over them. Leave for ½ hour. Soak gelatine in cold water and dissolve in boiling water. Add to berries. Add lemon juice. Chill the berry mixture until about to set. Whip cream and fold in. Then whip egg whites with salt and fold in. Chill. (Serves 8).

Easy Ice Cream:

1 tin condensed milk	1 teaspoon vanilla
1 pint milk	

Mix all ingredients together well, and put into refrigerator tray to freeze. After one hour, stir well and replace to freeze.

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CECIL AVENUE

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DESSERTS

Cold.

Coffee Mousse:

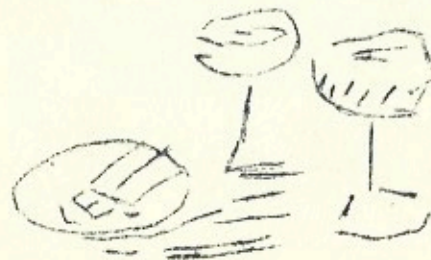
1 tin Ideal milk	$\frac{1}{2}$ cup sugar
1 tablespoon coffee essence	2 teaspoons gelatine

Boil unopened tin of milk for 15 minutes. Mix gelatine, coffee essence and sugar together, then beat in the hot milk. Chill for a few hours, then beat well again with some liqueur and lemon juice. Chill till required.

Lemon Chiffon Creme:

$1\frac{1}{2}$ teaspoons gelatine	4 egg whites
$\frac{1}{3}$ cup cold water	1 tablespoon grated lemon rind
4 egg yolks	pinch salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup cream (optional)
$\frac{1}{3}$ cup sugar	

Add gelatine to water and leave to dissolve. In double boiler put yolks, $\frac{1}{3}$ cup sugar, lemon rind and juice. Cook for 5 minutes or till thickened, over boiling water. Stir in the melted gelatine and remove from heat. Beat egg whites and salt till stiff. Slowly add $\frac{1}{2}$ cup sugar, beating all the time. Fold into the hot mixture. Chill. Decorate with whipped cream if desired.



D E S S E R T S.
Cold.

Chocolate Rum Creme:

1/2 cup semi-sweet chocolate	3 egg whites
2 tablespoons hot water	3 egg yolks
2 tablespoons rum	pinch salt.

Melt chocolate with hot water in double boiler till smooth. Beat egg yolks and add to melted chocolate, beating constantly. Add rum. Beat egg whites with salt till stiff. Pour chocolate on to whites till blended. Chill.

Pacific Freeze Ice-cream:

2/3 cup fresh orange juice	1 cup sugar
1/4 cup fresh lemon juice	1 teaspoon grated orange rind
1/4 cup canned pineapple juice	1 cup cream

Mix above together stirring until sugar is dissolved. Whip 1 cup heavy cream. Fold the mixed juices into the cream. Turn into freezing tray and freeze, stirring once when half frozen.

Apple Trifle:

1 stale sponge cake.	2 eggs
1 lb. apples	whipped cream

Line a glass dish with cut sponge cake. Cook apples and rub through a sieve. Beat egg yolks and beat into apple, return to saucepan and cook until thick. Pour over sponge cake. Beat egg whites with a little sugar until stiff. Pile on top. Brown in oven slightly. Serve with whipped cream.

D E S S E R T S.Cold.Tipsy Pudding:

3 egg yolks	1 tablespoon sherry
$\frac{1}{4}$ cup sugar	6 slices spongecake
2 cups scalded milk	whipped cream, salt.

Beat egg yolks, add sugar and salt. Add scalded milk gradually, stirring constantly. Remove from basin and cook in the top of a double boiler until mixture thickens, stirring constantly. Remove from heat and add sherry. Cool. When custard is cold pour it over slices of spongecake or any plain dry cake and cover with whipped cream. (Serves 6)

Peach Cream:

1 tin Peaches	2 egg whites
1 cup cream	1 pkt jelly
Lemon juice	

Drain the peaches and force through a sieve, reserving a few for decoration. Whip cream until thick, fold in peach pulp, juice of 1 lemon and egg white. Dissolve jelly and put 1 inch layer in dish. Fold the rest of the jelly in peach pulp. Pour this over jelly in dish. When set, add rest of jelly and set again. Serve with custard or cream.

Banana Jelly Whisk:

1 pkt jelly	6 bananas
1 pt water	2 egg whites.

Dissolve jelly in boiling water, then add the bananas, mashed, and lastly well beaten whites of eggs. Beat the lot together and place in refrigerator until set.

SONIA DRESS.

P.O. Box 253

Phone 2513

Cecil Avenue

ndola

FOR GARMENTS OF DISTINCTION.

N. ISRAEL

PHONE 263

P.O. Box 23

CHINGOLA

MANUFACTURERS REPRESENTATIVES
AGENTS FOR CENTURY INSURANCE CO. LTD.

DESSERTS.

Cold.

Ice Cream:

$\frac{1}{2}$ pt cream	1 teaspoon vanilla
$\frac{1}{2}$ tin condensed milk	1 cup milk
2 eggs	

Make custard in double boiler with milk and two egg yolks. Beat whites till dry and mix with cream which has been whipped slightly and to which the condensed milk and vanilla have been added. Add the custard when cold and mix well. Pour into tray and place in freezer.

Quick Jelly Fluff:

1 pkt jelly	4 large ice cubes
boiling water	

Dissolve jelly in 1 cup boiling water and add one at a time the 4 cubes of ice, beating vigorously between each addition (each ice cube to be quite dissolved before adding the next). Do not stop beating until all ice is dissolved. Place in refrigerator for about 10-15 minutes until set.

Orange Cream Pudding:

3 oranges	3 eggs
1 cup sugar	1 pkt yellow jelly.

Make the jelly in the usual way, but use a little less water. Separate the eggs and rub the yolks with sugar till smooth. Add a little rind of orange and all the juice. Pour jelly into the mixture and fold in the stiffly beaten egg whites. Pour into a glass dish and set in a refrigerator.

D E S S E R T S.
Cold.

Pineapple Pudding:

1 tin condensed milk	2 cups boiling water
1 pkt jelly	2 eggs
1 pineapple (grated & boiled with $\frac{1}{2}$ cup water)	

Boil grated pineapple with $\frac{1}{2}$ cup boiling water. Pour 2 cups of boiling water over jelly. Add the pineapple to jelly, and the tin milk. When the mixture is cool, stir in 2 stiffly beaten egg whites, then freeze.

Pear Icecream:

1 tin pears	$\frac{1}{2}$ cup sugar
lemon juice	1 egg white

Separate juice from pears and mash pears into a pulp through a sieve. Add juice of $\frac{1}{2}$ lemon. Take 1 cup of pear syrup and $\frac{1}{2}$ cup sugar and boil for 10 minutes and then mix into pulp mixture. Add stiffly beaten egg white. Pour into ice tray and allow to freeze.



DESSERTS.
Cold.

Baked Apples with Wine Sauce:

Use half of a large apple for each portion. Peel apples, cut in half, core and fill cavities with chopped nuts, raisins and sugar. Place apples in a greased baking dish, pour $\frac{1}{2}$ cup of wine over them and sprinkle 1 teaspoon of sugar on each apple. Bake in a moderate oven until very tender. Remove carefully to a serving dish and pour the syrup over them. Place cherry or strawberry in each centre. Chill and serve with wine sauce.

Wine Sauce: Mix 2 teaspoons of Maizena with $\frac{1}{2}$ cup cold water to a smooth paste. Bring to boil 1 cup of white wine and the grated peel of a lemon, add maizena paste, cook and stir until smooth. Pour gradually over the well beaten yolks of 2 eggs and 2 tablespoons of sugar. Return to fire and cook 1 minute. Chill. Beat egg whites until stiff, fold into sauce just before serving.

Coffee Marshmallow Jelly:

1 lb. marshmallows
2 cups boiling coffee

1 cup chopped nuts

Place marshmallows in double boiler over boiling water. Pour coffee over and stir until dissolved. Add nuts. Chill. Serve with whipped cream.



Madeira Cake:

- | | |
|---------------------------------|-------------------------|
| $\frac{1}{4}$ lb. Butter | Lemon Essence |
| 1 cup Sugar | $\frac{1}{2}$ cup Water |
| 3 Eggs | 2 cups Flour |
| 3 level teaspoons Baking Powder | $\frac{1}{2}$ cup Milk |

Cream butter and sugar. Add beaten eggs one at a time and a little lemon essence. Take the milk and water and add some of this to mixture. Then add the flour (1 cup), then rest of the milk and water and, lastly, the remaining cup of flour and the baking powder. Bake in a moderate oven for about 45 minutes.

Spice Cake:

- | | |
|-------------------------|------------------------|
| $\frac{1}{4}$ lb Butter | 1 cup Milk |
| 1 cup Sugar | 2 cups Flour |
| 2 Eggs | 1 teaspoon cinnamon |
| 2 tablespoons syrup | 1 teaspoon mixed spice |
| pinch salt | 1 teaspoon bi-carb |

Cream butter and sugar well. Beat in eggs, then syrup. Add the spices. Mix the bi-carb of soda with a little milk. Mix the rest of the milk alternately with flour to mixture. Lastly, add the soda in milk. Mix to a fairly soft consistency and bake 45 minutes to 1 hour in a moderate oven.



C A K E SLemon Sandwich Cake:

4 ozs. Stork margarine	4 ozs. Flour
4 ozs. Castor Sugar	1 to 1½ teaspoons
2 Eggs	Baking powder
Finely grated peel of one lemon.	

Cream margarine and castor sugar and beat in the finely grated lemon peel - beat in the eggs thoroughly one at a time, sieve and add the flour and baking powder to the mixture. Fold in with a metal spoon. Bake in two 7" sandwich tins for 25 minutes.

Filling and Icing:

3 ozs. Stork margarine	2 dessertspoons lemon
8 ozs. Icing sugar	juice

Cream margarine and mix with icing sugar. Add lemon juice and beat until light and fluffy.

Easy Sandwich Cake:

1 cup Flour	¼ cup Sugar
¾ cup Milk	1½ teaspoons baking
2 Eggs	powder
dash vanilla	1 tablespoon butter

Sift flour, salt and baking powder. Beat eggs and sugar until stiff (about 10 minutes), add vanilla. Meanwhile bring to boil butter and milk, add flour mixture to egg mixture and beat well. Add boiling milk and butter and turn immediately into greased baking tins. Bake in oven 400* for 10 to 15 minutes.

Farfel Cake:

Jam	2 teaspoons vanilla
$\frac{1}{4}$ lb. butter	pinch salt
1 egg	2 teaspoons baking powder
2 tablespoons sugar	2 cups flour
2 tablespoons oil	

Cream butter, sugar and oil, then add beaten egg, flour and rest of ingredients to make soft dough. Grate half of dough (coarse side of grater) on to a round buttered pan, cover with jam, then grate the other half of the dough over the jam and bake in moderate oven until golden brown.

Coffee Cake:

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

Boil milk with butter, add Nescafe. Beat whites of eggs stiffly, and while still beating add sugar, then each yolk separately. Lastly fold in flour with baking powder and finally milk & melted butter. Bake for $\frac{1}{2}$ hour in 2 sandwich tins at 350*, and when cool fill with cream or any other filling.



Cream Puffs:

$\frac{1}{2}$ cup shortening	1 cup boiling water
1 cup sifted flour	$\frac{1}{4}$ eggs unbeaten
$\frac{1}{8}$ teaspoon salt	

Add shortening and salt to boiling water and heat to boiling again. Reduce heat, add flour all at once and stir vigorously until mixture forms ball around spoon, leaving pan clean. Remove from heat. Add one egg at a time, beating very thoroughly after each addition. Continue beating until mixture is thick and breaks from spoon. Shape on ungreased cookie sheet using one teaspoon or one tablespoon of pastry for one puff (depending upon size required). Bake in very hot oven (450* F) for 20 minutes, reduce heat to moderate (350*F) and bake about 20 minutes longer. Cool. Make slit on one side of puff and fill with whipped cream.

Chocolate Cake:

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons cocoa or Cadbury's chocolate	$1\frac{1}{2}$ teaspoons Ovaltine
$\frac{1}{2}$ teaspoon cinnamon	$1\frac{1}{2}$ cups sifted flour
$\frac{1}{2}$ cup very cold water	1 cup sugar
3 eggs	1 teaspoon vanilla
	2 teaspoons Royal baking powder

Cream butter & sugar. Add cocoa, ovaltine & cinnamon, then wellbeaten eggs, gradually add flour, salt, then vanilla and cold water & finally baking powder. Pour into 2 sandwich pans (9") and bake at 375* for 25 minutes.

Icing: Mix 1 tablespoon cocoa, 1 teaspoon ovaltine, $\frac{1}{2}$ teaspoon cinnamon with $1\frac{1}{2}$ tablespoon butter. Add icing sugar & 2 tablesp. boiled milk. Lastly 2 tablesp. whipped cream & 1 teaspoon vanilla.

CAKESFruit Cake:

5 ozs. Flour
 4 ozs. Sugar
 4 ozs. Butter
 2 Eggs
 $\frac{1}{2}$ teaspoon Baking Powder

1 oz. Chopped peel
 grated rind of 1 lemon
 4 ozs. Sultanas
 2 ozs. Currants

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

Cherry Cake:

6 Ozs. Sugar
 6 Ozs. Butter
 2 cups Flour
 4 Eggs

5 ozs. Cherries
 2 tablespoons Milk
 1 teaspoon Baking Powder

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

Chocolate Cake:

1 oz. Butter
 $\frac{3}{4}$ cup Milk
 2 Eggs
 $\frac{3}{4}$ cup Sugar

2 teaspoons Baking powder
 1 cup Flour
 2 dessertspoons cocoa

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

Date Loaf:

1 cup Dates	$\frac{1}{4}$ Teaspoon mixed spice
1 cup chopped Nuts	1 teaspoon bi-carb soda
1 tablespoon Butter	1 cup boiling water
1 cup Sugar	2 cups Flour
$\frac{1}{2}$ teaspoon Ginger	1 teaspoon Baking powder
$\frac{1}{2}$ teaspoon Cinnamon	1 Egg

Cut up dates in a bowl and add butter, sugar and spices. Mix the bicarbonate of soda in a cup of boiling water and pour over mixture. Allow to cool. Add flour and baking powder and then beat in one egg. Mix well together and bake in a loaf pan 350* for 1 hour.

Cocoanut Slices:

2 Cups Flour	$1\frac{1}{2}$ cups Sugar
4 ozs. Butter	$1\frac{1}{4}$ cups Cocoanut
1 teaspoon Baking Powder	Jam
2 Eggs	

Cream butter and $\frac{1}{2}$ cup sugar. Beat one egg and add to butter mixture, then add flour and baking powder. Press this mixture on to flat baking pan, spread over one spoon jam on top of mixture. Beat other egg and add to cocoanut and 1 cup sugar, pour over jammed top evenly and bake 350* for 30 minutes until top is golden brown.



C A K E S.Cocoanut Cake:

$\frac{1}{4}$ lb. butter	1 cup flour
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
3 eggs	2 teaspoons baking powder essence
1 cup cocoanut	
$\frac{1}{2}$ cup castor sugar	

Cream butter with $\frac{1}{2}$ cup sugar. Add 3 egg yolks & essence. Add flour alternately with milk. Finally add baking powder. Place in greased tin. Beat egg whites stiffly and gradually add castor sugar and cocoanut. Pour on top of dough & bake at 375* for $\frac{3}{4}$ hour.

Mahogany Cake:

$\frac{1}{3}$ cup milk	1 teaspoon vanilla
$\frac{1}{2}$ cup cocoa	2 cups flour
$\frac{1}{2}$ cup shortening	3 teaspoons Royal baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon salt.
3 eggs	
$\frac{2}{3}$ cup milk	

Add the $\frac{1}{3}$ cup milk gradually to cocoa stirring until smooth. Cream shortening - add sugar slowly, beating in well. Add cocoa & mix well. Add beaten eggs one at a time, beating well after each egg is added. Add vanilla. Sift together flour, baking powder & salt, and add to mixtures alternately with milk. Bake in 2 greased 9" layer cake tins at 350* for 20 minutes, or in oblong baking pan at 350* for 30 minutes. Put layers together and cover top & sides with frosting. Cut into squares to serve. Makes one two layer cake or one loaf cake.

C A K E S.Hot Milk Sponge cake with Nut filling:

4 eggs	1 cup milk
1 cup sifted castor sugar	4 ozs butter
2 cups sifted self-raising flour	1 teaspoon vanilla

Beat eggs & sugar until light & fluffy. Add sifted flour. Bring milk & butter to the boil, and when just boiling, add to mixture. Add vanilla. Pour into a well greased & floured tin. Bake at 400* for 35 minutes. Cool & cut in half. (Or bake in 2 tins)

Nut Filling:

4 ozs grated walnuts	4 tablespoons cold milk
4 ozs butter	1 egg yolk
4 ozs castor sugar	

Cream butter, add nuts, castor sugar, milk & egg yolk. Beat until well blended.

Refrigerator Pineapple Cake:

1 pineapple	1 pkt boudoir biscuits
$\frac{1}{2}$ pt sweet cream	

Place biscuits on plate in straight row. Cover with grated pineapple, then whipped cream. Place second layer of biscuits in opposite direction, and repeat with pineapple and cream. Set in refrigerator.

B I S C U I T S.Shortbread:

$\frac{1}{2}$ lb. butter	4 tablespoons castor
$2\frac{3}{4}$ cups flour	sugar

Cream butter & sugar well & then add flour. Knead well. Place in greased pan, rolled out to $\frac{1}{4}$ inch thick. Bake in oven 320* until golden brown. Cut into squares while still hot.

Stuffed Monkeys:

2 water glasses flour	2 tablespoons lukewarm
$\frac{1}{2}$ lb. butter	water
1 teaspoon Royal baking	2 tablespoons sugar
powder	1 teaspoon flavouring
2 egg yolks	pinch salt
2 tablespoons lukewarm	
milk	

Sieve flour, baking powder, sugar & salt. Crumb butter into dry ingredients. Then add egg yolks water, milk & essence beaten together. Roll out very thin and spread with smooth apricot jam & sprinkle with cinnamon. Then sprinkle over sultanas, currants & candied peel. Roll up & cut into required sizes, or bake first & then cut. Top may be brushed with egg white. Bake at 425* for 15 minutes.

Cookie-Maker Biscuits:

$\frac{1}{2}$ lb. butter	Vanilla
6 ozs sugar	2 ozs maizena
2 eggs	$1\frac{1}{2}$ teaspoons baking
14 ozs flour	powder

Cream butter & sugar. Add eggs & vanilla & beat well. Sift dry ingredients & add to mixture. Press through machine & bake at 400*.

PICKLES.

42.

Pickled Onions:

2 lbs shallots	$\frac{1}{2}$ cup water
$\frac{1}{2}$ pt brown vinegar	bay leaves & peppercorns.

Peel & wash onions & put in a dish. Salt them & leave overnight in refrigerator. Next morning, wash off brine and put into bottles adding vinegar & water mixed together, sufficient to cover onions. Add bayleaves & peppercorns and leave in refrigerator for at least 10 days. Do not boil vinegar & spices - it is unnecessary.

Pickled Beetroot:

2 lbs beetroot	vinegar & pickling
1 onion	spices

Cook beetroots until tender and put into jars. If large beetroots are used these may be cut to go into jar. Peel and slice onion and put in layers with the beetroot and cover with vinegar; add pickling spice. Put into refrigerator for at least 2 weeks.

Pickled Cabbage:

1 cabbage	2 tablespoons sugar
$\frac{1}{2}$ pt vinegar	bay leaves & peppercorns
Some caraway seeds	

Shred cabbage very fine and layer it with salt. Leave for a few hours. Then pour boiling water over cabbage and leave until next day. Boil the vinegar, sugar, bay leaves & peppercorns. Drain the cabbage dry, sprinkle with caraway seeds, put in a jar & pour the boiling vinegar mixture over. Let stand for a few days.

SUNDRY TASTY RECIPES.Sausage Rolls:

Boil lung with meat and onion. When done, peel lung and mince with meat and onion. (If lung is not available any meat may be used). Add salt & pepper, fat and one egg and mix.

Pastry -

2 cups flour	2 level teaspoons
1 tablespoon sugar	baking powder
2 tablespoons fat	1 egg. Salt.

Rub fat in flour, sugar, baking powder & salt. Beat up egg with $\frac{1}{2}$ cup water and add. Dough must be soft. If necessary add water. Roll out $\frac{1}{8}$ " cut in long strips 2" x 2 $\frac{1}{2}$ ". Put meat on and roll once. Brush top with egg. Put fat in pan and bake in oven at 400 - 425*.

Meat Blintzes:

Batter -

1 $\frac{1}{2}$ cups flour	3 eggs
$\frac{1}{4}$ teaspoon salt	2 cups water

Meat Filling -

1 egg	1 lb. steak
3 tablespoons fat	1 small onion
pepper & salt	

Boil meat until tender. When cool mince with onion, add fat, one egg & seasoning. Batter - beat up 3 eggs & add flour, salt & water to make smooth mixture. Grease heated pan & pour batter thinly on it. When ready turn out on board & place a spoonful of meat in centre & fold. Fry in hot fat. Sprinkle with cinnamon & sugar.

Pumpkin Fritters:

1 cup mashed pumpkin	$\frac{1}{2}$ teaspoon baking powder
good pinch salt	
grated rind of lemon (optional)	2 eggs (separated)
$\frac{1}{4}$ teaspoon cinnamon	1 tablespoon flour

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

Fruit Bread:

4 cups flour	1 beaten egg
1 teaspoon salt	4 tablespoons melted butter or margarine.
$1\frac{1}{2}$ cup milk	1 cup mixed dried fruit.
6 level teaspoons baking powder	

Sift flour, salt & baking powder into a bowl. Add melted butter or margarine to the milk and 1 beaten egg. Then add 1 cup mixed dried fruit (currants, sultanas, mixed peel etc) to the dry mixture. Blend the liquid in to form very heavy batter. Divide into 2 greased loaf tins or 1 large tin and bake 30-40 minutes. Put a piece of brown paper over the top of the loaf for the first 10 minutes to allow the loaf to rise before the top sets. Remove after the first 10 minutes, and complete the baking.

Coffee Milk Shake:

4 teaspoons Nescafe	$\frac{1}{2}$ teaspoon nutmeg.
3 teaspoons sugar	1 cup boiling water
$\frac{1}{4}$ teaspoon vanilla	1 cup cold milk
$\frac{1}{4}$ teaspoon salt	4 chocolate ice creams

Make strong coffee, add sugar, flavouring, cold milk & chill.

Place chilled coffee in 4 tumblers. Place in each glass one chocolate ice cream and top with table-spoon whipped cream. Serve with drinking straws. If preferred, coffee and ice cream can be beaten in food mixer till practically melted.

Fruit Syrup:

2 lemons	1 pkt tartaric acid
2 oranges	5 large cups boiling
2 lbs sugar	water

Grate off the rind of lemons and oranges and squeeze out the juice. Put the sugar on the juice and rind, add the tartaric acid. Pour over the mixture 5 large cups boiling water. Cover up, stir occasionally till sugar is dissolved. When cooled, strain and bottle. Grenadilla juice can be added if desired. To be diluted with water when used. About 2 tablespoons to a tumbler.

Tomato Cocktail:

1 glass tomato juice	1 teaspoons Worcester
1 dessertspoon lemon	sauce
juice	pinch salt

Blend all ingredients thoroughly together, chill and serve in cocktail glasses.

HOUSEHOLD HINTS.

47.

Tap Dripping Mark on a bath or basin can be removed if you smear a paste of borax mixed with a few drops of peroxide on it. Leave for a few minutes then wash off.

Scratches on Furniture may be made nearly invisible by the application of iodine.

Test your oven by putting a sheet of writing paper in it. (1) If it burns, it is too hot! (2) If it becomes dark brown, it is hot enough for pastry, scones, small breads. (3) If light brown, it is ready for buns and small cakes, pies and tarts. (4) If dark yellow you can bake your cakes. (5) If light yellow, it is ready for biscuits, puddings etc.

Keep your cakes moist by putting a wedge of apple in the cake tin.

Avoid cracking your glass dishes or jars when pouring in hot liquids, by standing them on a wet cloth.

To prevent milk boiling over grease the rim of the pot with butter.

De-fur your kettle by boiling in it 1 pint of water with an ounce of borax. Rinse. To prevent furring, boil up a cup of vinegar with water in the kettle once a week, leaving the mixture to boil for half an hour or so.

Kitchen Knives - to remove any odour of onions or herrings etc from your knives, put the knives into the soil of flowerpots for a short while.

To clean bottles break up eggshells, put them into a bottle, add a little water, and shake well.

THE ANSWER IS A LEMON.

Add a few drops of lemon juice to rice when boiling, to keep the rice white and to separate the grains.

After peeling vegetables or fruit rub a cut lemon over your hands to remove the brown stains.

Destroy insects in lettuce etc by adding a few drops of lemon juice to the water in which the lettuce is washed.

To make lettuce and parsley very crisp wash in cold water, then soak for a short time with lemon in the water.

Whip cream easily by adding a few drops of lemon juice & chilling before whipping.

BE PENNYWISE.

To soften hard butter cut in pieces, place in deep dish & cover with cold water. In a few minutes the butter will be soft enough to use.

Stale scones or buns can be freshened by dipping them in water & placing in a hot oven for a few minutes.

If your soup is too salty boil it up again with some slices of raw potato, and remove these before serving. If a dish has been oversalted it can sometimes be saved by adding either a tablespoon of vinegar or sugar.

Remove burn from your pot by boiling up some cold water and vinegar in it. Let it boil slowly for a half an hour. The burn will come off easily.

HINTS FOR PET OWNERS.

If your dog refuses to eat anything but meat, mince meat and vegetables together so that it is impossible to separate them.

Young puppies should not be given meat, but porridge and diluted milk instead.

For loss of appetite put two drops of Parrish's Food into the dog's food.

Symptoms of Distemper are usually high temperature, copious running from the nose, cough and complete loss of appetite. Keep the animal warm and free from draughts. Make a snug fitting jacket from an old blanket to be worn through the illness. Bathe the eyes and nostrils with swabs of cottonwool dipped in warm boracic lotion, and burn these after use.

Cats which are required as ratters should not be given much meat, but milk at least once a day. Ordinary dishes make up its food.

Insecticide should be rubbed into the cat's fur, & a long-furred animal should be brushed and combed regularly.

Canker of the ears should be avoided by periodic cleansing of the ears with cottonwool wrapped around a match or an orange stick and dipped into warm water and methylated spirits.

Birdcages should be kept spotlessly clean, with the bottom of the cage covered with soft sand. To keep insects away, hang a small bag of sulphur from the roof of the cage.

Seafood is the usual form of nourishment for birds but they like a small piece of sugar too. Parakeets enjoy chillies and any form of nuts and fruit.