

UNIVERSAL
LIBRARY

OU_166009

UNIVERSAL
LIBRARY

OSMANIA UNIVERSITY LIBRARY

Call No. 641.5/T 32 F Accession No. .26526

Author Terry Josephine

Title Food without fuss. 1967

This book should be returned on or before the date
last marked below.

FOOD WITHOUT FUSS



Each time we serve a meal we stand in the limelight. . . .

FOOD WITHOUT FUSS

200
*new recipes
and a few thoughts*

by
JOSEPHINE TERRY

with decorations by Joy Batchelor

FABER AND FABER LTD
*24 Russell Square
London*

CONTENTS

Always Plenty of Jam!	<i>page</i> 105
Sweetmince (substitute for mincemeat)	109
Biscuits	110
Sweets without Sugar	114
Mock Marzipan	121

THOUGHTS AND IDEAS

Coffee	123
Economies	124
On the Question of Feeding when you Eat	125
To Serve	133
Seasoning	135
Time Saving	138
New Foods	141

ALPHABETICAL INDEX	146
--------------------	-----



HOW TO FIND IT QUICKLY

For full index see page 146

FLAKY OR SHORT PASTRY WITHOUT BUTTER OR COOKING FAT

Pastry with Fish, p. 27

Flaky Pastry, p. 98

CAKES AND BISCUITS

Fancy tea without Fuss, p. 54

French Chocolate Cake, p. 56

Tea Fancies with Fruit, peanut
butter or chocolate, pp. 57-8

Apple Tart, p. 58

Oat Tea Cake, p. 75

Bakewell Tart, p. 122

Maids of Honour, p. 122

Oat Muffins, p. 76

Macaroons, p. 122

Biscuits, pp. 110-13

Milkmellow Cake, p. 119

Arizona Pie, p. 120

Potato Platter Cake, p. 70

QUICK JAMS

Various, p. 105

Green Marmalade, p. 106

Confiture, p. 106

Carrolade, p. 106

Prune Jam (6 mins. cooking),
p. 106

Beetroot Jam, p. 107

Sweetmince, p. 109

HOW TO FIND IT QUICKLY

HOME MADE CANDIES AND SUCH DELIGHTS

- | | |
|--------------------------|--|
| Cake Icing, p. 37 | Milkmellows, p. 117 |
| Almond Icing, p. 121 | Chocmellows, p. 120 |
| Milkmellow Icing, p. 119 | Truffles or Marzipan Potatoes,
p. 121 |
| Butterscotch, p. 115 | Marzipan Strawberries, p. 121 |
| Candies, p. 115 | Mock Marzipan, p. 121 |
| Chocolates, p. 116 | |
| Morocco Delight, p. 117 | |

QUICK SWEET DESSERTS

- | | |
|-----------------------------------|--|
| Orange Soufflé, p. 33 | Instead of Hot Fruit Pudding,
p. 58 |
| Chaudeau, p. 33 | Fruit Flummery, p. 74 |
| Sweet Fluff, p. 36 | Chocolate Flummery, p. 75 |
| Mock Whipped Cream, p. 37 | Black Magic, p. 75 |
| Quick Chocolate Pudding, p.
53 | Sweet-Bakes (instead of baked
puddings) |
| Quick Pudding, p. 53 | Apple, p. 103 |
| Valentines, p. 56 | Economical Apple, p. 103 |
| Wartime Trifle, p. 57 | Chocolate, p. 103 |
| Chocolate Dessert (Buns), p. 57 | Rangers, p. 104 |
| Apple Tart, p. 58 | Summer, p. 104 |
| Milkmellow Mould, p. 119 | |

THAT HOT BREAKFAST OR SUPPER DISH

- | | |
|----------------------------|---------------------------|
| Sausage Patties, p. 19 | Soy en Cocotte, p. 40 |
| Lucullus Patties, p. 19 | Sausages, p. 43 |
| Virginian Hot Pan, p. 20 | Wheaten Porridge, p. 52 |
| Thanksgiving Slices, p. 20 | Carrot Bread, p. 52 |
| After Cinema Treat, p. 21 | Kip-Kaps, p. 72 |
| Spamwich, p. 22 | Pan Cookies, p. 73 |
| Scrambled Eggs, p. 30 | Black Pudding, p. 77 |
| Egg Croûtons, p. 30 | Dodgers, p. 80 |
| Farmhouse Slices, p. 31 | Beety Bits, p. 80 |
| Stuffed Tomatoes, p. 31 | Cup Juliette, p. 82 |
| Savoury Custard, p. 32 | Crusts Chef Royale, p. 83 |
| Breakfast Fry, p. 39 | |

HOW TO FIND IT QUICKLY

A BOWL OF SOUP

Gold Digger's Soup, p. 31	Wholesome Potato Pottage, p. 62
Cream of Soy, p. 40	American Potato Soup, p. 62
Lentil or Pea Soup, p. 41	Pink Potato Soup, p. 62
Onion Soup, p. 41	Crème Ninon, p. 72

NEW SALADS

Miami, p. 25	Purple, p. 88
Winter, p. 26	Carolina, p. 89
Norwegian Herring, p. 26	Snow Caps, p. 89 •
Hot Fish, p. 26	Spinach, p. 89
Beetroot, p. 88	

SALAD CREAMS

WITHOUT (OR WITH LITTLE) OIL

Salad Cream (Dried Egg), p. 32	Salad Cream (Soya), p. 47
Salad Dressings (Milk Powder), p. 38	

SANDWICHES AND CARRY LUNCHES

Salmon Sandwich Filling, p. 25	Mock Chops, p. 41
Fish Spread, p. 25	Savoury Breadsread, p. 47
Fish in Wrappers, p. 27	Savoury Cream Cheese, p. 87
Sandwich Spread, p. 33	Patties Josephine, p. 99

DRINKS AND FLIPS

Cocoa Flip, p. 46	Vita Cocktail, p. 90
Coffee, Winter, Cinnamon Flip, p. 46	Coffee, p. 123
Jade Cup, p. 90	Mélange, p. 123
	Saving Sugar in Tea, p. 124

NOTE

This book is more than a compilation of recipes—it is also the culinary credo of a housewife who believes that food has the quality of providing health, happiness, and good humour to those who use it wisely.

The customary place for an author's credo is in the foreword; but in this book it will be found at the back, in the form of thoughts and ideas set down at random. The author realizes, however, that the proof of her philosophy, like that of the proverbial pudding, lies in the eating.

ACKNOWLEDGEMENT

I would like to express my acknowledgements to the *Daily Mirror* which for almost four years has regularly published my recipes.

J.T.

INTRODUCTION

TO our delight we housewives of to-day find ourselves in a somewhat exalted position. Each time we serve a meal we stand in the limelight, facing an audience of men and children—with large appetites and small rations.

We know their health and happiness depend on us, up to a point. But what a point! Everyone has become wise about the merits of a good meal, and never before have we received such wholehearted appreciation.

We like it.

So much for our personal feelings. Apart from that we have gained a lot of practical advantages through these last few years of perpetual emergencies. We have had no time to indulge in looking for trouble and we have been forced to throw overboard one beloved tradition after the other. Now we see that many of them were unsuited to modern life anyway.

When we women of Britain were unexpectedly faced with new tasks we did our best because of our desire to please those in our care. By all means and at any cost, we wanted them to enjoy what they were about to receive from our hands.

We found that versatility, at first exercised from sheer necessity, meant better and easier kitchen management than we were used to. We learned the errors of many old-fashioned beliefs about food. For instance, we realized that increase of body weight does not always mean increase of strength. It may be due to an excess of carbohydrates (starch) that leaves the body virtually undernourished, while contours of limb and face grow rounder. We became aware of food values and learned something of vitamins, minerals, calories and so on.

For most of us this has meant quite an upheaval, but it has been worth while. There is a thrill in doing an old job in a new way—especially if this is a better way. We are learning better and quicker cooking. That is all to the good.

Of course there are always the incorrigibles, who prefer to make up for a poor diet by their self-esteem. They reject the new as such—'Well, look at me—I've never been ill' is a phrase they often use. We do look at them and often see a poorly functioning

INTRODUCTION

body, full of little aches and nagging discomforts, beset by frequent colds and constant lassitude, sometimes overweight and sometimes skinny. Always under par. We will leave them to their illusion and turn to those who matter.

We are determined to make full use of our new knowledge. What we are learning about food values and new cooking methods will be a benefit in times to come. We are actually reconstructing while others are still only planning. At this moment we are taking care of an essential part of our life in a better way than was known to our mothers and our grandmothers. We will be able to carry on with this successfully in the post-war world.

'Cease Fire' will mean peace, but not plenty. We will have to 'make do' with what is left after the great destruction, though we may hope for more than we have now. The starved children and people of Europe will need *their* share of food imports, we know that.

However we need not speculate what future conditions may be. Whatever happens, our families will always come home hungry.

CLEANING AND PREPARING VEGETABLES QUICKLY

Root Vegetables including Potatoes •

Soak for a short while in cold water and brush with a very hard brush. No peeling is necessary, remove bad parts with a sharp knife.

Even artichokes get perfectly clean this way. Do not move your brush up and down while scrubbing, but sideways.

Turnips have to be peeled. These, as well as swedes, are best washed with their peel, then sliced fairly thickly. Now see how easily your knife slides around these discs—no comparison with the force you have to use to prise off the wooden armour of a whole large swede.

Slicing carrots and parsnips: Pack the cleaned carrots or parsnips into a compact 'parcel' which you can hold firmly with your left hand. Place them alternately, tip to top. Now cut across with a sharp knife. Here you have another opportunity to find how much easier you can make your work if you accustom yourself to using a saw-knife properly.

Onions: Peeling without tears: wet your hands in cold water before you peel onions. If necessary rinse your fingers repeatedly. Do not press with your knife but rather employ a sawing motion. It is the juice squirting up in an infinitesimally fine spray which affects the eyes.

Chopping: It is the flavour of the juice you want from the onion. (It has not much nutritional value.) Therefore do not chop it on a wooden board. The wood soaks up the juice which gives you less for your dish and also extra work in order to clean the board thoroughly afterwards. Use a flat plate instead.

Frying or cooking: Unless you wish to have crisp fried onions done in an open frying-pan, make sure that you cover the saucepan with a lid. Otherwise the flavour will quickly leave the onions and fill the kitchen instead of the dish.

Do not leave a peeled, cut or chopped onion outside of a refrigerator or winter-cold place for longer than a day. It is

CLEANING AND PREPARING VEGETABLES

susceptible to bacteria. This particular quality has been used instinctively by women of past generations in order to store safely raw meat or poultry. A peeled, halved onion has been put into the trimmed bird or on top of the meat and has been, quite wisely, thrown away as 'bad'.

Spring Onions: Put the spring onions into cold water. Get hold of the brown or rotten leaves at the side of each and slide these down to the root, pushing with your fingers to clean the rest of the plant at the same time. So prepared, put the spring onions into correct order on a plate and cut off the roots, over which still hang the removed, bad, stringy bits. Cut off any bad part from the very tops. Grasp them altogether and cut into small bits with a sharp knife. Do this—from cleaning to cutting—only just before you want to use them and scrape well off the plate into your dish as soon as you have chopped them. Otherwise you lose both flavour and juice.

Cabbage: Remove the outer leaves and wash them. If necessary, scrub lightly with a brush. Don't hastily throw away leaves which seem bad. Here, as so often in this world, goodness may be concealed under dirt. Pile these tougher leaves tidily on top of each other. Hold the pile firmly with one hand and remove the thick stalks all at once with two cuts of the knife in a triangle. As the leaves are still lying on top of each other you can chop them quickly with a criss-cross movement.

To steam cabbage: Cut from 'north' to 'south' pole twice and perhaps again, this gives you shapely triangular pieces. Rinse quickly and carefully so as not to disturb the original pattern in which the plant grew. Cut off only a little of the thick stalks. Arrange the cabbage in the steamer (or colander) with the stalks downwards.

Make sure the covering lid or basin fits well and that the steamer really fits the saucepan which contains the salted boiling water. If a colander is used this should fit so that none of the holes are above the rim of the saucepan. Fill the saucepan with as much water as possible. Of course the boiling water must not touch the vegetable. Steam for ten to fifteen minutes.

The secret of this method of cooking is to steam quickly, keeping the vegetable at a high constant temperature throughout, allowing no steam to go to waste. Thus you will get a perfectly cooked dish, rich in vitamins, delicate in taste and of a good,

CLEANING AND PREPARING VEGETABLES

fresh colour. And, to get the very best out of it, serve immediately. Every cooked dish loses by being kept waiting and steamed vegetables more than most.

Spinach: Wash in ample water. This is the way to do it: have a basin full of water handy or fill the sink with cold water. Pile the spinach at the side of it. Pick out all the good leaves and throw them into the water. Cut off only the really brown and weak parts, and only the very tips of the stem. The stems give sweetness to the spinach! Perhaps this is what your family has missed when they have rejected cooked spinach.

Wash the spinach well and cook it immediately in a large saucepan. No extra water is necessary—the water clinging to the leaves is sufficient. Cook for 5—7 minutes only, covered with a lid.

If you are a 'doubting Thomas' hold a spinach leaf under the hot water tap for a second or two—this will convince you that spinach only needs a touch of heat to cook.



CLEANING AND PREPARING VEGETABLES

Leeks and Celery: These seem to have a greater facility for collecting dirt in odd places than any other vegetables. It won't do to take a chance that you have cleaned them, you must make sure.

Cut the bottom off the celery, and brush the long sticks quickly in cold water. Chop only after you have washed them.

Split leeks lengthwise into halves and then shake them in cold water. If they are very dirty separate the leaves and wash.

Storing washed vegetables: Certain cleaned and prepared vegetables can be kept during the day or over night. You may like to know that these are ready to hand when you want to use them.

Chop vegetable only shortly before serving or cooking, unless for a salad, which is mixed with vinegar straight away and kept in a covered vessel. The cut surfaces expose the precious vitamin C to the air which destroys it. Vinegar prevents this.

Immediately after washing put the trimmed vegetable into a cloth. Wrap this firmly around it, but do not press it so tightly that the juice merely spoils the cloth instead of doing good to your body. Keep in a dark, cold place, if possible on stone, or in an earthenware basin—best on the lowest shelf of your refrigerator. You can do this even with lettuce and spinach.

NEW FOODS

TINNED MEAT

Whenever you see American pork sausage meat remember that it is quite different from the sausage meat with which we are familiar. Even in peace-time our sausages have been soft and have always contained at least a small portion of bread or meal. This kind is practically unknown in America. Sausages over there are finely ground pure meat, mainly pork. You could cut it even



into thin slices. The tins contain jelly from the natural juices of the meat and a most appetizingly flavoured pure pork lard. You can use any kind of American tinned meat with great success if you add dripping rather than lard where necessary. Whatever its name, this tinned meat has a distinct ham flavour. Here are a few recipes showing you how to use it. The first makes one of the most tempting dishes I know.

NEW FOODS

Sausage Casserole

Necessaries: (for four persons) one-third to a half of the meat from a 1½ lb. tin sausage meat, some of the fat and juice, 12 oz. flour (2 breakfastcupfuls or 1 pint), 3 heaped teaspoonfuls baking powder, and a little flour, stock or milk, onion, leek or celery.

In a saucepan heat about 1—1½ tablespoonfuls lard, using some of the tinned lard. Add the finely chopped onion, or leek, or celery, stir until it begins to shrink. Add 2 tablespoonfuls flour, stir well, add gradually ¾ pint liquid, either milk or milk/water mixed or milk/stock mixed, or vegetable liquor. Cook until you have a fairly thick creamy sauce. Season this well with any kind of bottled sauce, and slightly with salt. Add some or all of the jelly (juice) from your tin.

Grease a fireproof dish or casserole and pour the sauce into it.

Mix the 2 breakfastcupfuls of flour with the baking powder and a good pinch of salt and sift it into a mixing bowl. Rub at least 2 dessertspoonfuls of the tinned sausage lard into this. Add enough liquid to make a dough so tender that you can just manage to handle it with your floured hands, without it escaping constantly through your fingers. You can use water only, but a water/milk mixture is better and the more milk you use, naturally the finer it becomes. Quickly shape little rolls, like bridge rolls, with this dough and drop them into the sauce in cartwheel formation. Place little chunks, or thick slices, of the sausage meat from the tin in between and bake on medium shelf until done. Begin at regulo No. 6, after 5 to 7 minutes turn to No. 5 regulo. The spicy pork flavours the pastry and the sauce.

Sausage Pudding

(½ hour steaming time)

In order to save long hours of steaming time for your pudding make a cooked pastry.

Necessaries: mixed vegetables, American tinned sausage meat, and some of its fat, flour, herbs (optional).

For the cooked pastry bring ½ pint water with 2—3 tablespoonfuls of fat from the tin to the boil. Have ½ pint slightly salted flour (large breakfastcupful) handy. As soon as the water boils, remove the saucepan from the flame and throw in quickly

TINNED MEAT

all of the flour. Stir at once, much quicker than I can describe it. Replace on a low flame and stir vigorously until the pastry detaches from the sides of the saucepan. Don't get discouraged should you have little lumps of flour at the beginning, they will vanish when you get to the point where the pastry detaches from the saucepan.

Grease a pudding basin and line it with the cooked pastry, reserving some for the cover. Fill up with mixed parboiled hot vegetables of any kind, to which you have added as many little chunks of sausage meat as you like, and some or all of the jelly (juice) from the tin. If you wish, add mixed herbs to taste.

Place the remaining pastry over this like a lid, pressing it tightly at the edges. Cover the basin in the usual way and steam or boil for half an hour. You can steam it longer if you wish.

Sausage Patties

Necessaries: plain mashed potatoes, cooked and mashed the day before, sausage meat or other American tinned meat. Optional: onion, or leek, or herbs. A little flour.

Shape little round cakes with your mashed potatoes which you have mixed to taste with either chopped onion or leek or herbs. If they are too soft to handle add a little flour. Put these on a greased dish. Place a fairly thick round of sausage meat or a slice of other American tinned meat on top of each potato cake, if possible, dot with a little lump of fat or dripping.

Bake in a fairly hot oven for about 15 minutes.

Lucullus Patties

Make the same little round potato cakes as for sausage patties, only this time mix the potatoes with some American sausage meat, a little juice and fat from the tin. This is an excellent way of using up the last bits from the tin which may look a bit broken and shabby. Again put them on a greased dish and place a round of raw apple on each. Bake in a fairly hot oven, preferably top shelf until the apple is done and brown.

NEW FOODS

Pork in Pie

(without lighting the oven)

Necessaries: (4 persons) 1½ pints milk/water mixed, ½ lb. flour, 3 teaspoonfuls egg substitute powder, 1 teaspoonful baking powder, American sausage meat or any other kind of tinned pork.

If it would ease your mind during the day, prepare the necessary batter in the morning. It will improve and it will take you no time to finish the dish at night.

Make the batter by first mixing the flour with the egg substitute and baking powder and a good pinch of salt, sifting this, then gradually beating the liquid into it. If you want to leave it, cover it.

To finish: bring water to the boil in a saucepan large enough to hold the dish you choose. A fireproof one will do. The water should reach half-way up the dish. Grease this dish and pour the batter into it. Arrange the tinned meat in chunks or slices or fingers into it. Cover the dish with a lid or plate. If possible cover the whole saucepan with a lid. Boil gently for 15—20 minutes or until the batter is set which may take less time or a little longer.

Virginian Hot Pan

Necessaries: American sausage or other tinned meat, some of the fat, mixed chopped raw vegetables.

In a large frying pan heat all or some of the fat from the tin of American sausage meat. When it is piping hot add the vegetables, and fry until done. Fry over a fairly brisk flame. You want to be quick with this. Cover with any kind of lid as soon as it starts to brown. Season half-way through.

Shortly before serving, add any amount of either tinned meat slices or small chunks. Heat through quickly.

Thanksgiving Slices

Necessaries: slices of American tinned meat (any kind—preferably pork), grated cheese, apple or tomato.

First make toast. Place a slice of meat on top of each piece. Cover with a good layer of grated cheese. Place in the centre of each slice prepared this way, either a round of raw apple, or

TINNED MEAT

tomato, or tomato halves. Sprinkle the fruit either with tiny bits of margarine or fat from the tin.

Grill very quickly under highest flame to brown the top. If you want to prepare a large amount of Thanksgiving Slices use the uppermost shelf of a very hot oven. It should be piping hot on top and fairly cool at the bottom when you serve it to give an interesting contrast.

After-Cinema Treat

(suitable for supper, breakfast, or high tea)

Here again you can make the initial preparations at any time convenient and quickly finish the dish before serving.

Necessaries: 1 muffin or tea bun per person, American tinned pork or sausage meat, fat from the tin, perhaps a little additional lard.

Heat the fat in a frying pan: it must be really very hot. Fry in this the split muffins or tea buns on both sides, the way you fry bread. Push to the sides of the frying pan to keep them hot without burning. Place slices of the tinned meat in the centre of the frying pan and fry a minute on each side, or less, just to heat them.

Sandwich the meat between the buns and serve.

Toppers

You may find it helpful to prepare the raw potato mixture at any convenient time and keep it well covered, until you want to cook and finish the dish.

Necessaries: potatoes, sage and onion, or leek, grated cheese, American tinned meat, stock (optional).

Finely slice or cube the amount of raw potatoes necessary for the appetite of your family. Mix with salt, pepper, sage, and chopped onion or leek, and the necessary stock or water or milk to just moisten it comfortably. Use less salt than usual because you want to add 1 heaped tablespoonful grated cheese to every half to three-quarter pint of this mixture if you can possibly manage it. Cheese is always a bit salty but, although it will not be very noticeable in this dish, it makes it creamy.

To cook: (a) Put into a double saucepan. (b) Put into a saucepan

NEW FOODS

over a very low flame, stir occasionally while cooking. If necessary add a little more boiling liquid to prevent burning.

It will take approximately 10—15 minutes cooking time for about 2—3 lb. potatoes.

To serve: Have slices of American tinned meat handy, if possible, in rounds. Heat a cup well. Rinse with water and do not dry. Fill half to three-quarters full with the potato mixture immediately after it is done. Press quickly. Turn out on to a dish. Proceed this way until you have used all your potato mixture to make these tiny puddings. Place the meat on top of each.

Spamwich

Make toast. Place a slice of 'Spam' (or any other similar kind of American tinned pork) on top of each. Chop mustard pickles very finely and mix smoothly with their mustard sauce. Spread this on the Spam. It should be pushed under the highest flame of the grill for two minutes, only to heat the very top; but you can serve it cold.

N.B. This way you have made a definite dish out of ingredients which would otherwise make your table look rather empty.

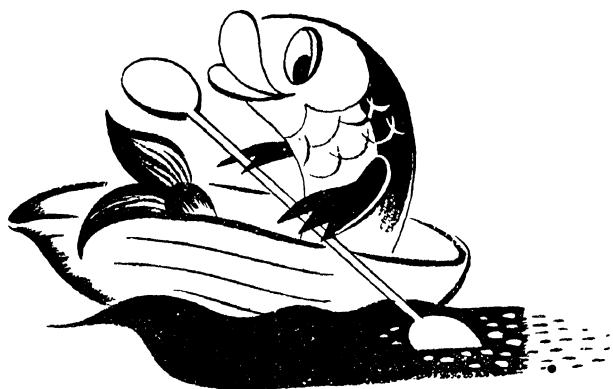
Meat Bake

Necessaries: flaky pastry, American tinned meat.

This makes tinned American meat go further and at the same time provides a full hot dish.

Use the contents of a tin of 'Prem', 'Spam', 'Mor', luncheon meat or the like. Do not cut it! Or buy one piece of luncheon meat.

Make a short or flaky pastry using $\frac{3}{4}$ lb. flour. The flaky pastry without fat on page 98 is excellent for this. Wrap the whole piece of meat into this. Seal the edges well: this is important. Bake for 20—30 minutes in a medium oven. You can serve this hot or cold.



TINNED FISH

This is not a new food but it should be considered from a new point of view. The use of tinned fish has been limited hitherto to a cold snack in between meals or as hors-d'œuvres. For this purpose the fish has been carefully taken out of the tin and the oil or sauce has been thrown away quite often, or given to the dog or cat who have in their wisdom lapped it up greedily.

We should try to give this food a new and more prominent place in our menus. It is of excellent nutritional value and particularly the oil or oily sauce contains plenty of the precious 'sunshine vitamin'. How important this is in our climate! It is therefore up to us women to find new ways of using this food-stuff so skilfully that even those who detest oil as such will consume it unsuspectingly and with appetite.

Vegetable Dishes suitable for serving with Cold Tinned Fish

- (a) Cooked leeks.
- (b) Carrots and onions cooked together.
- (c) Cooked beetroot, peeled and sliced or diced, tossed in the tinned fish sauce and heated in a saucepan.

NEW FOODS

Canoes

You should use the little cucumbers or gherkins, but of course you can cut a large cucumber into smaller pieces.

Peel the cucumbers finely, cut lengthwise and scoop out the pips. Sprinkle these cucumber 'shells' with salt and vinegar. Arrange on a dish and fill each with tinned fish, or flaked tinned fish.

Pour all the sauce from the tin into a small saucepan and heat this. To every half cupful stir one heaped teaspoonful flour with a little cold water to a smooth paste. Add this to the hot sauce and bring to the boil, stirring all the while. Cook for a few minutes. Taste for salt. Leave to cool and pour, when cold, over the prepared cucumber 'shells'.

Herring and Potato Mustard

One of the simplest dishes and very appetizing too. Choose a tin of fish in any kind of sauce, but preferably not tomato.

Cook enough potatoes to have a generous helping for each person. It is important to cook the potatoes in their jackets without cutting off too much. Choose fairly even-sized ones, otherwise some will be mashed before the others are quite done.

Mix all the sauce contained in the tin with enough mustard to give it a strong flavour.

When the potatoes are cooked, peel them and cut them into fairly large dice. Pour the mustard sauce over them and toss to blend well.

Serve the potatoes hot with the herrings arranged on them.

Salmon Casserole

Necessaries: potatoes, tinned salmon, little cheese.

Fill a ring of hot mashed potatoes into a greased fireproof dish.

Fill the centre with flaked tinned salmon.

Grate cheese over the whole lot and bake quickly in the oven.

Salmon Suprême

The grade 3 salmon is excellent for this dish. Half a large tin,

TINNED FISH

together with three to four tablespoonfuls dried egg, serves four to five persons.

Mix the dried egg powder with one level tablespoonful flour and rub this through a sieve.

Pour into a basin all the juice out of the salmon tin. Measure this and add enough water or milk (or a mixture) to get one large cup full (half-pint) of liquid, if you have used three tablespoonfuls of dried egg. If you have used four tablespoonfuls, add two more tablespoonfuls of milk/water.

Season with salt and pepper, mushroom ketchup or a strong bottled sauce. Add a drop or two of lemon flavouring.

Stir this stock into the egg/flour mixture, beating strongly. Add the flaked salmon, fold and pour into a greased fireproof dish, or into individual cups.

To cook: (a) Bake in the oven until the egg is set. (b) Cover the basin or cups and steam in simmering water until set.

Salmon Sandwich Filling

Use the whole tin of salmon, and double the quantities of the other ingredients in the previous recipe.

Cook until set—either in a cool oven, or in a covered basin in boiling water. Leave half of it to cool.

This will keep in a cold place for a couple of days—not longer.

Fish Spread

You can make the contents of a tin of oily fish go further without reducing the nutritional value, at the same time preparing one of the tastiest sandwich fillings. It is a very simple trick. You cannot use the oily sauce as it is because it soaks the bread: therefore mix it with raw fine oatmeal or raw rolled oats. You can use the sauce alone, or mixed with the fish itself. In the second case mash the fish with a fork. You can easily see for yourself how much oats to add to make a juicy spread.

Miami Salad

For this you need cold cooked runner beans, or finely cut French beans.

NEW FOODS

Mix each large cupful of beans with about one-third to a half cupful of the sauce contained in a tin of fish. Heap into a salad bowl and arrange the fish around it in a circle.

Winter Salad

This is made exactly like Miami Salad. Use any kind of cooked cold vegetable, preferably a mixture. Always cut or chop the vegetable to justify the name 'salad'. Again dress like Miami Salad.

The trick lies in the fish sauce. This sauce is not only first class from a nutritional point of view but has a strong appetizing flavour which glorifies any vegetable, however humble.

Norwegian Herring Salad

Necessaries: raw vegetables, cooked beetroot and potatoes, tinned herrings.

The following measurements are given only as guidance: you can take a little more or a little less of each ingredient, according to convenience and taste. The amount given here is suitable for approximately one teacupful of flaked tinned herrings, plus *all the sauce* that you can spare from the tin.

Mix together: 2 cupfuls raw shredded cabbage, preferably half white and half red; 1 cupful diced cooked beetroot, 1 heaped tablespoonful very finely chopped leek green or onions; 1 cupful diced cooked potatoes; if possible 1 tablespoonful finely chopped mixed pickles. Taste for salt, pepper, vinegar and a little sugar. It is an improvement to add a little finely chopped apple.

Add the flaked tinned fish and all the sauce you can spare, fold carefully and leave to stand for at least an hour or two.

Hot Fish Salad

Necessaries: raw potatoes, carrots, leek or onion, tinned fish.

Slice or dice enough raw potatoes to have about two cupfuls. Add one cupful roughly grated raw carrots, two heaped tablespoonfuls of leek green, or 1 tablespoonful onion (both raw and finely chopped).

Pour all the sauce from a large tin of fish into a saucepan. Add

TINNED FISH

the raw vegetable. Add enough water just to cover it comfortably and begin cooking this over a low flame. Fold once in a while to prevent burning. Taste for salt and pepper about 5—10 minutes after the vegetables have cooked.

When the vegetables are done, fill them piping hot into a dish and surround by the fish from the tin.

Savoury Fish Pastry

The following recipes all require the same initial preparation.

Necessaries: flour, tinned fish.

A small tin of sardines in oil will make enough for six persons. A large tin of pilchards would therefore be enough for one cold snack meal and a hot dish or the latter left to cool and used for a 'Carry Lunch'.

(*Note:* If you have lost the key to your tin, open it bottom side up with an ordinary tin opener.)

Take out the sardines or pilchards carefully with as little of the oily sauce clinging to them as possible. Keep the oily sauce in the tin.

Now make a pastry: (flour, baking powder, salt, no fat at all!)

Sift one well rounded cup (6 oz.) flour together with two level teaspoonfuls baking powder and $\frac{1}{4}$ level teaspoonful of salt.

Add to this amount, either all the oil from a small tin of sardines, or two to three tablespoonfuls of oily sauce from the pilchards. To make sure that no oil is left in the tin, clean the tin with a little of the flour. Stir quickly, tossing it to mix well. Add enough cold water (about half a teacupful) to make a tender dough, as for scones. Be quick in doing this: the dough should look flaky. Turn on to a slightly floured wooden board and roll out to not quite $\frac{1}{4}$ inch thick. Roll out into an oblong.

Fish in Wrappers

Cut this oblong into long pieces, about 1 inch wider than your fishes are long. Cut these pieces into squares and the squares once more into triangles. Pull these triangles slightly lengthwise. Place on to half the amount of triangles either a whole sardine, or half a pilchard. Cover with the other triangles. Seal the edges well. Bake in a moderately hot oven for about 20 minutes.

NEW FOODS

Baked Fish Roll

Place the fishes in the centre of the pastry oblong—lengthwise. Leave at least $1\frac{1}{2}$ inches of pastry all the way round. Gather the edges together and seal well. Bake in a moderately hot oven for about half an hour.

Fish Crisps

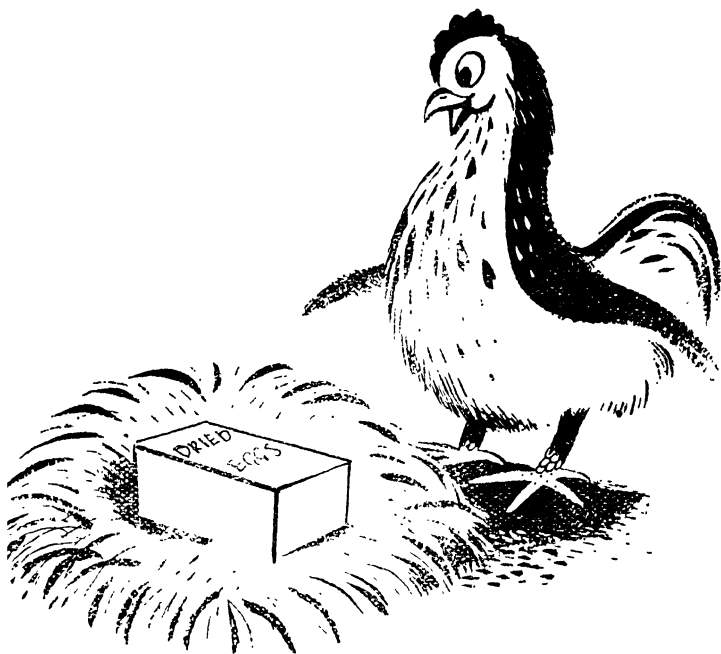
Instead of separating the fish from the oil or sauce, mash it all together and add to the sifted flour mixture. Now make a pastry as described (on p. 27). Roll out about $\frac{1}{2}$ inch thick. Cut into sticks about 3 inches long and bake for 15—20 minutes.

Canadian Bits

This is a handy recipe to remember when you have a large stick of celery and only want to eat raw the crisp, young parts. Cut the large broad parts of the celery into pieces about 3 inches long. Pour all the sauce from a tin of fish into a saucepan, bring to the boil and add the celery pieces. Cover with a lid and simmer until the celery is soft, but not mushy. If necessary add a little more liquid (water or milk).

Arrange the celery pieces in a dish and keep warm. Thicken the stock left in the saucepan with a little flour, previously stirred to a creamy paste with cold water. Taste for salt.

Place the tinned fish on the celery pieces. Pour the boiling hot sauce over it and serve at once.



DRIED EGGS

The first rule for reconstituting dried egg powder should be learned by heart. It saves a lot of trouble.

One part dried egg to two parts water, e.g. 1 tablespoonful or 1 dessertspoonful, or a cupful of the powder to two of each of these measures of water.

Use *warm* water. Dried eggs contain all the fat of fresh eggs and you know what cold water does to fat.

Small Amounts: Use a small basin with a narrow bottom. This gives better resistance when you stir. For mixing you have the perfect labour-saving gadget—your tablespoon. The bowl of the spoon should be used only for measuring. You keep it clean this way and avoid the mixture sticking to it and forming lumps. The handle is a most forceful stirrer. Don't use a fork, as the prongs catch the paste.

Large Amounts: Measure the warm water into a cup or jug. Measure the dried egg into a basin. Add half the water. Whisk

NEW FOODS

with an egg beater (or spoon handle) and then add the remaining water gradually, whisking all the time.

'Eggs' referred to in the recipes are always dried eggs.

Scrambled Eggs

Add to 2 level tablespoonfuls of dried eggs, 4 tablespoonfuls of water, 1 tablespoonful milk, and a little salt. Melt a little margarine in a small saucepan, pour the egg mixture into it and keep over a low flame. Fold with a spoon. Serve immediately when it starts to stiffen. If you have to leave it to stand before serving, remove from flame when the eggs are not yet quite set.

Egg Croûtons

These make the eggs go further. Put the amount of toast you need into a slightly greased dish, or on a plate. Pour egg mixture (as for scrambled eggs) over the toast and grill quickly.

Celery Suprême

Necessaries: head of celery, dried eggs and water.

Cut the very bottom off the head of celery. Peel this. Separate the celery sticks and wash well. Wash the peeled bottom stalk.

Cut the green leaves off and chop these as well as the bottom stalk. Put into a pint of boiling water. Cover with a lid and cook for 5—7 minutes.

Cut the celery sticks into 2-inch pieces. Use all the green top parts as well.

Remove the chopped ingredients from the boiling stock. In this stock cook the celery pieces for about ten minutes. Then put the celery pieces into a greased fireproof dish (or basin). Let the stock in which they were cooked cool off a bit.

Mix four tablespoonfuls of dried eggs with one tablespoonful of flour and rub this through a sieve. Gradually add the celery stock. There should be about three-quarters of a pint. If there is less, add milk to make it up. Season this mixture and pour it over the celery pieces. Bake in the oven (or steam in boiling water) until set.

DRIED EGGS

Farmhouse Slices

You need one thick round of any kind of luncheon sausage per person, at least $\frac{3}{4}$ inch thick. Scoop out with a sharp knife to make handsome little 'saucers'. Put these into a slightly greased fire-proof dish or platter. Fill each 'saucer' with egg mixture as for scrambled eggs. Mix the scooped-out bits with any kind of gravy or sauce you fancy (can be left-over). Use this to surround the slices and garnish the dish, but do not put any of it on to the egg mixture.

Keep under a medium grill until heated and until the egg is set. Garnish with parsley or tomatoes before serving.

Gold Diggers' Soup

A full deep plate of this soup is substantial enough for a lunch or supper, followed by buns or something similar.

Rub through a sieve: 3 heaped tablespoonfuls of self raising flour, 3 level tablespoonfuls of dried egg, $\frac{1}{2}$ level teaspoonful of salt, and a few shakes of pepper. Dissolve a little meat extract in 1 gill water. The stock must be fairly cool before you use it. Stir it into the centre of the flour mixture, beating the flour from the sides into it. It should be a smooth, firm batter.

Season any kind of vegetable stock, preferably a mixture, and add a little cooking fat or dripping to it. Bring this to the boil in a large saucepan. Spoon the batter into this boiling stock. Do not make the lumps too large as they rise considerably. Simmer—without a lid—for about 5—7 minutes. Fold once or twice so that the ones on the surface can cook well.

Stuffed Tomatoes

Scoop out the pulp and mix it with as much fresh breadcrumbs or cooked potatoes as it will absorb. Season well to make it savoury. Fill back into the tomatoes and place these on a dish or plate. You should have a little space left on top of the tomato after filling it. Fill this space with egg mixture, as for scrambled eggs, and keep under a medium grill until the egg is set. Leave to cool.

NEW FOODS

Egg Mustard

Mix freshly cooked mashed potatoes with enough hot milk (or milk/water mixture) to make it creamy, and enough mustard to give it a strong flavour. Spread this hot mash into a greased dish. Pour egg mixture as for scrambled eggs over it and grill until the egg is set.

Alternative without the grill: Make the same mashed potatoes with mustard. Make scrambled eggs. Put the potatoes in a dish and spoon the scrambled eggs on to it in a circle.

Savoury Custard

For this you need either a small amount of left-over root vegetables, or a small amount of tinned meat, or better still, both of these. To one measure of reconstituted dried eggs, add about three-quarters of the same measure of milk. Add the vegetable and meat finely chopped. Season well.

(a) Fill into individual cups or dishes and place in boiling water (reaching half-way up), or into a low oven and cook until set.

(b) Cook the same way as in (a) but in one basin or cup. Cut into cubes when set and serve.

Salad Cream

Necessaries: dried egg, mustard, vinegar, oil, sugar and salt.

Mix four level tablespoonfuls dried egg with one level teaspoonful dry mustard, one teaspoonful sugar, one half a level teaspoonful salt. Stir with a fork to smooth out the lumps as far as possible. Add to this four tablespoonfuls vinegar and one gill (twelve tablespoonfuls) water. Add as much oil as you can spare—from one to about four tablespoonfuls.

Put the basin with this mixture into slowly boiling water. Stir just occasionally. As soon as it begins to get hot and thicken, stir all the time. Half-way through this process, taste for salt and seasoning. This will keep a fortnight if the weather is cold.

DRIED EGGS

Sandwich Spread

Necessaries: dried egg, very little sugar, little oil, mixed pickles.

Mix four level tablespoonfuls of dried egg with one teaspoonful sugar, and half a level teaspoonful of salt. Stir with a fork to smooth out lumps as far as possible.

Add to this four tablespoonfuls mustard pickle sauce and four tablespoonfuls water. Add as much oil as you can spare, from one to about four tablespoonfuls. If unobtainable the oil could be left out. Add the desired amount of finely chopped pickles.

Put the basin with this mixture into slightly boiling water. Stir occasionally at first, but after about 7—8 minutes stir continuously until it is fairly hot and thickens. Half-way through the process, taste for seasoning.

Orange Soufflé

Melt 1 oz. margarine in a saucepan. Stir in 2 slightly rounded tablespoonfuls plain flour. Add enough orangeade to make a stiff paste—about half a pint. Add a pinch of salt and sugar to taste, also grated orange peel if possible. Let the paste cool slightly and then stir in three to five well-beaten reconstituted eggs.

Fill into a greased fireproof dish and bake for about 20—30 minutes in a fairly hot oven, top or second shelf.

Chaudéau

(Hot Foam)

This is similar to the sauce French cooks use for festive puddings.

Ingredients: one pint of liquid, consisting of about one-third fruit cordial (any kind) or ginger wine, and two-thirds water, one dessertspoonful custard powder or potato flour, one to two teaspoonfuls sugar, according to sweetness of the cordial, two to three level tablespoonfuls of dried egg.

Put the custard powder and dried egg into a sieve and rub through into a basin with a wooden spoon. Mix lightly. Add the sugar. Add the liquid gradually, stirring well.

Put the basin containing the mixture into a pan of slowly

NEW FOODS

boiling water. The water should reach half-way up the basin. Beat the mixture until it has thickened slightly and has risen to about four or five times its original amount.

This sauce is best served immediately or as soon as possible after making. Keep it hot in the boiling water.

It can be used cold. Beat it up once more before serving.

General Rule for using Dried Egg Powder in Pastries, etc.

Save yourself the trouble of reconstituting the egg powder. Add the required amount of egg powder, or as much as you wish, counting 1 tablespoonful of egg powder to equal one egg.

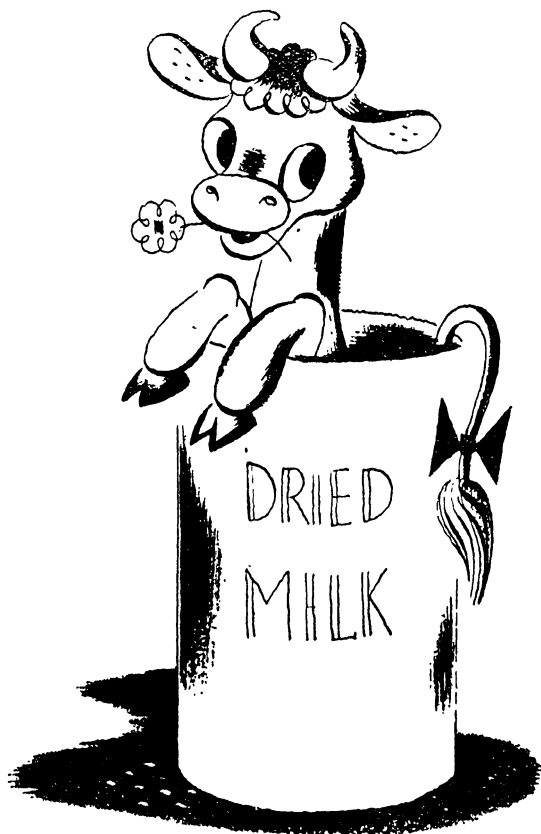
Add the egg powder to the dry ingredients.

Add as much water as would have been necessary to reconstitute the eggs to the liquid required for the pastry, *as an addition*.

Remember the principle: the egg will set and therefore stiffen the pastry.

HOUSEHOLD MILK POWDER

Milk supplies depend on the season. What a blessing that a process has been found by which to preserve this indispensable food! By now we are reassured as to the nutritional value of



dehydrated milk or milk powder and we have found it a great help in times of milk shortage. But there are a few delicious novelties for which this particular ingredient is essential.

NEW FOODS

You gain the equivalent of 1 pint of skimmed milk if you reconstitute 5 level tablespoonfuls (about 2 oz.) of milk powder with 1 pint water.

Skimmed milk—that means hardly any fat and accounts for the quickness with which anything made with milk powder sticks to the saucepan, or even burns. You can prevent this in various ways.

Add a little margarine or lard where the recipe makes it necessary to reconstitute the milk powder at the beginning.

Better still is the method of adding the milk powder to the dry ingredients (for cakes, puddings, etc.) using water to moisten the mixture.

If you want to use 1 pint of milk together with other ingredients (flour, custard powder, etc.) in order to make a sauce, custard, or the like, finish cooking your ingredients with $\frac{3}{4}$ pint of water, and use $\frac{1}{4}$ pint of water to reconstitute 5 level tablespoonfuls milk powder, adding this at the end. This is the simplest way of avoiding the danger of a burnt saucepan.

Here is an alternative way of reconstituting the powder in case you find the ordinary method of sprinkling the powder on top of lukewarm water not fully satisfactory.

Reconstituting milk powder—otherwise than by sprinkling it on water.

Whatever quantity of powder you want to reconstitute, use a bowl or cup with a comparatively narrow bottom. The point is that you want the powder to lie fairly deep in the basin, the sides of which give you the necessary resistance for the initial stirring and beating. To give you an example. If you want to mix 2 tablespoonfuls of milk powder with the necessary water, choose a cup and a narrow one at that. It makes it easier if you hold the cup or basin firmly in your left hand and work with a wooden spoon vigorously when the powder is moistened. Use lukewarm water and start with a little poured into the centre. Then carry on adding the water while you beat it as fast as you can and with full concentration.

Sweet Fluff

You can make an ordinary custard, for which you have used any kind of thickening, as fluffy as if it contained stiffly beaten white of eggs. First make the custard with only half the necessary

HOUSEHOLD MILK POWDER

water but all the sweetening and thickening. Use the other half of the water to reconstitute your milk powder according to the instructions given previously. Beat this well and you will find the milk has a thick layer of foam on top. Pour into the cooked custard (which looks like paste at this stage) and beat well up together. It is amazing what this does.

Mock Whipped Cream

Mix half a cupful of household milk powder with 1—2 level tablespoonfuls of sugar, preferably castor. Add quickly a dash of warm water, stirring instantly. Stir in a few drops of flavouring. Beat until smooth and shiny.

This makes a rather rich cream, suitable for filling an otherwise dry cake. Should you find it too rich or if you want a change, you may prefer the following method:

Make a cupful of firm custard or blancmange, using double the amount of custard powder or cornflour usually taken. Leave to cool. Beat into it the milk powder cream made as described above. If you wish to make a really first-class cream, beat 1—2 oz. soft margarine into the warmish custard or blancmange before adding the milk powder cream.

Cake Icing

This looks and tastes so much like the real thing that your guests will suspect black-market sugar sooner than a substitute.

Ingredients: 2 heaped tablespoonfuls (2 oz.) milk powder, 1 level dessertspoonful sugar, 2 tablets saccharin, a little lukewarm water, flavouring to taste.

Dissolve the saccharin thoroughly in very little hot water, about half an eggcupful. Leave to cool slightly. Add the flavouring. Mix the milk powder with the sugar. Now add the water gradually, beating strongly, in the way described earlier in this chapter. Carry on beating vigorously for a few minutes. Then whisk for about 10 minutes. Leave to stand for another quarter of an hour, whisking occasionally.

Store in a cool place until it has stiffened enough to be used for icing and piping. The time necessary for stiffening depends on

NEW FOODS

the temperature of the place where it is kept. It will become quite hard if you leave the finished cake to stand overnight in an airy dry place.

Savoury Cream Cheese

Put 3-4 oz. roughly grated cheese and 1 gill of water into a small saucepan, add $\frac{1}{2}$ teaspoonful carraway seeds. You can take celery seeds instead, or any other spice. You can also add a little chopped spring onion green, or chives. Bring this slowly to the boil. Leave to cool off a bit (about ten to fifteen minutes).

Now pour this into half a tin of household milk powder which you have put into a small basin or cup. Gradually add 1-2 teaspoonfuls vinegar. Now you have to show your personal skill with seasoning. Use pepper, a little salt, and if you wish tomato sauce or any other kind of flavouring. Taste while you mix.

Keep this cheese in a warmish place for at least two to three days. If you can manage it put it for a time into a cool oven.

Note: You can improve your cream cheese by using milk instead of water.

Salad Creams

SALAD CREAM (a)

Mix household milk powder with a very little lukewarm water to a stiff paste. Add salt, pepper and vinegar to taste.

SALAD CREAM (b)

Mix household milk powder with a very little lukewarm water to a stiff paste. Add chutney, finely chopped with its sauce, or any kind of spicy thick bottled sauce. Now taste for salt and pepper.

SOYA

There are a few practical points which we have to bear in mind while cooking with soya.

Soya flour has more moisture than ordinary flour. Mix or knead it for a minute or two before you add all the necessary liquid, otherwise you may have added too much. As soya flour contains 20 per cent fat (fine oil) you can mix it with either cold, warm or hot liquid. Add the liquid gradually to avoid lumps.

Always bear in mind that soya flour has no starch. If your dish requires a binding or stiffening agent, add a small proportion of something starchy. Flour or cornflour (custard powder) or ground rice, or potato flour, or raw grated potatoes with their juice.

A dish which contains a fair amount of soya flour is more sustaining than any other vegetable dish. The main complaint about a vegetable or fish meal is that it does not satisfy for long. This is not the case if a meal contains 1—2 oz. soya flour per person. We should take this into consideration when preparing a dish for which we have to economize severely with meat, fish or the like. Soya flour blends well with anything savoury. It does not go well with tomatoes.

Breakfast Fry

Ingredients: (4 persons), 1 heaped tablespoonful flour, 2 oz. (2 heaped tablespoonfuls) soya flour, 1 small level teaspoonful baking powder, 1 level saltspoonful salt, meat or vegetable extract, about 1 gill stock (or water or vegetable liquor or milk/water mixed). Frying fat, or dripping, $\frac{1}{2}$ —1 rasher bacon, finely chopped (optional).

Mix the dry ingredients. Dissolve enough meat or vegetable extract in the gill of liquid to flavour it well. Beat this gradually into the dry mixture to make a smooth, firm batter, like stiff whipped cream.

Heat fat or dripping in a frying pan. Add the bacon if you wish. When it sizzles, spoon the mixture in small heaps into it. Fry

NEW FOODS

gently for a minute or two, turn over, and fry for another 2—3 minutes. Serve piping hot.

You can prepare this batter at any convenient time, even the night before. Keep it in a cold place.

Soy en Cocotte

Ingredients: (4 persons), 2 oz. (2 heaped tablespoonfuls) soya flour, $\frac{1}{2}$ cup water or milk/water mixed, or even pure milk, $\frac{1}{2}$ small level teaspoonful vegetable extract (optional), $\frac{1}{2}$ oz. finely chopped bacon (optional). Dissolve the vegetable extract in the liquid and mix it with the soya flour, beating it well. If you do not use vegetable extract you will have to add salt. If you want to add bacon, do it now.

Fill this mixture into individual slightly greased fireproof dishes and steam the way you would steam egg custard. You can safely use small cups if they are not too thin. If you place the dishes or cups into boiling water, make sure that it does not boil too fiercely and that it only reaches about half-way up. Cook this way for about 15 minutes. Serve in the dishes or cups.

Soups

You can make an infinite variety of good soups with soya flour. It gives the soup that creaminess and 'body' which is the main attraction of commercially canned soups. Almost any humble liquid such as vegetable liquor or even plain water mixed with soya flour and a little plain flour makes a delicious and highly nutritious soup. Season it. Season it well! Here are a few recipes.

CREAM OF SOY

Add any kind of liquid you have available (vegetable liquor, milk/water mixed, stock, or plain water) to the soya flour in a basin. Count $1\frac{1}{2}$ large cupfuls liquid per person and use as much soya flour as you fancy. You can judge how thick or thin your soup will be when you begin mixing this, because the soya flour hardly thickens.

Bring this slowly to the boil, adding a little vegetable extract, ground nutmeg, and some cheese gratings.

For every 2 large cupfuls of this, stir one heaped teaspoonful

SOYA

plain flour with a little cold water or milk to a smooth paste, add some of the boiling hot liquid, stir strongly to blend well and pour into the saucepan with the hot soup. Cook for 1—2 minutes and taste for seasoning.

LENTIL OR PEA SOUP

These blend particularly well with soya. You may find it helpful to serve such a soup as the mainstay of your meal. If you add a good portion of soya flour to a rather thin lentil or pea soup, or if you mix it with a little *purée* or condensed canned soup, and add just water—you still serve first-class nourishment. Flavour preferably with bacon rinds.

ONION SOUP

Necessaries: onions, soya flour, grated cheese, flour, little cinnamon, if possible a dash of angostura, or any kind of wine or apéritif (even ginger wine or the like, or a little prune juice, will do if you keep it a secret).

For 4 persons, count 2 pints liquid which can be plain water, but should preferably be stock with a little milk or milk/water mixture.

For this amount mix 2 rounded tablespoonfuls soya flour with 2 dessertspoonfuls plain flour and add the liquid gradually to this. Bring to the boil, stirring. Add as much finely chopped onions or spring onions (with their green) as you can afford and fancy. Add about a level teaspoonful cinnamon, and about a level tablespoonful grated cheese. Cook gently and taste for salt and pepper. You have to cook this soup only for the time it needs to cook the onions.

Although it is always nicer to serve this soup when it is freshly cooked, it won't do any harm to leave it until you want it. Add the dash of angostura or whatever wine you could manage just before serving.

N.B. The orthodox cheese to be used in this is camembert—keep this in mind for the future.

Mock Chops

These chops provide you with as good a nourishment as meat chops.

NEW FOODS

As they are one of those dishes which tempt the appetite more than the usual ones, you will have to find out for yourself how much you require for your family. The following amount should be sufficient for about 6 persons.

Ingredients: 2 lb. raw potatoes, $\frac{1}{2}$ lb. soya flour, 1—2 onions or the equivalent in spring onions (even leek will do) or a tablespoonful mixed herbs. About 1 level dessertspoonful salt, and 1 level teaspoonful pepper.

Scrub the potatoes, you need not peel them. Mince or grate them at once. Be careful to catch all the juice which runs out in this process. This juice is the only binding agent you have. This is also the reason why no time should elapse between taking the potatoes out of the larder and finishing the mixture. Grate or mince the onion before you mince the last potatoes. Otherwise add the herbs to the mixture. The potatoes will discolour but this does not matter. Add salt and pepper and the soya flour. Mix well.

Shape chops and fry slowly on both sides. Or, if the mixture is too soft, spoon it into a frying pan flattening each portion. Fry until the surface is almost dry, shaking the pan and loosening the portions with a knife. Turn over and continue as you would for pancakes. Make sure the fat is really hot!

(a) Put on a rack in a hot place and serve at once after you have finished frying.

(b) Cool on a rack and heat up under the grill or in the oven when required.

(c) SAVOURY PIE

If you want to make large amounts and find that you have no time to fry these 'chops' you can make a Savoury Pie. Add a little fat or fat scraps to the mixture. If you have used mixed herbs instead of onions add a little grated fresh root vegetable as well. Spread the mixture into a well-greased baking tin, cover with a layer of bacon rinds, or spot with little lumps of dripping and bake until done. Serve with gravy.

(d) SANDWICH FILLING

You can use the fried mock chops as a sandwich filling. This is the nearest to 'cold meat' sandwiches you can get. Delicious and juicy.

SOYA

Sausages

(10 sausages require only 2—4 oz. meat scraps)

Ingredients: 4 oz. soya flour, 1 oz. (1 tablespoonful) dry breadcrumbs, 2—4 oz. minced meat and fat scraps (any kind), 1 small level teaspoonful or $\frac{1}{2}$ cube meat extract, little cooking fat.

Dissolve the meat extract in $\frac{1}{2}$ gill water. Mix the soya flour with the breadcrumbs, salt and plenty of pepper. (If you are not sure about the pepper, wait until you have your mixture ready and then add some more), add the meat and fat scraps and the stock which you have made. It should be firm and soft, exactly like sausage meat. Taste once more for pepper. Shape sausages and turn them in flour. Fry in steaming hot fat. Serve hot or cold.

Meat Loaf

You can give the illusion of an extra joint by this dish.

(Size when finished: approx. 9 inches by 4 inches by 4 inches)

Ingredients: 1 $\frac{1}{2}$ lb. raw minced meat (any kind), $\frac{3}{4}$ pint vegetable liquor or stock, 6 well-heaped tablespoonfuls soya flour (about $\frac{1}{2}$ lb.), 1 rounded teaspoonful vegetable or meat extract (or 1 cube), 1 heaped tablespoonful dried breadcrumbs (optional). Finely chopped or minced onion, spring onion, or leek, to taste, 1 level teaspoonful salt, $\frac{1}{2}$ level teaspoonful pepper.

Dissolve the vegetable or meat extract in the stock or vegetable liquor. In emergency take water. Mix all the other ingredients together. You can do this best by kneading it with your spread fingers. Grease a loaf tin and, if possible, line the bottom and the sides with either bacon scraps or rinds. Fill the meat mixture into the tin, and smooth the surface. Again cover with bacon scraps or rinds or spread thinly with dripping. Bake on middle shelf of a medium oven for 1 $\frac{1}{4}$ —1 $\frac{1}{2}$ hours. Turn out of the tin. Serve hot first and the remainder cold.

Noodles

As our knowledge of food values progresses we look upon macaroni—and that is what noodles are after all—with mixed feelings. A good dishful of macaroni (or noodles), with tomato sauce is so easy to prepare, so much enjoyed—and just so much

NEW FOODS

carbohydrate or starch! Even if we cannot afford the tomato sauce we can still dish up an appetizing meal with macaroni (or noodles) and gravy. In addition we can get the body-building quality without adding meat, simply by improving the noodles with soya flour. This way the noodles contain the necessary body-building food for a meatless day.

Ingredients: 6 oz. (6 heaped tablespoonfuls) soya flour, 4 oz. (4 tablespoonfuls) flour, about $\frac{1}{2}$ pint water, salt.

Mix the soya flour with the flour, and add a good pinch of salt. Make a well in the centre, pour the water into this, beat the flour into it from the sides. Do not use all the water at the beginning, remember soya flour contains moisture which develops after about 1-2 minutes' kneading. The pastry should be smooth and elastic.

Roll it out on a floured board, about $\frac{1}{4}$ inch thick, or thinner. Cut into strips of about $\frac{1}{2}$ -inch width. Cut these again crosswise, if you wish.

Bring any kind of gravy or sauce to the boil and throw the noodles into it. Cook gently, but keep at boiling point. The noodles rise and are done a few minutes after this. Do not cover with a lid.

You can use these noodles also in the same way to make a stew or a soup go further, still remaining first-class nourishment.

Savoury Roly Poly

Make the same pastry as above. If necessary add a little more flour while rolling out, because you must be sure that you can handle your pastry without danger of it breaking. Spread the surface of the rolled-out pastry, first with a little dripping and then with either of these:

Pickled Poly

(a) chopped mixed pickles (mustard or plain).

Root Roly Poly

(b) Grated raw carrots, turnips, and parsnips.

SOYA

Meat Roly Poly

(c) Thin layer of finely chopped tinned meat.

Fish Roly Poly

(d) Any kind of flaked fish.

Roll up like a roly-poly and either steam in a proper container or spread with dripping and bake in the usual way. The time you need for this depends on the thickness of your roly poly and whether you have used cooked or raw ingredients for the filling—between 1 to 2 hours.

Creamy Mashed Potatoes

If you prefer mashed potatoes rather creamy and have no milk and margarine to beat them up with, you will find the addition of soya flour more than a substitute. Where you would have used $\frac{1}{2}$ pint milk plus that odd bit of margarine, mix $\frac{1}{2}$ pint water with 1 rounded dessertspoonful soya flour and use this instead, the same way as you would have added hot milk.

Making Good for the Lack of Milk

It is all well and good to say in a recipe for custard, puddings, or sauces: 'milk or milk/water mixture.' With skill you can produce something palatable in diluting milk but you cannot overlook the fact that it is less nourishing. In many cases you can make good for this loss by adding soya flour at your discretion. You may find this an improvement anyway for sauces to which you used to add yolks of egg and cream. The following is a recipe for a sauce which is very fine for cauliflower, cold left-over veal or chicken, or fish, or leek.

Soy Béchamel

Ingredients: $\frac{3}{4}$ pint vegetable liquor, $\frac{1}{4}$ pint milk, 2 oz. (2 table-spoonfuls) flour, 1 oz. (1 heaped table-spoonful) soya.

Heat the liquid after having kept a little with which to stir the mixed flour and soya into a creamy paste. When the remaining

NEW FOODS

liquid is hot, pour this into the flour/soya mixture, stir, and return all back into the saucepan. Boil gently, stirring all the while, 3—5 minutes. Season to taste. If necessary add a little more liquid. A very little margarine improves this sauce.

Soy Flips

We seem to need milk most in those months when it is most scarce. During the long months of cold, draughts and dampness, we long for a sustaining warm drink for our 'elevenses' or as a 'night-cap'. We will find a noticeable improvement in our general health throughout this most dangerous time of the year if we get accustomed to taking fairly regularly one of the following 'flips'. During the warm season plenty of exercise will keep the body functioning well. The oil contained in soya is a gentle laxative and will help in difficulties resulting from the more sedentary life we live during the shorter days.

Cocoa Flip

(2 glasses)

Put 2 level dessertspoonfuls of cocoa and 1 rounded tablespoonful soya flour into a saucepan. Fill up with $\frac{1}{2}$ pint of cold water. Add either sugar to taste or three tablets of saccharin. Bring slowly to the boil. Add either 1 gill of milk or, if you do not want this, start with $\frac{3}{4}$ pint of water instead of $\frac{1}{2}$ pint. When it is about to boil over, turn the flame low and beat strongly. Preferably whisk it for a few seconds. Pour into tumblers and serve at once.

Coffee Flip, Winter Flip, Cinnamon Flip

(2 glasses)

These flips are made in very much the same way.

Count 1 rounded tablespoonful of soya flour to $\frac{1}{2}$ pint liquid, 2 tablets of saccharin, and again, either a little milk, or a little more liquid at the beginning. The difference lies in the liquid you use. For coffee flip, take coffee; for winter flip, flavour water with lemon or orange flavouring; for cinnamon flip, add a level saltspoonful cinnamon to the water, or more to taste.

Note: Always beat well before serving.

SOYA

Savoury Breadsread

Ingredients: 4 oz. (4 heaped tablespoonfuls) soya flour, $\frac{1}{2}$ teaspoonful each thyme, sage, marjoram, mixed herbs, or 2 teaspoonfuls mixed herbs only, 1 small level teaspoonful salt, 1 small level teaspoonful pepper.

Mix all the dry ingredients together. Pour enough cold water into it, stirring at once, to make a thick paste. You will need about $\frac{1}{2}$ pint water. Fill into a greased basin and cover.

Cook in the way most convenient to your kitchen arrangements. Either place the basin into boiling water reaching half-way up, or steam it. This would take 30—40 minutes. Or you can put the mixture into any kind of fireproof dish and finish it in a slow oven anywhere you like; it does not matter how long it takes.

To test: put a fork or a spoon in the centre of your mixture, scrape out a little; it should be slightly firmer than it was, but still spreadable.

Chocolate Spread

Is made exactly the same way as the Savoury Spread. Instead of the mixed herbs and pepper use 2 oz. cocoa and either sugar or dissolved saccharin to taste. Cook and test like the Savoury Spread.

Salad Cream

Plenty of this salad cream poured over your raw salads makes a perfectly balanced meal in itself.

Ingredients: 1 cupful soya flour, 1 level teaspoonful mustard powder, 1 level teaspoonful salt, $\frac{1}{2}$ level teaspoonful pepper, 1 heaped teaspoonful custard powder (or flour or potato flour), $\frac{1}{2}$ level teaspoonful sugar, 4 large tablespoonfuls vinegar, 1 cup of water, a dash of milk. Finely chopped mixed pickles (optional).

Mix all the ingredients, except the milk. Put into a saucepan and bring to the boil, stirring. Boil gently for a few minutes, stirring all the while. Leave to cool. If you can, stir occasionally while it cools. Before using it, add the milk (if any). If you have a little oil, add it by all means. In any case beat a few minutes before serving. You can keep this in bottles in a cold place for several days. Shake before using.

NEW FOODS

Golden Pudding

(Less fat, no eggs, no milk)

You can feel safe about the nourishment you give your family if you follow a rather poor meal with this pudding.

Ingredients: (6—8 persons), $\frac{1}{2}$ lb. soya flour, 4 oz. fairly fresh breadcrumbs, 4 oz. dried fruit (or more), 1 tablespoonful sugar, 6 tablets saccharin, 3 oz. lard or margarine or suet, 3 teaspoonfuls baking powder, spice to taste, preferably ginger or cinnamon.

Mix the soya flour with the breadcrumbs, baking powder, spice, dried fruit, sugar, and a good pinch of salt. Rub the fat into it. Dissolve the saccharin in very little hot water. Beat enough cold water into the mixture to make a smooth, moist paste. Add the dissolved saccharin, and mix thoroughly.

Put into a well-greased pudding basin, cover with a cloth and tie up. Steam or boil in the usual way for 2—2½ hours.

NEGLECTED FOODS

ARE THERE ANY?

We are being modern in this book, consciously and proudly.

Still, as always when we move along streamlines, there comes a moment of nostalgia for anything that symbolizes the 'Good Old Times'.

Even in a glass-and-chromium house, antique ornaments or pieces of period furniture can display their dignity against plain white walls. Or, and this is where the arrangement becomes really interesting, we find an old-fashioned house tool used for a new purpose. It may perhaps be a copper water can, once carried up and down tedious staircases, which now glows under the heads of humble sunflowers. Our grandmothers and great-grandmothers would have used neither the can nor such flowers to bring beauty to the table of a drawing-room.

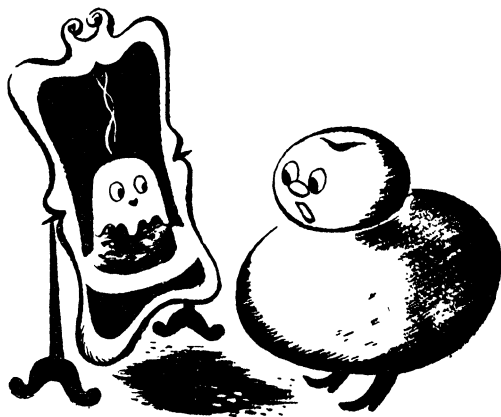
This gives us again a new outlook. Are there any foodstuffs which tradition despises as humble? If we find how to use them for our benefit, our dinner tables may proudly display new dishes—often with just that slightly familiar touch which appeals to us so much.

The following recipes are good examples of this. As all these dishes are very easy to prepare, you will probably carry them over into better times. After all, cabbages as well as kings have survived many a time of crisis and still keep their place in our esteem.

OUR DAILY BREAD

When we criticize old-fashioned traditions we have to distinguish between those we can discard as mere superstitions or unnecessary frills and those which are of real importance. Bread remains one of the fundamentals of life.

In modern times we have sometimes gone 'off the rails' in attempting to free ourselves from old habit and custom and have often been overcontemptuous of simple ideas and things. The term *stale bread* has become proverbial for such contempt. The good



wholesome loaf has been cut down to paper-thin crustless sandwiches, no longer bearing any resemblance to their origin. When Lord Sandwich first asked for a piece of meat to be served between two slices of bread, his reason was a somewhat dubious one. He was a great gambler and did not want to be interrupted for a proper meal. Yet his idea was most wholesome and praiseworthy. It gives one an appetite merely to think of a good firm bite into a substantial amount of bread and meat. What we have often made of this in our modern world hardly bears thinking of.

Let us revive the respect for bread. Our hands should hesitate

OUR DAILY BREAD

to crumble it wastefully at dinner. Our gratitude should prevent us from making litter of such food.

Whenever we look through our stocks, as we often have to do with a frown, we come across bits and pieces of stale bread. We have always thought of these as a perpetual nuisance. No one remembers how they got into the bin. They accumulate like those mysterious pins that find their way into little bowls on the mantelpiece: nobody ever puts pins there, but a few weeks after you've cleaned them out, there they are again. I've given up the struggle against those pins: but with odds and ends of stale bread it is a very different matter indeed.

There should be no nuisance in a larder.

So let us take all our crusts and crumbs, put them on a wooden board—and think.

There is flour and yeast, a promising flavouring. As it is stale bread, it is dry and therefore has the ability to soak up moisture and swell.

You will be surprised what you can do quickly, and with a minimum of basins and spoons, if you just concentrate for a moment. You will produce some bright idea for the kind of moisture and ingredients to be added to these bits, and the shape and way in which to cook them.

All the following recipes are measured and tested for the use of stale, i.e. dry bread only. If fresh bread is substituted there is the danger that the dish may turn out 'sloppy' or 'sticky'.

STALE BREAD AND BUNS

Breakfast Dishes

WHEATEN PORRIDGE

Soak broken bits of brown bread in just enough lukewarm water for the bread to absorb. Soak overnight.

The next day heat a little margarine in a saucepan, add the soaked bread, stir over a low flame until it is stiff. Half-way through the cooking taste for salt and, if you wish, for sweetening. Serve piping hot with cold milk. Should you be very short of milk you can make a thin custard, only very slightly sweetened with water and a dash of milk. Or, you can pour a thin spiral of syrup over the porridge after dishing it up. The yeast contained in the bread makes this porridge more tasty than if you had used wheaten flour only.

CARROT BREAD

Necessaries: Ingredients for a pancake batter. Also stale bread, carrot, parsley, little bacon (optional) or fat for frying.

Make the pancake batter and leave to stand.

Before serving, grate a raw carrot and roughly chop some parsley. Cube stale bread.

Heat the fat in the frying pan, if possible add a little chopped bacon. Begin to fry the breadcubes in this, pour the pancake batter over it and shake the pan over a low flame for a minute or two. Before the surface dries sprinkle the grated carrot and the chopped parsley into the batter. Fry until the surface is dry, or (if you dare it) turn the pancake over. Serve with the brown side up.

Savoury Pie

Necessaries: stale bread, stock or vegetable liquor, meat or vegetable extract, leeks, carrots, celery. Optional: a little chopped tinned meat or raw minced meat.

Flavour the stock or vegetable liquor well with meat or vegetable extract and pour as much of this over stale bread as it will absorb quickly, mash slightly with a fork.

STALE BREAD AND BUNS

Grease a casserole or fireproof dish, and spread a layer of the bread mixture into the bottom. Cover this with a layer of chopped leeks, grated carrots, and sliced celery. Sprinkle with salt and pepper. If you wish to use meat for this dish, arrange it between the vegetables. Continue making these layers until you have used up all your bread mixture and vegetables and meat. Pour about a cupful of stock over a medium-size dish prepared this way. Bake in a slow oven for about half an hour.

Quick Chocolate Pudding

Necessaries: stale bread, cocoa, sweetening, very little margarine or lard, custard powder (or flour), flavouring.

Cut the stale bread into cubes about 1 inch square.

Make a strong cocoa with water, well sweetened. You can use saccharin; you do not need any sugar in a dish as full of carbohydrate as this anyway. Pour enough cocoa over the bread cubes to make them swim comfortably in it. To every large breakfastcupful of this ($\frac{1}{2}$ pint) you have to add either 1 dessertspoonful custard powder or flour. Do this by stirring the custard powder or flour with some of the cold cocoa from the bread and cocoa mixture. Add flavouring and a pinch of salt. Taste for sweetening.

To cook: (a) add about 1 teaspoonful margarine or lard to every $\frac{1}{2}$ pint (large breakfastcupful) of this mixture and cook in a saucepan over a very low flame until firm. Do not stir with too much anxiety but rather fold with a wooden spoon and scrape gently over the bottom of the saucepan; (b) grease a baking tin or fireproof dish very well, pour the mixture into it and bake in the oven, any shelf, any heat, until set.

Quick Pudding

(No oven—no steaming)

Preparation time: 5—7 minutes.

Necessaries: (4—5 persons), 1 level tablespoonful custard powder (or potato flour and flavouring), $\frac{1}{2}$ pint milk (any kind), bread, sugar, little margarine, dried fruit, flavouring.

Well grease a fireproof dish with margarine. Cover the bottom with thick slices of bread, filling the gaps with broken bits. Mix the custard powder (or potato flour and flavouring) with the

NEGLECTED FOODS

milk, sugar to taste and a pinch of salt. Flavour well with vanilla or grated orange rind. Pour this over the bread, make sure that you have wetted it everywhere. Leave this for at least 15—20 minutes, but you can leave it longer.

Sprinkle with dried fruit and then with some cinnamon and place this under a low grill until set and brown.

You can prepare this dish at any convenient time. Push it under the grill when you start your meal. It will be just cooked when you are ready for the dessert.

Fancy Tea without Fuss

Undoubtedly the tea party is one of the cosiest and most inspiring institutions in our communal life. There is a certain air of nonchalance about sitting comfortably, feeling comfortable, and enjoying refreshments in comfort. In comfort . . . except the hostess! If we housewives want to be candid we must admit that it takes more time and trouble to build up that magnificent edifice of an English tea table or trolley than it does to prepare and serve any of the new recipes we have dealt with in this book. Give up tea parties?—emphatically no. It is a precious opportunity to relax and speak our minds.

Before I give you my utterly ruthless, but at the same time highly successful recipes for avoiding fuss over the party, I would like to pass on to you a new manner in pursuit of happiness. Let us visualize the situation: our guests have arrived, they all stand round in the room and choose their seats. With tolerance we now go into the inevitable talk about weather and well-being, knowing that this only leads up to an interesting discussion. Alas, the forthcoming conversation—though it be on the level of a seventeenth-century *salon*—is bound to be broken up by ‘have another piece of this cake’—‘have you tried this pastry?’—‘do have something or the other’. Thus some of the best thoughts will be murdered by kindness, generosity, and the graceful duty of the hostess. All this can be avoided by the hostess herself, who during the period of weather-and-health-talk calls the attention of her friends and tells them simply: ‘All these refreshments are meant for you—nothing has to be left over for to-morrow. Please help me to enjoy this afternoon also, by helping yourselves to whatever you fancy!’ It works admirably.

STALE BREAD AND BUNS

NO TROUBLE TEA FANCIES

You can make three different kinds of fancy cakes for generous helpings for six to eight persons out of a plain small sponge round (bought at the baker's or grocer's)—or in high emergency even a plain teacake will do. You will be far more successful if your sponge or teacake is stale!

Split the round carefully across.

1. Heap on one half a good amount of Chocolate Fluff Cream (see below) thus making a deep, full size cake.

2. Cut triangles out of the outer rim of the other round—do not cut more than $1\frac{1}{2}$ inches into the round. In this way you will have not only the triangles but a 'star' of pastry left. Spread these triangles with either jam or peanut butter, or margarine sprinkled with sugar and cinnamon (mixed).

3. Now split the remaining 'star' of pastry across and spread thickly a layer of any kind of flavoured icing (or jam) between the two slices. Cover the whole with icing. The icing is of course made with milk powder (see recipe 'Cake Icing' on p. 37) to which you add just enough liquid to make a stiff paste. Use either water and flavouring, or fruit juice or cordial.

CHOCOLATE FLUFF CREAM

(No milk of any kind required)

Ingredients: $\frac{1}{2}$ pint warm water, 2 rounded tablespoonfuls of cocoa, 1 dessertspoonful of treacle (or syrup), saccharin if necessary, vanilla essence (optional) and the amount of powdered gelatine sufficient for 1 pint liquid. Refer to the instructions on the packet for this. Or use 1 tablespoonful of loose gelatine.

Method: dissolve the gelatine in very little boiling water.

Add the treacle to the cocoa. If necessary, add a little sugar or more treacle. Add the water gradually, stirring strongly. Add the vanilla essence. Taste for sweetening. Add the gelatine, stir well and store in a cool place.

When it begins to set, whisk for about 10—15 minutes and put at once in the coldest place you can find. If you cannot spare 10—15 minutes at a stretch for whisking, this can be done at intervals; but always keep in a cold place meantime.

NEGLECTED FOODS

GOLDEN FRUIT SLICES

Blend 2 tablespoonfuls of golden syrup with 2 tablespoonfuls of fruit juice. Use either the juice from soaked dried fruit, or fresh stewed fruit, or undiluted fruit cordial. Reconstitute 2 level tablespoonfuls of dried egg with 4 tablespoonfuls of water and beat this strongly. Add the fruit syrup and beat once more.

Soak in this mixture as many bread 'triangles' or 'fingers' as you can, but make sure they are all well soaked. *Stale bread is essential*, as fresh bread is apt to crumble.

Heat a little margarine in a frying pan and fry the soaked bread quickly on both sides. If you have not enough margarine, fry on one side and finish under the grill, with, of course, the uncooked side facing uppermost. Eat hot or cold. These can be heated up under the grill once more if necessary.

French Chocolate Cake

Here you can make good use of any kind of dried out, left-over biscuits and cake bits, rusks and stale bread. Line a small cake tin with clean paper. Cover the bottom with these stale-bits and fill the spaces with crumbs.

Make a thick chocolate blancmange, using cocoa and custard powder, or plain flour or fine oatmeal. In any case use sufficient cocoa to give a strong chocolate flavour. If possible, add a little lard to it. A small amount of whisky, gin, or any odd wine added to it brings this recipe a little nearer to the original French one.

Pour and spread this over the stale-bits. Cover with another layer of stale-bits and continue this way until you have used all the chocolate cream, and last finish with a top layer of stale-bits.

Leave this to stand overnight in a cold place. To serve, cut into slices. You will see for yourself that the smaller and higher your tin is, the prettier your slices will look.

N.B. Make sure that your chocolate cream is sweetened and flavoured well and that it is as thick as you would make it for a mould which is to be turned out before serving.

Valentines

Count 1 ordinary teabun for two persons. Cut each one across and scoop out the soft centre leaving 'shells' of about $\frac{1}{4}$ inch.

STALE BREAD AND BUNS

Crumble the scooped-out parts and mix either with mock whip cream, or bottled fruit (chopped and mixed with their juice), or stewed rhubarb, or any other kind of stewed fruit. In emergencies use plain sweet cocoa. In any case, add just enough to the bun crumbs to soak them well.

Heap this mixture into the bun 'shells'.

If you wish to serve this dish hot, cover with margarine shavings and heat under the grill or in the oven.

Wartime Trifle

Trifle—what memories! But where are the sponge cakes, jellies, etc., necessary for the real thing? Never mind, this will be very good too:

Necessaries: 1 small ordinary teabun per person, fruit juice (bottled) or cooked fruit, or very thin apple sauce. Thin custard, made with custard powder or potato flour and flavouring.

(a) Cut the buns across and put either in individual plates or a large dish. Soak with the fruit juice, pour a little thin custard over them and top with a little fruit, if you have it.

(b) Do it the other way round. Soak the buns with thin custard, pour the fruit juice over it, again use fruit, if any, for decoration. Always pour the juice or custard *hot* on the buns.

Chocolate Dessert

Necessaries: ordinary teabuns, cocoa, little milk, custard powder or flour.

Slice the buns across and arrange in dishes or large dish.

Make 1 pint of cocoa for every three buns. Thicken this in the usual way with either a dessertspoonful of custard powder, or flour. Add a dash of fresh milk and pour hot over the buns. Leave to soak.

Special Tea Fancies

WITH FRUIT

Split a large teabun or individual small ones—spread thinly with margarine and sprinkle any kind, any amount, of chopped dried fruit on to it. Cover with the top. If you wish, decorate with

NEGLECTED FOODS

whipped cream made with household milk (see recipe Mock Whip Cream).

WITH PEANUT BUTTER

Again slice a large (or small) teabun across. Spread fairly thickly with peanut butter and then with jam. Sprinkle with salt, sandwich it and cut.

WITH CHOCOLATE

Make a creamy paste with cocoa and water and very little milk. Add to every cupful of this, 1 teaspoonful margarine, pinch of salt, and bring to the boil, stirring vigorously. Taste for sweetening. Saccharin will be entirely unnoticed here; dissolve it thoroughly before adding it. Spread this between and on top of large (or small) teabuns.

Apple Tart

(without lighting the oven)

Cut an ordinary large teabun across as thinly as you can manage. You should be able to get at least three to four layers. Do this with a bread saw-knife, pressing very gently with your left hand while you *saw* slowly, beginning at the top.

Place the bottom layer of the teabun into a high rimmed tin, the bottom of which is detachable. Cover this with a layer of stewed apples (or any other kind of stewed fruit), sprinkle with cinnamon or any other flavouring you like. If you wish to glorify this cake, cover each layer of apples thinly with either custard or Mock Whipped Cream (made with household milk). Continue to make layers this way.

For the very top: turn the upper slice of the bun upside down and decorate this as best you can with either fruit or custard or Mock Whipped Cream, or all of these.

To serve: leave this cake to stand for at least 1—2 hours before serving. Remove the rim and put the cake, *still on the bottom of the tin*, on to a dish.

Instead of Hot Fruit Pudding

There are times when you have neither the opportunity, nor the ingredients, nor the fuel to make a steamed pudding of the real good old stodgy kind. You can help yourself very easily

STALE BREAD AND BUNS

out of this calamity with the following recipe. It is filling, too.

Soak and cook any kind of dried fruit. If you are short of it, used stewed, or bottled fruit, if possible with a small addition of chopped dried fruit.

Get one large plain teabun per person from the baker.

Pour the boiling hot fruit over each bun. Pour slowly, pricking deeply into the bun with a fork to enable the fruit and the juice to penetrate the pastry. Serve at once, or keep hot.

PEANUT BUTTER

This is not only a healthy food but also a very useful stand-by in the house. You can save quite a lot of fat in making pastries and cakes with it, at the same time improving the flavour.

For any pastry which calls for six parts of fat take 3 parts of fat and 6 parts of peanut butter. For example, 6 oz. butter would be 3 oz. margarine or lard and 6 oz. peanut butter.

You can also use peanut butter to spread between ordinary buns or on bread. Sprinkle slightly with salt. Another idea is to spread the peanut butter on raw apple slices as an after-dinner savoury, or fill into celery sticks instead of cheese paste.

POTATOES

Simple Ideas for Best Cooking

There is much that has not been said about the potato.

Generally it is believed that cooked potatoes represent just so much solid, starchy matter. But three-quarters of the cooked potato is moisture, and within this mixture of starchy matter and juice are precious fragments of minerals and vitamins which are powerful builders and protectors.

About half a pound of potatoes, prepared and cooked in one of the ways suggested here, should provide an adult person with about half the daily requirements of vitamin C.

Potatoes eaten in reasonable quantities do not spoil the figure. The general belief that they do is merely a superstition. It is surprising what nonsense is believed about fat-forming foods. There are many people who try to maintain a good figure by some kind of dietetic magic of their own. I have a friend who is rather short and really does not look at all attractive with so much waist. She leaves out potatoes entirely but satisfies her natural appetite by nibbling at odds and ends between every meal. Such 'reducing' is an absurdity.

Potatoes help our bodies in many ways and they should be just as desirable in times of plenty as they would be if they were scarce.

Flavour and consistency change, however, through different cooking methods.

There are a few good elementary ways of cooking potatoes.

1. Boiled properly or steamed in their jackets.
2. Baked in their jackets. Or roasted or fried raw in fat.
3. Sliced raw into a gravy or sauce and cooked either in a casserole in the oven, or in a saucepan on the top flame.

Texture and taste can vary quite interestingly. Method 3 provides you with new dishes, and at the same time it best preserves all the good in the matter.

NEGLECTED FOODS

Wholesome Potato Pottage

(4—5 persons)

3 lb. potatoes; $\frac{1}{2}$ lb. carrots; part of a celery; a few flowerettes of cauliflower, or the sliced cauliflower leaves; 1—2 tablespoonfuls raw meat (optional) any odd bits, very finely chopped; 1 tablespoonful fat; parsley. Instead of the meat you can take luncheon sausage which really gives a more hearty taste.

Clean all the vegetables and cut them up. Fry the meat in a large saucepan with the fat. If you do not use meat, heat the fat. Add the vegetables to this and stir. Just cover with water and start simmering. Add salt, pepper and 1 dessertspoonful mixed herbs. Chives and sage are good with this. Cook gently until done, about $\frac{1}{4}$ hour.

Before you serve, add the sliced luncheon sausage cut into cubes. Allow this to heat through.

American Potato Soup

(4—5 persons)

Clean 1 lb. potatoes and $\frac{1}{2}$ lb. mixed root vegetables and grate them over the large holes of a grater, or cut up finely.

Heat a little dripping, or raw finely chopped fat, any kind. Add the vegetables and stir over a low flame for a minute or two.

Add 1 quart of stock, salt, pepper and sugar to taste. Add 1 teaspoonful mixed herbs. Simmer gently, covered with a lid, until the vegetables are done (about quarter of an hour). Stir once in a while.

Before serving sprinkle with broken cream crackers or the like, or with broken toast.

Pink Potato Soup

As children love everything that looks and tastes pink they will fall for this.

Necessaries: potatoes, beetroot, and a little lard, or fat, green of leeks or onion.

For every three to four large cups of soup, slice or cube about 1 lb. raw potatoes. Heat a little fat or lard in a saucepan, add the potatoes and, if you wish, a little leek or onion. Stir a few mo-

POTATOES

ments and fill up with boiling water, or better, vegetable liquor—enough for the amount required. Season with salt and pepper.

When the potatoes have cooked almost to a mash, add—for this amount—a small cooked and roughly chopped or grated beetroot. Reheat quickly and serve.

Have you ever thought of raising the standard of mashed potatoes by mating them with something complementary, thereby gaining an entirely new item for your menus? Try these.

Savoury Mash

Necessaries: potatoes, swedes, and a little fine oatmeal, lard or margarine, also bread (optional).

For this dish you need cubed swedes. The easiest way to prepare this is to wash the whole swedes in cold water, cut into slices, and then peel. Heap the slices on top of each other and cut criss-cross. If you can get accustomed to using a bread-knife properly, that is really *sawing* with it, you will find it a great help.

Clean and cut up raw potatoes in a similar way. You want half and half of these vegetables.

Put all together in a saucepan and add enough boiling water to reach three-quarter way up. Add salt and cover with a lid. Cook gently, stirring occasionally. Only if necessary add more water.

When the vegetables are soft do not drain them but mash in their stock, the way you would mash potatoes. To every cupful of this mixture stir one teaspoonful of oatmeal, with a little cold water (or milk), to a creamy subsistence. Add this to the vegetables in the saucepan together with a little lard or margarine, stir till it boils again. Cook gently for about 4—5 minutes.

If you wish, serve sprinkled with fried bread cubes, or garnished with *croûtons*.

Cheddar Mash

Necessaries: potatoes, cheese.

When you drain your potatoes, keep a little of the water back. Make mashed potatoes in the usual way. To every cupful add a good amount of roughly grated cheese. Beat with a wooden spoon or, in small quantities, with a fork. It should be fluffy, and if

NEGLECTED FOODS

necessary, add some of the hot potato water. Season with salt and pepper but make sure to taste before you add further salt as cheese is salty.

N.B. According to your ration you can use considerably less or even more cheese than suggested here. If you feel in the mood to prepare an especially dainty dish, add a little cinnamon, or grated mace to this mash. You can make it look cheerful by adding shortly before serving chopped parsley, or the finely chopped green parts of the celery or spring onions.

Pink Mash

Necessaries: potatoes, beetroot.

Make mash potatoes in the usual way. To every cupful of this, have half a cupful of grated cooked beetroot handy. Shortly before serving add the beetroot to the mashed potatoes, stir vigorously over a fairly brisk flame—serve at once.

Ham Pudding

Necessaries: Any kind of American tinned pork (any possible amount), potatoes, vegetables and flour.

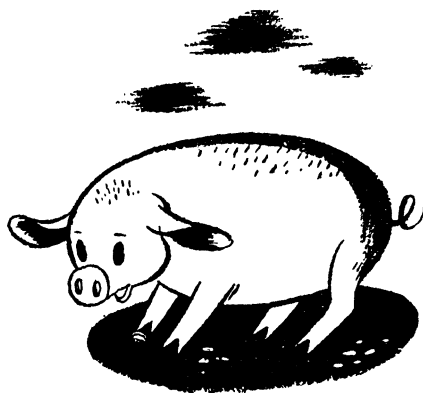
For four persons: grate or mince about 1 lb. raw potatoes. Add four heaped tablespoonfuls flour and the amount of chopped tinned pork which you have decided to devote to this dish. Add a little less salt than you would do usually for this amount. Mix well. Shape the mixture into a large ball and tie it into a clean cloth.

In a saucepan, large enough to hold the pudding later, heat a little lard. Add to this any kind of mixed vegetables. Stir for a moment or two over a brisk flame and add enough boiling water to just cover the vegetables.

Put the pudding into the boiling vegetables and cover the saucepan with a lid. Simmer on a low flame for about an hour. Move the pudding once in a while to prevent burning.

To serve: take the pudding out of the saucepan and put it on a heated, rather deep dish. Remove the cloth carefully. Surround the pudding with the vegetables. If you believe it to be an improvement, thicken the vegetable stock to make a gravy. Keep the dish warm while you do this quickly.

POTATOES



Pig-in-the-Hole

Necessaries: potatoes, sausages, and either stock or vegetable liquor and meat extract.

Scrub, slice, or cube the amount of potatoes required. Put into a well-greased fireproof dish or baking tin. Season your stock or vegetable liquor well with meat extract and add this to the potatoes, just to cover them.

Place as many sausages into this as you wish to serve. For refinement you may care to remove the sausage skins and just turn the sausages in flour before arranging them in the potatoes. Sprinkle the whole with salt and pepper. Bake until done.

N.B. If you do not want to light the oven you can make this dish in a double saucepan. Or cook it in a dish, covered with a lid, in boiling water, taking care it does not reach quite to the rim.

Potato Casserole

(with or without lighting the oven)

Necessaries: potatoes, either fish or cheese, and stock or milk/water mixture.

The basis of these two casseroles is sliced raw potatoes, cooked either in stock or milk/water mixture, both well seasoned.

NEGLECTED FOODS

SAVOURY CASSEROLE

Mix the potato slices with any amount of roughly grated cheese. Add either chopped tomatoes or herbs to taste.

FISH CASSEROLE

Mix the potato slices with flaked fish, any kind, preferably smoked.

To bake: fill the potato mixture into a well-greased fireproof dish, sprinkle with salt, just cover with stock or milk/water. If possible, cover with a thin layer of grated cheese or flaked fish, as the case may be.

To cook on top flame: put the same potato mixture into a double saucepan or fill it into a dish with a lid which you can place in boiling water, which must not reach quite up to the rim. If you wish, fill the cooked mixture into a dish and grill to brown.

Potato Curry

Necessaries: potatoes, stock or vegetable liquor, and curry. Onions, leeks and a few currants and sultanas optional.

You will find this invaluable for meals which have to be prepared in high emergencies. You can serve this potato curry either with kippers cooked in the usual way, or any other kind of fish, or scraps of meat; anything that does not look much by itself.

Cube the required amount of raw potatoes. For every 2—3 lb. heat about 1 tablespoonful of lard or dripping in a saucepan. If you wish to take onions or leek, add these, chopped finely, and stir until golden brown. Add about 1 level dessertspoonful of curry. Be careful with the curry-powder at first: you have the chance to taste later and the strength of it varies. Stir another moment or two and add the raw potato cubes. Fold quickly over a high flame. Pour boiling stock or vegetable liquor (plain water will do) into the saucepan, just enough barely to cover the potatoes. Add salt. Cover with a lid and cook gently. Stir occasionally to prevent burning. It should be done after about 10—15 minutes. Taste for curry about half-way through the cooking time.

Add the currants or sultanas right at the beginning, you may change your mind about such generosity later.

POTATOES

Potato Rice

You can make a charming substitute for rice if you press the cooked and drained potatoes either through a proper potato masher or through a sieve. Do not touch or stir them after this but serve at once, or heat just for a moment under the grill or in the oven before serving.

If you want to give the impression of rice surrounded by meat or fish, press the potatoes carefully straight away into the centre of the dish in which you want to serve it, and arrange the hot meat or fish around them.

Part of our new idea about cooking is the search for dishes which remind us of the high spots of the good old times. I believe it is one of the oldest habits to add apple to the more solid kind of poultry such as duckling or goose. How well the fragrant apple blended with the unassuming potato and the rich gravy. At present we have to suppress our wish for this kind of poultry, but there is no reason why we should not have the accompanying delicacies. Pursuing this idea we find that we not only give our meal that festive touch, but that it is so easy to collect the necessary ingredients when apples are about.

Michaelmas Potatoes

Make apple sauce. Just wash and chop up the apples; no peeling or coring is necessary. Put them in a saucepan with boiling water reaching half to three-quarter way up. Cover with a lid and cook until soft. Pass through a sieve.

While the apples cook, begin boiling potatoes in the usual way. Choose fairly even-sized ones, the number according to your family's appetite. When these potatoes are half done, drain them, and scoop out enough to leave 'shells' about $\frac{1}{2}$ inch to $\frac{3}{4}$ inch thick. Mix the scooped-out potato bits with a little raw minced meat. It can be very little indeed. If possible, and if you like it, add a little finely chopped onion, or spring onion, or celery, or all of these. Heap this mixture into the potato 'shells'.

Pour the hot apple sauce into a well greased fireproof dish. Arrange the prepared potato 'shells' in it. Place a little slice of American cooked ham, or American tinned pork on top of it or sprinkle it with a few bits of chopped bacon. If you have nothing

NEGLECTED FOODS

of the kind, cover with a few bacon rinds (which you have to remove before serving). Even a small knob of plain margarine or lard will do.

As you have filled your fireproof dish very quickly with all the hot ingredients—no chatting at the side while you do this—you can push it under the grill to finish it off. You can do this in the oven, should it be going, but it should be on the top shelf.

Mock Goslings

Mix 1 cup of cooked mashed potatoes with 1 cup of flour. Add salt, pepper and bottled sauce to season well. Leave this in a basin, covered with a plate, while you prepare 2—3 lb. apples. Wash and core them, peel only if your family is unconquerably fussy about it. Cut into slices. Should the apples be very tart put them in a basin and sprinkle with a little syrup or sugar and mix.

Roll out the potato pastry, about $\frac{1}{2}$ inch thick. Cut into large squares. Divide the apple slices amongst half of these squares, covering only the centre. Cover with the other squares and press the edges tightly together like Cornish pasties.

Grease well a baking sheet with fat or lard—preferably dripping or bacon fat. Put the pasties into this and brush with the same kind of fat. Bake on middle shelf of a moderate oven until done a golden brown.

Serve surrounded by vegetables, or salad and, if possible, with hot gravy.

New-Time Casserole

Necessaries: raw potatoes, raw apples, and a little onion and either bacon scraps or rinds, or a little American cooked bacon or tinned meat.

Grease a fireproof dish well or, if you can manage it, line it with bacon scraps or American cooked bacon. Grate a layer of raw potatoes into this—using the largest holes of the grater—and sprinkle with salt and pepper as you go. Put a layer of raw apple slices on top of this and carry on alternating the layers until your dish is filled. If you wish, sprinkle chopped onions in between. Add just enough water or stock to moisten.

Cover the top of your dish with either chopped bacon, or thin slices of American cooked bacon, or tinned pork. If you have

POTATOES

none of these available, use plenty of bacon rinds instead. Again, if you like, sprinkle onion in between.

Bake until done, which takes about 20—40 minutes according to size and depth of your dish. Again, according to the depth of your dish, you may have to pour very little boiling water over it to get started, and perhaps cover the whole dish for the first 10 minutes. Whatever you do, you want to enable the vegetables to develop their own juice.

New Apple Pie

Boil potatoes in the usual way. Shortly before they will be done, wash and slice the apples with which you want to cover your pie later. Also, keep the dish in which you want to finish this pie well heated.

Drain and mash the potatoes when cooked. Beat them with boiling hot liquid (milk or milk/water with a little margarine) to make them fluffy and creamy. Taste for salt and slight sweetening (dissolved saccharin is unnoticeable) and flavour well with grated nutmeg, or mace, or cinnamon.

Fill, boiling hot, into the heated dish, smoothing the mixture slightly. Cover with the sliced apples, sprinkle with sugar, or pour a little syrup over it in a spiral. Dot with tiny bits of margarine and grill until the apples are cooked.

You can sprinkle the whole lot with breadcrumbs or ruskits on top of the margarine.

Also, if you have no time to grill this long enough for the apples to be fairly cooked, you can pour heated apple sauce into the pie before finishing it.

Plum Pot

Necessaries: plums, potatoes, little fat or bacon or American tinned pork.

Rather surprising combination—but remember you like pork and apple sauce with potatoes and that is very near to this dish.

Parboil salted potatoes, strain and toss quickly over the flame. To every 1 lb. potatoes add about 1 dessertspoonful of lard or margarine and 1 lb. of washed, stoned, and chopped plums. Fold quickly to mix well. Cover with a lid and simmer.

While the potatoes cook (which will now only take about 5—7

NEGLECTED FOODS

minutes): (1) Heat the deep dish in which you want to serve, and keep it hot; (2) Fry, in steaming hot fat, either breadcrumbs or cubes, or a little chopped bacon, or chopped American tinned pork. If you feel very generous, fry a mixture of all this.

Now your potato/plum mixture is cooked, your 'fry' is in the pan on a low flame; this is the time to taste the potato mixture for salt and sweetening. Saccharin is unnoticed here and two tablets normal strength, should be ample. Dissolve in very little boiling water before adding.

Fill the potato/plums into the heated deep dish and sprinkle your 'fry' over it.

Potato Platter Cake

Ingredients: 8 oz. flour, 4 oz. (2 heaped large tablespoonfuls) mashed potatoes, 1 oz. yeast, 6 tablets saccharin, 1 oz. margarine, 1 oz. sugar, a little milk. You can use 2 tablespoonfuls of sugar instead of saccharin.

The mashed potatoes should be *dry*. They should not have been mixed with milk, and should have stood at least 12 hours.

Make sure that flour, potato mash, margarine and milk are slightly warm.

Dissolve the yeast in a little warm milk, add half of the flour, mix well. Cover this with a cloth or a piece of paper and keep it for 20 minutes in a warm (not hot) place.

Dissolve the saccharin in a little hot water, and add it to 1 gill of milk. Or dissolve the sugar this way.

Beat the yeast/flour mixture into the potato mash, adding the sweetened milk and a pinch of salt and the remaining flour. If necessary add a little more milk. It should be a soft, smooth dough. Knead well for at least 5—7 minutes.

Grease a large tin which should have a rim at least 1—1½ inches high, dust it with flour.

Roll the dough out into approximately the shape of the tin, ½ inch thick. Place the dough quickly in the tin.

Herein lies the trick:

With floured fingers, press small deep dents in the dough about an inch apart. So deep that you can see the tin through the thin cover of dough at the bottom of the dents. Now use that precious ounce of margarine. Pick little bits off and place each bit in the centre of a dent. Fill all the little grooves this way.

POTATOES

Brush the whole cake with milk and sprinkle it with that 1 oz. of sugar (or more).

Cover the tin with a cloth or a large piece of paper and leave it in a warm (not too hot) place to rise.

When it has risen to about twice its height, put it into a fairly hot oven and bake quickly, just to make it brown, about twenty minutes' baking time.

You can make a variety of cakes with this foundation by filling the little dents differently. Plum or apple bits are tasty, or nuts. Or you can sprinkle the cake with cinnamon before baking.

N.B. When this cake is more than a day old, heat it slightly under the grill before serving it.

OATS

Oats, apart from being top class among the cereals, has a distinct cosiness of taste. Hardly ever does it disappoint us.

Instead of using it for porridge only, let us relish more widely its richness, its strong body, its creamy softness. We can treat it as a savoury or, another time, as a sweet. It will yield to our mood of the moment and still remain itself all the same. But why linger on its possibilities—let us try and taste.

Crème Ninon

Necessaries: fine or medium oatmeal, odds and ends of vegetables, little margarine.

For 4 persons: blend 2 oz. oatmeal with 1½ pints of cold water. Add about 1 teaspoonful of margarine and 1 cupful of diced or grated or finely chopped vegetables, as different and as colourful as possible. Stir over a low flame until it boils. Cook for another 4—5 minutes, stirring occasionally. After this time cover it with a lid and keep on the lowest possible flame for about 10 minutes. Season to taste.

If you wish, add a dash of milk before serving.

Kip-Kaps

For this recipe you will find that you need a little fish. A practical way to have this handy is to buy just a little more smoked fish than you need for one breakfast, using this margin to make Kip-Kaps the next day. Or you may decide that it isn't necessary to use the whole contents of a tin of fish. In this case—as you have already seen while reading the recipes for the use of tinned fish—it will improve your Kip-Kaps if you use some or all of the sauce from the tin, diluting it with water to the necessary quantity of liquid.

Necessaries: (for 2—4 persons) rolled oats or medium oatmeal, a little fish, a little fish juice or sauce (optional), lard if the fish is not fat.

Mix 2 tablespoonfuls of oats with ½ pint of liquid. Bring to

OATS

boil, stirring. Add a little fat if necessary. Add the finely chopped or flaked fish and seasoning to taste. Cook gently for 2—3 minutes; if smoked fish is used, perhaps a little longer.

Add 2 tablespoonfuls of raw rolled oats or medium oatmeal. Beat to mix well and pour into a dish. Cover and leave to stand at least 2—3 hours, preferably overnight.

Before serving: shape into oblongs, turn in dry breadcrumbs or coarse oatmeal, or better, in ruskits. Fry 2—3 minutes on each side according to their thickness.

N.B. Don't be bewildered, the mixture is really not cooked any more after adding the raw oats and before frying it. No mistake. The raw oats soak while you leave the mixture to stand. If all the oats were cooked it would resemble more a gruel than the rissole you want.

Pan Cookies

Necessaries: (2—4 persons) rolled oats, one cube of meat or vegetable extract (or the equivalent in bottled extract), either a little chopped bacon or savoury tinned meat, or chopped leeks or onion, or all of these.

Dissolve the meat extract thoroughly in half-pint of water. Add 2 tablespoonfuls rolled oats and bring to the boil, stirring. If you do not add any bacon or savoury meat which is fat in itself, add a little fat or dripping right at the beginning. Taste for salt, and add leek or onion, and bacon or meat. Cook gently for 2—3 minutes and pour into a basin or dish.

Add 2 tablespoonfuls raw rolled oats, and mix well. Cover and leave to stand at least 2—3 hours, but it improves the longer you keep it. In a cool place it will keep about 24 hours.

Before serving: shape little pancakes, about $\frac{1}{2}$ inch thick, just large enough to hold one on the palm of your hand. Turn this in dried breadcrumbs or coarse oatmeal or, preferably, in ruskits. Fry a few minutes on each side. Fry preferably in bacon fat or dripping.

See note at the bottom of the recipe for 'Kip-Kaps'.

Savoury Pie

Necessaries: oatmeal, any kind: mixed herbs, root vegetables meat extract, bacon rinds (optional).

NEGLECTED FOODS

Begin by cleaning and chopping up whatever root vegetables you have chosen. A little leek or onion added is always a safe speculation. Cut the vegetables into small bits or thin slices, throw them into very little, rapidly boiling water and cover them with a lid. Stir occasionally, adding salt when they begin to shrink. It should not take longer than about 10—15 minutes to get them fairly done. Thus they will be just ready when you need them.

Meanwhile, make your oatmeal pastry. Dissolve enough meat extract in half a pint of water to give it a strong flavour. Mix 2 tablespoonfuls of oatmeal with 2 level teaspoonfuls of mixed herbs, 1 level teaspoonful sage, $\frac{1}{2}$ teaspoonful of pepper and salt to taste. Stir the stock into the dry ingredients. Cook gently for 8—10 minutes, stirring once in a while.

Grease a fireproof dish, or a pie dish with a fairly high rim.

Mix the cooked oat mixture with a further 2 dessertspoonfuls of oats (any kind), rolled or meal. Bring once more to the boil, stirring strongly. Pour at once into the greased dish.

Cover with the hot cooked vegetables and top with bacon rinds. Leave under a medium hot grill or, better, in a medium oven for about 15 minutes.

According to your appetite, use more or less vegetables.

If you do not wish to use the grill or the oven, cook the oat mixture, after you have added the last 2 dessertspoonfuls of oat mixture, for another few minutes. Then arrange the dish in the same way you would have done for grilling or baking. Garnish with fried breadcrumbs or cubes or a little fried chopped bacon.

N.B. You may wonder why some more raw oats is added to an oat mixture already cooked. This is done to prevent the oat pastry from becoming too sticky.

Fruit Flummery

Necessaries: 1 pint of stewed fruit juice, any kind, including some fruit, or 2—4 oz. dried apricots or figs, fine oatmeal, nut or margarine, sugar or saccharin to taste, little milk.

If you use dried apricots, or figs, soak them in 1 pint lukewarm water overnight and cut them the next day into small pieces. Return them to the water in which they soaked.

OATS

Blend 4 oz. fine oatmeal with $\frac{1}{2}$ cupful water to a smooth paste. Mix with the fruit and the juice. Add a nut of margarine. Cook slowly, stirring all the while until it boils. Simmer for another 5—7 minutes. You may have to add a little more liquid if the fruit did not contain enough juice. Add a pinch of salt, and sugar or dissolved saccharin to taste. Heat once more thoroughly before you taste finally.

Add $\frac{1}{2}$ cupful milk (any kind), do not cook any longer. Pour into a dish, sprinkle with nutmeg, and if you wish, sugar. Leave to cool.

Chocolate Flummery

Necessaries: 1 pint fairly strong cocoa, made with water, fine oatmeal, saccharin, little milk.

Blend 4 oz. fine oatmeal with half cupful water to a smooth paste and add the pint of cold cocoa. Cook this slowly, stirring all the while until it boils, add a pinch of salt and taste for sweetening. Simmer for another 5—7 minutes.

Add enough cold milk (any kind) to give it the creamy consistency you wish. It will thicken when it cools. Do not cook any more but turn into a dish and leave to cool.

Black Magic

Make the same Chocolate Flummery as in the previous recipe.

After pouring it into the dish (or dishes) while it is still warm, pour a spiral of fruit juice or thin apple sauce into it.

Oat Tea Cake

(without any fuel)

Necessaries: 1 large or half a large teabun, raw rolled oats, milk, syrup. In an emergency you can use bread.

Mix three heaped tablespoonfuls rolled oats with half a level teaspoonful salt, 6 tablespoonfuls milk and 3—4 tablespoonfuls syrup, *or less*. It should be a firm spreadable mixture. Split the large teabun or use only half of it for this dish. In any case spread the mixture thickly on to it.

In emergencies spread just as thickly on bread and cut into fingers.

NEGLECTED FOODS

Oat Muffins

Any bun baked in a patty tin is called 'muffin' in the United States. Often served hot with a main meal.

Ingredients: 3 oz. oatmeal, 4 oz. flour, 1 tablespoonful sugar (or 6 tablets saccharin, dissolved in a little boiling water), $\frac{1}{2}$ pint water/milk, 2 tablespoonfuls lard or margarine, 4 level teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, 1—2 eggs.

Sift the flour and baking powder into a mixing bowl. Add the oatmeal and salt. Add either the dissolved saccharin or the sugar to the liquid. Rub the fat into the flour/oat mixture. Beat the liquid quickly and well into it.

Fill well-greased patty tins fairly high with this pastry and bake in a hot oven until done.

Add *dried egg* to the flour before sifting it. Beat the *fresh egg* into the mixture before adding the liquid; in this case use 2 tablespoonfuls of liquid less than half a pint.

BLACK PUDDING DISHES

For those of you who do not know what 'Black Pudding' is, may I describe it as a very dark sausage firm enough to be cut into slices with a knife. If you are lucky it has little bits of lard in it, in normal times this is fresh bacon. It is quite tasty as a sandwich filling but is apt to be a bit dry. Whereas, served hot in a cooked dish it has a certain lusciousness of its own.

Whoever is fond of game will like the following dishes made with Black Pudding.

For Breakfast

Cut black pudding into thick slices, remove the skins, powder with a little flour, and fry quickly, preferably with a little bacon, or in bacon fat or dripping. Serve on fried bread or toast or with *sauté* potatoes.

Black and Tan

Necessaries: lentils or peas, potatoes, black pudding.

Make a thin lentil or pea *purée* by soaking either of these pulses overnight, cooking them in fresh unsalted water, preferably with the addition of a few bacon rinds. Pass through a sieve. Add enough mashed potatoes to give it the consistency of a thick whipped cream. Season well, if possible with onion or leek, or even a little curry. Keep this hot.

Heat very little fat or lard or dripping in a frying pan. Cut the black pudding into thick slices and remove the skin. Powder slightly with flour. Fry quickly on both sides.

To serve: pile the hot *purée* into a dish and surround by a ring of fried black pudding.

Mock Game Ragout

Should you be able to get black pudding, you need not look any longer sadly on a few odd bits of 'cheap meat'. Any kind of meat oddments will make a nice dish or casserole full of this ragout.

Always turn whatever meat you have, cut into small pieces

NEGLECTED FOODS

(the smaller the better), in flour and put in a well-heated saucepan with really hot fat. Needless to say, the addition of chopped onion or leek and a few slices of carrot makes all the difference. Stir this meat over a high flame until you can see no more raw surface. Cover it with a lid and simmer on a low flame. After about 20—30 minutes it will have set slightly on the bottom, but this is not burnt. Add enough boiling water to reach almost all the way up and scrape with a wooden spoon until the bottom is clean. By the way, this sort of sediment at the bottom gives any stew or ragout that inexplicable touch. Simmer the meat, covered with a lid, until it is soft. Thicken the gravy with flour, previously stirred with a little cold water. Taste for seasoning. Never add salt before this time! Now, add as much skinned and cubed black pudding as you need to bring up the amount of your ragout to the healthy appetite of your family. Just quickly reheat and serve.

Mock Game Ragout with Rabbit

This recipe enables you to serve good helpings of the meat dish to a large family, using only one rabbit. Have the rabbit jointed.

N.B. If you wish to make use of the head and liver of the rabbit wash these quickly and boil, covered with water, to make stock. Don't forget to put the lid on the saucepan.

At the beginning:

(a) Wrap strips of American cooked bacon around thick oblongs of black pudding. Place these carefully into a saucepan and begin to heat until the fat starts to sizzle.

(b) Heat fat in a saucepan, add bacon rinds, cook for about 5—7 minutes. Place thick oblongs of black pudding into the saucepan.

Add the rabbit joints, if possible, between the black pudding. Cover with a lid and simmer until the meat is done. Watch, you may have to add a little boiling stock or water. Before serving: thicken the gravy (with the black pudding in it) with crumbled stale or fresh bread. It should be like a stuffing. Arrange rabbit joints and tablespoonfuls of this stuffing appetizingly on a dish.

KIPPERS

As a Main Dish

There are times when kippers are plentiful and every housewife—now knowing what excellent food they represent—wishes they could be used otherwise than merely for breakfast. And they can! To make a main meal with kippers you only have to choose the accompaniment with care and imagination.

Here are two ideas:

Serve kippers arranged on Potato Curry (see recipe for this); or as Boston Kippers—on baked beans.

CHEESE

It seems to be in the nature of cheese not only to be a high-class food, but to be either in short supply or in abundance. This 'too little' or 'too much' is a worry to the well-meaning housewife.

The following recipes overcome the problem by combining cheese with other ingredients in such a way that it can be used, either in minute quantities, or in generous chunks.

Breakfast Dodgers

(makes six)

Mix two heaped tablespoonfuls flour with two teaspoonfuls fine oatmeal, two level teaspoonfuls baking powder, and a good pinch of salt. Beat into this gradually, starting from the centre, enough liquid to make a firm batter which runs very slowly off the spoon. As you need very little liquid you may care to use milk, but you can use either a milk/water mixture, or water alone.

Break into this batter small cheese bits. Use all the odds and ends as well. Add enough cheese to have the bits just generously covered with the batter. To one large breakfastcupful of batter use about $\frac{1}{2}$ cup of cheese chippings, more or less, according to supply.

You can prepare this at any convenient time: even the night before. Keep covered in a cold place.

Before serving: drop tablespoonfuls of this into a frying pan with steaming hot fat. Flatten each portion slightly. Now turn the flame low and fry slowly: first on one side and then on the other.

Breakfast Beety Bits

Make little flat patties with hot mashed potatoes. Cover with sliced cooked beetroot. Top, either with thick slices of cheese, or a layer of broken or grated cheese. Push the Beety Bits under a low grill until the cheese is melted and they are heated through.

The juicy beetroot makes the cheese palatable for breakfast.

CHEESE

Cheese Soufflé

Count one tablespoonful grated cheese per person.

To every tablespoonful of grated cheese add a mixture of one level tablespoonful of dried egg and one level tablespoonful of flour (well mixed), and six tablespoonfuls of water.

Add the water to the egg-flour mixture, making a smooth paste before adding it to the cheese. Season with very little salt, pepper and a little mustard.

Bake in a medium oven, or steam in boiling water until cooked. Time required depends on the size and deepness of the dish. Probably between 20—40 minutes.

Cheese Pudding

(6 persons)

Ingredients: 1 pint milk or milk/water mixed, $\frac{1}{2}$ lb. coarse semolina, 6—8 oz. cheese. Gravy, or sauce: any kind.

Put the liquid into a saucepan and slice the cheese finely into it. Add the semolina and bring to the boil, stirring all the while. Cook until it detaches from the sides of the pan. Taste for salt.

Grease a pudding basin and sprinkle it with dried breadcrumbs or ruskits. Fill the piping hot cheese mixture into this. Cover the basin as usual and put at once into a saucepan with boiling hot water reaching half-way up. Steam this way for half an hour.

Turn on to a dish and serve with either tomato sauce, onion sauce, or any plain gravy. In emergencies you can make a plain white sauce and flavour it well with mustard and bottled sauce.

Cheese Cakes

are made in the same way as the Cheese Pudding. Shape little cakes, put them on a greased baking sheet and sprinkle with a little grated cheese. Bake on top shelf of fairly hot oven until golden brown.

Cheese Tart

You need a high rim cake tin for this, with loose bottom.

First make a crust. Rub 1 oz. dripping (or any other fat) and about 3 oz. grated cheese into $\frac{1}{2}$ lb. flour and add enough milk or

NEGLECTED FOODS

water to make a pliable dough. Roll this out and line the well-greased tin with it. The rim of the pastry should be at least 1—2 inches high.

Mix $\frac{1}{2}$ pint of either milk or milk/water mixture, or stock and milk with one well heaped tablespoonful flour, and 2—3 oz. cheese. You can use more or less cheese. Stir this over a low flame until the cheese has melted and you have a firm sauce. When cool, add 2 eggs (reconstituted), and taste for salt, pepper and a little mustard.

Fill the cheese sauce into the prepared tart, sprinkle with chopped bacon and garnish with a circle of some or all of the following raw, chopped or cut vegetables: tomato, celery, carrot, or spring onions.

Bake until done about 30 minutes in a medium oven.

This tart is very tasty even when cold.

Croûtons Grand'mère

Scrub carrots and cut into fairly thick slices. Put them into a saucepan with a little boiling milk. You should have enough liquid just to see it between the top slice. If necessary, add a little more hot water or milk. Cook for 8—10 minutes, fairly briskly, covered with a lid. Watch to prevent burning!

Add a good amount of roughly grated, or sliced, or chopped cheese. When this has melted, taste for salt and pepper. If necessary, thicken the sauce with a little flour previously stirred with cold water.

(a) Put the carrot slices on toast, coat with the sauce, and grill quickly to brown.

(b) Proceed the same way using fresh bread instead of toast.

(c) Proceed the same way as in (a) or (b) and do not grill.

N.B. You can use any other kind of vegetable, or a mixture of vegetables to make these *croûtons*.

Cup Juliette

Grease a fireproof dish. Scoop out enough tomatoes to have one large or two small ones per person. Mix the scooped-out parts and the juice with enough bread to make a firm pulp. Season with either (a) chutney; (b) thick bottled sauce; (c) chopped spring onions. Fill the tomatoes with this and place on top of each a

CHEESE

chunk of cheese at least half an inch thick, like a solid lid covering the opening. Arrange these in the dish.

Keep under a medium grill until the cheese is melted and browned.

If you do not want to do any cooking, but are looking for a cold dish, serve the tomatoes just as they are.

Crusts Chef Royale

You need kidney for this. It is at your discretion how many crusts you wish to prepare with one kidney. (I once managed to make really good ones using one pig's kidney for six large crusts sliced in half.)

Slice the kidney finely. Heat a little fat in a saucepan, add the kidney slices. Stir for a moment. Cover the saucepan with a lid and simmer for about 20 minutes, stirring occasionally.

Use fresh bread or toast. Use the slices as they are or cut into triangles. Arrange these in a fireproof dish or a large long plate. When the kidneys have stewed, pour the juice over the bread to soak all the pieces evenly. Decorate the bread slices with the kidney and cover with a layer of grated cheese. The more cheese the better. Grill until the cheese is melted and browned. Should the oven be going, finish on medium or top shelf.

Maryland Crusts

You need cold, cooked brussels sprouts for this. Halve the larger ones: leave the small ones whole. Arrange on cold toast.

Make a cheese sauce. Count 1 heaped tablespoonful flour to every half pint of liquid and as much cheese as you can afford. Always stir the flour first with very little of the liquid which can be milk or milk/water mixed. When it is a creamy paste add the rest of the liquid. Add the grated or finely sliced cheese. Put it all into a saucepan and bring to the boil stirring all the while. Stir more vigorously when it becomes hot and make sure that nothing sets at the bottom of the saucepan. Taste for salt and pepper and leave to cool.

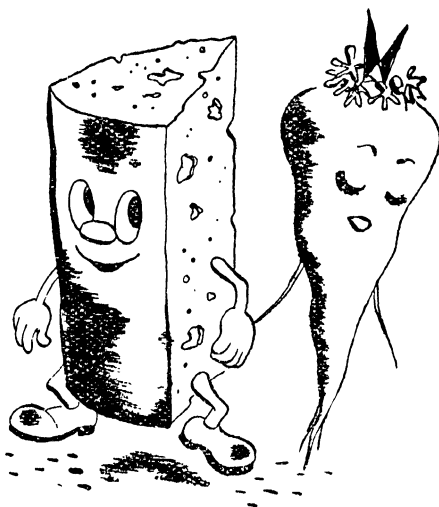
Pour the cheese sauce, when cold, over the prepared crusts. If you wish, decorate with a few sprigs of parsley or a few carrot gratings.

NEGLECTED FOODS

Celery Cheese

Scrub the celery and cut into pieces about 2 inches long. Begin frying in a saucepan in a little hot fat. Shake the saucepan for a few minutes and then add just enough boiling water to prevent the celery from burning. It will develop its own juice very soon. As you need this juice for your dish, you do not want to dilute it more than is absolutely necessary. Cover with a lid and simmer until the celery is done but not too soft.

Put the celery into a greased fireproof dish. Add as much cheese to the stock left in the saucepan as you wish. Add it grated or just sliced or chopped. When the cheese has melted, thicken this with flour, previously stirred with a little cold milk. Taste for salt. Pour this over the celery in the dish and either bake or grill quickly to give a brown crust. You can serve it without baking or grilling it; perhaps you may care to sprinkle a few brown breadcrumbs on top.



PARSNIP AND CHEESE

You will be surprised to see what a good combination these make. These two flavours seem especially complementary, so much so that we begin to wonder why none of the famous old French—or Scotch for that matter—cooking geniuses ever thought of it. I probably would not have ventured this mixture myself had it not been for the force of circumstances.

As the parsnips are not boiled and drained in these recipes they taste quite different from the kind you know. Some of you will get a new idea about the humble parsnip in this most appetizing form. Cheese can be used either generously or sparingly. However, its nutritional value will make these dishes suitable for meatless days.

Creamed Parsnip Savoury

(1) Using plenty of cheese

(Four good helpings.)

Ingredients: $\frac{1}{2}$ lb. cheese; 2 lb. parsnips (three large ones).

Grate the cheese roughly or break it up into little pieces or cut

NEGLECTED FOODS

it finely. Put it into a saucepan that is large enough to hold the chopped-up parsnip later on.

While the cheese melts over a medium flame slice the parsnips and cut up the larger slices. Add this to the hot cheese. Add a dash of water, just to prevent the saucepan from burning (about 3—4 tablespoonfuls). Stir the vegetable and cover the saucepan with a lid. Cook on a low flame for 10—15 minutes according to the thickness of the parsnip slices. Stir occasionally during this cooking time. Taste for salt and pepper when the vegetable begins to shrink.

If you wish fill into a fireproof dish and push under a hot grill to give quickly a brown crust.

(2) *Using little cheese*

At the beginning heat one heaped tablespoonful dripping or any kind of cooking fat and add the parsnip slices as described previously. Add the amount of grated cheese you can spare together with a dash of water, stir over a medium flame and proceed as described above.

New Orleans Bake

Necessaries: cheese, parsnips, little dripping.

Clean the parsnips, cut off the narrow ends and slice them finely. Cut the thick ends across to make halves. Parboil all together in very little water. To enable you to use the minimum of water: pack the different parsnip bits as cleverly as you would a small suitcase for a long journey. Put first the large pieces in and then fit the smaller ones in between. Only very little boiling water has to be added then.

When the parsnip halves are not quite done (after about 8—10 minutes) scoop them out to make fairly thick 'shells'. Chop up the scooped-out parts and mix with the amount of roughly grated cheese you can spare. Taste this mixture for salt and pepper. Heap it into the parsnip 'shells'. Put the prepared 'shells' with dripping into a baking tin and bake until the cheese is melted and browned on top.

Use the stock in which you parboiled the parsnip halves to make a gravy. Leave the little bits in it, this will make it interesting.

TO STRETCH CHEESE

This recipe not only enables you to make a small ration of cheese go further: it provides you at the same time with two kinds of cheese, entirely different one from the other.

Put 4 oz. roughly grated cheese into a saucepan. Add $\frac{1}{2}$ gill (4—5 tablespoonfuls) milk and $\frac{1}{2}$ teaspoonful of carraway seeds or celery seeds, or any other spice or herb you choose. Bring slowly to the boil.

Pour altogether into a small basin, preferably earthenware. Cover and leave to cool and set thoroughly—a day or two.

Use the top layer as a cream cheese spread: the bottom layer will be firm and savoury.

RAW VEGETABLES

Following a New Year's resolution usually proves rather difficult. But following the resolution to eat more raw vegetables is even more difficult. Even when we become convinced of their vital importance to health and beauty, we are just not accustomed to eating raw cabbage leaves or a raw carrot. Teeth and palate seem to have much trouble in doing their job. Raw fruit, on the other hand, stimulates our glands by nature of its sour-sweetness.

Most of us have found by now that raw vegetables make a most refreshing and tasty dish when they are dressed and flavoured into a real salad. New mixtures and combinations are therefore most welcome.

Beetroot

The difference between young raw beetroot and the cooked kind you know is about as great as the difference between a fresh pineapple and a tinned one. Not that we want to be ungrateful to either cooked beetroot or tinned pineapple. But there is a perfume to the raw vegetable matter which cannot be described and you will do well to savour it for yourself.

Grate the raw young beetroot, after peeling of course, and serve either in order to amplify or beautify a green salad, or just by itself. In the second case add a little vinegar, sugar and salt, and if possible salad dressing. Even a plain white sauce will do, if well seasoned. You should eat this not too long after you have prepared it.

Purple Salad

Remove the very outer leaves from a red cabbage; cut off the bottom stalk. Rinse the whole cabbage under running water and shake it out well. Shred it this way: lay it on its side, and cut into thin slices beginning at the top. Remove any thick white bits of stalk. Cut up haphazardly.

Put it at once into a mixing bowl and sprinkle vinegar, salt and pepper over it, folding it with a wooden spoon while you do so. Add a good amount of cubed, cooked beetroot, some finely chopped mustard pickles, and if available, a chopped raw apple. If you wish, mix with oil, or serve with salad cream.

RAW VEGETABLES

Carolina Salad

Count about $\frac{1}{2}$ lb. plums, preferably good, sweet, eating plums to one large lettuce. Wash the lettuce and tear it into little bits. Sprinkle with table salt and put it into the salad bowl.

Wash and stone plums and chop them roughly. Do this over the salad bowl to catch all the juice. Mix altogether well by folding with a wooden spoon. Be quick and light-handed in doing this. Serve at once. You can also use shredded raw cabbage, or a mixture of cabbage and lettuce.

The sweet, perfumed plum juice makes a perfect salad dressing.

Snow Caps

For 4—5 persons, grate 2—3 young turnips over the large holes of a grater (or slice and chop finely). Mix at once with cold white sauce which you have made with about $\frac{1}{2}$ cupful milk, 1 rounded teaspoonful flour; salt and a little margarine. This sauce must be fairly thick. Add salt, pepper, a little vinegar, and a pinch of sugar.

If you want to prepare this some time before serving the salad, store the turnip mixture in a covered basin in a cool place.

Before serving, add chopped watercress to the turnip mixture and heap this on to lettuce or cabbage heart leaves.

Raw Carrot Savoury

The simplest way of making raw carrots palatable is to grate them and then mix with finely chopped pickles or chutney. Use as a sandwich filling or as an addition to lettuce.

N.B. Remember that the sweetness and flavour of a dish comes out through the right addition of salt. Taste for yourself before others do so.

Raw Spinach

Those large heart-shaped clear green spinach leaves are a real gift for the clever cook. They taste delicious raw. Cut off only a little from the very tip of the stem. The stems are juicy and sweet. Apart from the obvious fact that spinach served this way preserves all its nutritional values, it tastes so different from the

NEGLECTED FOODS

cooked kind that even those who shudder at the thought of spinach may welcome it.

You will want considerably less when you use spinach raw because there is hardly any shrinkage.

First trim and sort the spinach, then wash and shake it quickly, almost like lettuce, and either serve at once or keep it in a refrigerator wrapped in a cloth.

If you place the leaves tidily on top of each other you can pile a very healthy amount in between sandwiches. Quite a change from the ordinary sandwiches. To make salads, pile the whole lot of spinach on a wooden board and cut quickly criss-cross with a large knife. Do not chop it small. You only want 'handy bits' as it were. Mix with raw grated turnip and salad cream, or with any kind of fruit and salad cream. Surrounded by a ring of potato salad, this dish will gain praise. If you mix this roughly chopped raw spinach with quickly torn lettuce leaves and then with sliced radishes you may be fully justified in calling it 'Chiffon' salad, or something dainty like that. The little bits of opaque lettuce stalks contrast beautifully with the dark smooth green of the spinach. And radish slices add a final touch of colour and distinction.

Jade Cup

For this you need the young, good leaves of spinach, either large or small. Sort the spinach, do not remove the stems. Wash and pass at once through a mincing machine. Again make sure that you catch all the juice. Put all through a fine, clean cloth, squeezing all the juice out. $\frac{1}{2}$ lb. spinach renders $\frac{1}{2}$ pint juice. Season with table salt and a little nutmeg.

To serve: fill into glasses and carefully pour a spiral of good fresh milk into it. Better still, some Mock Whip Cream made with household milk. The milk and spinach juice will run together, but if you are careful you can still get a marbled effect.

Vita Cocktail

To serve red currants raw at present is very uneconomical because of the sugar. They really have to be sweetened rather generously. At the same time you do not want to miss the virtues of this raw fruit. This recipe will provide you with a delicious

VITA COCKTAIL

drink suitable for breakfast or supper and you need hardly any sugar. You will even find it sweet enough and well flavoured if you use saccharin only.

Wash the red currants, sort them out, but do not pick off the stems. You can use the whole clean clusters. Pass them through a mincing machine catching all the juice which may run out.

Put the minced currants with all the juice into a fine, clean cloth and press out tightly. Move the matter about with your fingers to squeeze out all the juice. Dilute this with boiled cold water to taste and sweeten either with a mixture of sugar and saccharin, or with saccharin only, both dissolved thoroughly in a little hot water.

'MAKE-BELIEVE' DISHES

All of us delight in tinkering.

It is the basis of most of our childhood games, and when we grow up it still remains a considerable and important part of our leisure occupation. Men will try to make or repair a radio. We women, on the other hand, will twist and sew some odd pieces of felt, hoping to copy a hat we saw last night in a film.

We have felt some of the greatest triumphs of our lives when we have made something from nothing and our 'make-believe' has seemed perfect. Once we have recognized this feeling, we lose a good many of our scruples in the kitchen, and in the process we find many a hidden helper.

Let us see how good we still are at 'Make-Believe'. We have to go about this in just as determined and detached a way as children do: many foods are more than they seem at first, and lend themselves readily to successful conversion. Their true nature reveals itself, if we look for it; and all we have to do is to find out which of their qualities, look, flavour or chemical reaction is of best use to us at the time.

To give you examples I am passing on to you the following suggestions and recipes.

You will probably find your own substitutes for missing favourites once you begin this 'tinkering'.

It is not only for the sake of makeshift that we want to learn this. We will train ourselves to look upon any foodstuff with the sober eye of a scientist who is only concerned with the qualities of the substance. There is no end to the interesting dishes we will concoct when we can once again buy freely of earth's riches.

POTATO FLOUR

An excellent alternative to Cornflour, Arrow-root or Gelatine in Sauces or Soups

The index points to this chapter as containing a recipe for making a substitute to replace cornflour, etc. When we become acquainted with potato flour we find this is not quite fair. Potato flour has been used extensively on the Continent, not as a cheap substitute, but because of its own respectable quality. We can present these dishes stating with full justice: 'I used potato flour for this,' and dismiss the word 'substitute' altogether.

You have to use old potatoes.

3 lb. potatoes render approximately 4 oz. flour (8 dessert-spoonfuls). There will also be enough gratings left to make the vegetable pudding for 6—8 persons, for which you will find a recipe at the end of these instructions, or a smaller pudding and the biscuits.

1 level dessertspoonful potato flour thickens quite well about one gill of liquid: or $\frac{1}{2}$ pint if you only want thin custard consistency. It looks fairly transparent when cooked and cooled. It has no more taste of its own than cornflour, gelatine or arrow-root.

Instructions: Into a mixing bowl pour $\frac{1}{2}$ pint cold water. Grate 3 lb. peeled potatoes into this. Use the small holes of your grater. It is much easier to chop the raw potatoes and put them through a mincing machine. You will have to mince them twice in order to get them really fine. In any case, make sure that you grate or mince the potatoes into the water in such a way that you lose none of their juice. (As your mincer will not be high enough to allow for the mixing bowl, use a deep plate.)

Place a very fine muslin over another basin and pour the grated potato and water mixture into the cloth. Press all the liquid tightly out of it, squeezing hard with your fingers right through the gratings. Loosen the gratings in the cloth and rinse them (still in the muslin) in another bowl containing a fresh $\frac{1}{2}$ pint of water. Again press all the liquid out of the cloth and add this to the first

MAKE-BELIEVE DISHES

liquid. Repeat this once more with a further fresh $\frac{1}{2}$ pint of water, add this to the pint of liquid you have already. The idea is that you rinse the gratings of 3 lb. potatoes thoroughly, using altogether $1\frac{1}{2}$ pints water.

Make sure that you squeeze out all the liquid as far as possible through your muslin and that you do not get any of the gratings into the liquid.

This mixture should stand now for several hours at least. It will turn black, but that need not disturb you. Now pour the liquid carefully off the starch, which you will see has fallen to the bottom. This is your potato flour. It looks dark grey because it is still wet.

Spread it out on a flat plate or saucer and leave to dry thoroughly, preferably overnight. Rub or shake through a sieve and, if still necessary, leave to dry completely.

Store it only when it is completely dry and then in the same way you would store cornflour or ground rice, in a perfectly dry place.

To use for thickening:

Stir 1 dessertspoonful of potato flour with 2 dessertspoonfuls cold water and add this to a gill or $\frac{1}{2}$ pint of hot liquid, according to how firm you want the finished dish to be. Bring to the boil, stirring all the while; and cook for 1—2 minutes, still stirring.

For sauces or soups, use less potato flour than for custards or sweets: the same way that you would use cornflour or even plain flour.

Custards and sweets. Use colourings and flavourings in order to give your dish the familiar look and appearance.

Custard powder, blanchmange powder, etc. is, after all, nothing but coloured and flavoured cornflour, or a mixture of cornflour and arrowroot.

Vegetable Pudding (made with the potato gratings)

For 4 to 5 persons mix the gratings of 1 lb. potatoes with $\frac{1}{2}$ lb. flour. Add salt and season strongly with any kind of vegetable or meat extract. Rub into this 2 oz. fat and add enough cold vegetable liquor to make a firm dough.

Thickly grease a pudding basin and then line it, in the usual way, with your potato dough, reserving some for the cover. Fill

POTATO FLOUR

this with parboiled root vegetables. The more varied the better, carrots, parsnips, turnips, celery, onion, etc. As you have parboiled these vegetables in very little water, they supply you with a good stock with which to make an artificial gravy. Pour this into the vegetables. If you fancy it, add a few thick slices of luncheon sausage or a little flaked sausage meat. Cover with the reserved potato dough.

Steam or boil this in the usual way, for 50 minutes to an hour.

Hedgehogs

(biscuits)

Mix 2 tablespoonfuls flour with a pinch of salt and $\frac{1}{2}$ teaspoonful baking powder. Rub into this 1 teaspoonful lard or margarine and moisten with enough water or milk to make a stiff, pliable pastry. Knead and roll out as thinly as you can manage.

Mix 4 tablespoonfuls potato gratings with 2 level dessert-spoonfuls sugar (or syrup) and 2 level teaspoonfuls cinnamon or any other spice or flavouring you fancy.

Cut the rolled out pastry into shapes and spread thickly with the potato mixture. Loosen this with a fork to make it look rough. If you can possibly afford it, sprinkle this with a little milk and a few grains of sugar. Bake in a hot oven for about 10 to 15 minutes.

MACARONI

The great feature about macaroni is that hole running through the centre. We can make our own macaroni easily and we can provide our family with the full illusion of the cherished macaroni dish—except for that very hole. Suppose, therefore, we call them ‘Noodles’?

Necessaries: flour, salt, water and a little egg powder *substitute* optional—*no fuel*.

Mix 1 lb. flour with 2 level teaspoonfuls table salt and, if you have it, 2 heaped teaspoonfuls egg powder substitute. Sift this into a basin. Make a well in the middle and pour cold water very gradually into it. Be very watchful now when you start to stir strongly, beating the flour from the sides into the moist centre. Continue to add water this way until you have used about $\frac{1}{2}$ pint. Your pastry should be tender and elastic. That is why I say *about* $\frac{1}{2}$ pint water. Sometimes you will need a few drops more, or less.

Turn the pastry on to a floured board and knead well for about 5 minutes. Put the pastry into a bowl; make sure that you have floured it well all around; otherwise it will stick. Leave to stand overnight.

Next day cut the pastry into thick slices and roll them out thinly.

Now comes the cutting: you can do this easiest with a vegetable cutter, the one with several round knives which you use for chopping things like parsley or mint. Hold the pastry at one end and pull the vegetable cutter through it. This makes macaroni shaped strips. Instead of a cutter you can use a sharp knife, again holding the pastry at one end while you slide the knife all the way through. Do not be too finicky about getting even sized strips; it really doesn't matter. Pull these strips carefully apart. Lay them in straight lines on a floured board. Sprinkle flour over these and place the next layer crosswise over the bottom strips. Continue with these layers making sure that all the strips get well aired.

Put this board in a dry place, preferably warmish, but not hot. The airing cupboard is perfect for it. Leave it there for a couple of days or so, turning and moving the macaroni a bit as soon as

MACARONI

you find it dry enough to handle. When you are sure it is bone dry, pack into tins, or boxes, or jars with well-fitting lids and keep in a cool, dry, place.

To cook: If you are very curious about your home-made macaroni you can cook it the same day you made it. As it is apt to stick while fresh, cook it in soups or stews in which you can leave it when done.

For the dry macaroni, count three pints water and about 1 dessertspoonful salt to 1 lb. home-made macaroni. Bring the salted water to the fast boil and throw the macaroni into it. Cover the saucepan with a lid and continue to boil fast for a few minutes. You have to stand by and watch because it is apt to boil over like milk. Remove the lid, stir carefully, replace the lid again, and bring once more just to the boil. Remove instantly from the flame and leave it for 20 minutes or longer without any fuel. Loosen the macaroni with a fork before you add whatever is your choice: cheese or tomato sauce or gravy or mustard sauce. If necessary, cook for a few minutes altogether, carefully folding with a wooden spoon.

If you wish it to look like a baked dish: fill it hot into a fire-proof dish and brown it quickly under the grill.



FLAKY PASTRY

*Without any Butter, Margarine or
Cooking Fat*

This pastry is a chance discovery. I had no fat to spare in the house and wished to make an 'elegant' pie for a little party. Something on the lines of the peace-time 'vol-au-vent'. I made the pastry exactly like the recipe. Tasting it, I dared going a step further. I used prunes and apples as a stuffing.

When it came out of the oven I found it delicious. I called in everyone I could get hold of and distributed samples of each.

To my greatest surprise no one tasted the cheese in the pastry, but were guessing about the pleasantly savoury flavour, and the happy combination with the fruit filling.

Ingredients: $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful of baking powder, 4 to 5 oz. cheese.

Method: sift the flour into a mixing bowl, together with the salt and the baking powder. Add 1 oz. cheese grated over the large holes of the grater. Mix this a little, add slowly very cold

FLAKY PASTRY

water to make a stiff dough—elastic enough to be rolled out easily.

Turn this on a slightly floured board and knead quickly and lightly until smooth, a few minutes. Powder with flour, put into a basin and leave to stand for five minutes in a cold place.

Meanwhile grate the remaining cheese over the large holes of the grater.

Now get your pastry and put it back on to the slightly floured board. Roll it out quickly, starting from the centre and pressing towards the edges. It should be about $\frac{1}{2}$ inch thick.

Sprinkle the grated cheese over this pastry 'cloth'. Fold over the long sides of the pastry to make the edges meet at the centre. Now fold first one short side over and then the other. Roll out, away from centre, until about one quarter inch thick. Again fold as before, once more making three layers. Leave to stand for five minutes.

Roll out again and fold ends towards centre as before. Repeat this three times.

Keep in a cold place until you wish to use it.

This pastry will keep for a few days if it is kept covered in a really cold place. Roll out to finish finally.

It may take a little time to make this pastry when you try it first, because you have to follow the recipe. After you have made it once, you will find that it can easily be done 'by the way'. Your kitchen should be preferably cold, or at least not too hot.

Mock Roast

Make an oblong 'cloth' of pastry, about $\frac{1}{2}$ inch thick.

Heap on to the centre any kind of sausage meat, preferably mixed with a little spicy American tinned meat. See that it looks a little 'rough'. Place strips of pastry across the meat, pressing them tightly on to the edges of the bottom layer of pastry.

Bake in a medium oven, second shelf from top, 15—20 minutes, according to size.

Patties Josephine

Cut the pastry into squares after rolling it out to about one-third of an inch. Place into the centre of each square a soaked

MAKE-BELIEVE DISHES

and stoned prune. Fold over and press the edges tightly together. You can do this best by using a fork which gives you a pretty pattern at the same time.

Bake in a medium oven, on second shelf from the top for about 15 minutes.

Apple Turnovers

Cut the pastry into squares after rolling it out about one-third of an inch thick. Place a piece, or a few slices of apple in the centre. Gather the corners together in the centre over the apple. Press tightly together with a twist. Bake in medium oven, second shelf from top, for about 15 minutes or a little longer.

Croissants

Roll the pastry out to about one third of an inch thick. Cut into fairly large squares. Halve these squares to make triangles. Roll up, starting with the long side and ending at the corner. Bend a little to shape like horseshoes. The point of the corner should be visible.

Bake in a medium oven, second shelf from the top, for about 20 minutes.

PEP WITHOUT SPICE

Seasonings

Sometimes we may have reasons for cooking without any of the more oriental features. Pepper and bottled sauce, curry or the like are neither infallible nor indispensable.

Still—a sauce or gravy or casserole wants a certain ‘tang’.

Trying to make good for the Lack of Pepper

Have you ever tasted a little bit of raw grated turnip? You will be surprised to notice that it has quite a tang to it. Just what you need for your gravy, in case you cannot, or do not wish to use pepper.

But beware: you will only benefit from this peculiar quality of the turnip if you have: (a) not soaked it for any length of time after cleaning it; (b) grated it quickly right into your dish or sauce. Serve it in the shortest possible time after handling it. Not more than 5—10 minutes should elapse between taking the turnip out of the larder and eating the dish.

There is an exception in the case of raw vegetable salads, in which case the juice of the raw turnip helps in blending the mixture. But it is important to keep the chopped vegetables covered, covering each handful instantly as it is prepared.

Instead of ‘A Dash of Lemon Juice’

During the rhubarb season you can make a very good substitute. Chop the washed (but not peeled) rhubarb sticks and bring to the boil in enough water to cover the rhubarb. Cook fairly rapidly, covered with a lid, for 8—10 minutes. Strain and reserve most of the juice to use instead of lemon juice. Count 2—3 teaspoonfuls rhubarb juice instead of one teaspoonful of lemon juice.

Note: you will need less sweetening for the rhubarb which you have left. You can achieve a ‘stewed’ effect with the addition of very little syrup or honey or treacle.

MAKE-BELIEVE DISHES

Similarly instead of lemon you can use the juice of any kind of tart fruit which you happen to cook.

For a season without any fruit you may have to help yourself by using vinegar and a few drops of lemon essence. Powdered lemon flavouring alone will do without the vinegar.

Piquante Sauce

Even on a day when you have nothing in bottles or bags that would give your white sauce the necessary 'kick' you can make it *piquante*. Make an ordinary white sauce with three-quarters vegetable water and one-quarter milk—any kind, very little fat (about a teaspoonful), thicken with flour. Count 1 dessertspoonful flour to every half-pint liquid, add salt and cook gently for a few minutes. Immediately before serving, clean watercress and chop it very finely. Add at least one heaped tablespoonful of this to every half-pint white sauce. Just reheat, in practically no time, and pour instantly over your dish or into the sauceboat.

Spotted Sauce

This is excellent with fish or as a salad dressing, or hot with cauliflower instead of cheese sauce. Make the same white sauce as above. This time use radishes to make it palatable.

Wash the radishes, do not cut the green off. Grasp these leaves with your left hand and slice the radishes finely, three or four at a time. You can do this best with a saw-knife. If you would slice every radish individually it would take too long. Finally cut off the green tops. Add the sliced radishes to the sauce in the same way as the watercress.

SWEET-BAKES

(instead of uneconomical pies or puddings)

You can make a great variety of sweet-bakes. The pastry is always the same.

Pastry for 8 helpings: $\frac{1}{2}$ pint (about 6 good tablespoonfuls) of flour, 2 teaspoonfuls of baking powder, a pinch of salt, 1 tablespoonful of lard or margarine, 3 tablets saccharin, or a little sugar.

Sift the flour, baking powder and salt, into a basin and rub the fat into it. Dissolve the saccharin in a little boiling water. Begin to pour cold water into the centre of the flour mixture, now add the dissolved saccharin. Gradually beat enough cold liquid into the flour mixture to make a firm pastry. It should just run heavily from the spoon. The liquid you use can be milk, or milk/water mixed, or water.

If you use household milk powder, mix this dry with the flour at the beginning before you add the liquid.

If you use sugar instead of saccharin, add it before the fat.

Apple Sweet-Bake

Fill a well-greased fireproof dish with a good layer of raw finely sliced apples, if necessary sweetened. Spice or flavour according to taste. Moisten with a little water. Finish as described below.

Economical Apple Sweet-Bake

Mix one-third finely sliced raw apples with two-thirds finely sliced raw parsnips. Sweeten, spice, and flavour to taste. Moisten with a little water. Fill a well-greased fireproof dish with a good layer of this. Finish as described below.

Chocolate Sweet-Bake

For the chocolate cream make 1 pint of sweetened cocoa with water, very little milk, saccharin or sugar. Stir 1 heaped tablespoonful of flour with a little cold water to a thick paste, add some of the cocoa to make it smooth. Add this flour mixture and

MAKE-BELIEVE DISHES

a nut of margarine to the remaining cocoa. Cook for a few minutes and taste. You should add a pinch of salt and make sure that you have a strong chocolate flavour. Fill a well-greased fireproof dish with this. Finish as described below.

Ranger's Sweet-Bake

For this you need bottled fruit or stewed dried fruit. Thicken the juice with flour, counting 1 heaped tablespoonful to 1 pint of juice with fruit. Cook for a few minutes and fill into a well-greased fireproof dish. Finish as described below.

Summer Sweet-Bake

Stew any kind of fresh fruit only for a few minutes, as long as it takes to make it shrink slightly. Sweeten with sugar or saccharin or syrup. If necessary thicken with a little flour or custard powder, previously stirred with a little cold water. Fill this into a well-greased fireproof dish. Finish as described below.

How to finish any kind of Sweet-Bake

Pour the pastry over the mixture in the fireproof dish. Bake until done. Baking time according to the thickness of the pastry and whether it is baked in a fairly hot or medium oven. You cannot go very wrong with the baking, but the best way is to start on regulo No. 6 and turn to regulo 5—4 after it has risen. If possible, place the dish on the shelf immediately over the middle shelf.

It is economical to bake two such pies at the same time. It will not make a great difference if you place one a little lower in the oven than the other. Serve one hot shortly after cooking. The other can be used cold, or quickly refreshed under the grill. It would be an improvement to add 1—2 tablespoonfuls dried egg to the flour before sifting.

ALWAYS PLENTY OF JAM!

Sugarpoor jams will always be of culinary and dietetic value.

And here's the secret. As long as there is fruit on the market, from the first rhubarb to the last apple, make your own Quick Jam and save your ration. This way you can pile 12 months' jam ration on to your daily bread in the four winter months.

These quick jams do not keep longer than about 10—12 days in a cool place or about 3 weeks in a refrigerator. They must be kept perfectly clean. Use a fresh spoon each time and beware of breadcrumbs or the like falling into the jam.

You do not need a separate recipe for the various fruits. The principle is always the same. Always wash the fruit before you remove stalks or stones. Put it into a saucepan and add only as much boiling water as is essential to prevent burning at the beginning. Or, better still, cover the bottom of your saucepan first thinly with a small part of the fruit which you have finely chopped or squashed and when this has rendered juice add the rest of the fruit. When the fruit begins to boil, add to every 3 lb. either $\frac{1}{2}$ lb. sugar or 4 oz. sugar and 4—6 oz. finely sliced or chopped dates or figs or a mixture of them. Rhubarb jam for instance tastes much more 'real' if you use the mixture of sugar and dates or figs than if you use sugar alone.

You don't have to use any sugar or dried fruit at all if you take syrup. Count about 4—6 oz. syrup to 3 lb. fruit. Bring the syrup first to the boil and then add the fruit.

When the fruit is soft and is just cooked into a mash—between 5—15 minutes' cooking time, stir the mixture well and divide into saucepans in such a way that no saucepan is filled deeper than about 1—1 $\frac{1}{2}$ inches. Now cook, without a lid, over a flame which allows the bubbles in your mixture to move lazily but steadily. It should not take longer than about 10—15 minutes to reach a fair setting point. Do not stir too strongly while cooking, but rather scrape over the bottom of the saucepan gently with a wooden spoon. You will see for yourself when it has a good setting point: when your wooden spoon makes a path which is not too quickly covered again by the fruit mixture. Should it seem to you a little thin when pouring out, keep it in a large uncovered dish to cool perfectly.

MAKE-BELIEVE DISHES

Should it seem too thick, put it into a deep basin and cover with a lid while it is still hot.

To most of these jams the addition of lemon or orange flavouring will be an improvement.

To those of you who have thought life impossible without marmalade for breakfast, a Green Marmalade made with tomatoes or a kind of confiture made with pears will be a consolation. The Green Marmalade is made with hard green tomatoes, sliced and chopped in such a way as to resemble the chunks of peel in marmalade. Do this on an earthenware or china platter, never on wood, because you want to catch all the juice. Chop up the pears into little chunks the same way. Start cooking both these fruits—though separately, of course—in boiling syrup, counting 3—4 oz. per 3 lb. fruit. Cook first covered with a lid until the fruit is soft enough but not mashed. Then proceed to cook in separate saucepans, an inch to one-and-a-half inches deep, as described for the Quick Jams. Here it is essential to add either a little vinegar and plenty of orange and lemon flavouring, or if obtainable, orange or lemon cordial bought in bottles.

You can make a Carrolade using grated carrot instead of chopped tomatoes. In this case you will have to add the necessary amount of water, as carrots do not contain enough juice. Add boiling water after the carrots have cooked in the syrup for a few minutes, this will enable you to judge the amount of water you will need. Use plenty of orange and lemon flavouring and a little vinegar—and do not grate the carrots too finely, roughly grated they again look like the chunks in marmalade.

Prune Jam Cooked in Six Minutes

Necessaries: prunes, 1 tablespoonful sugar for each $\frac{1}{2}$ lb. prunes, makes 10 oz. jam.

Just cover the prunes with lukewarm water, making sure that they are all separated. Leave to soak for 24 hours preferably in a warmish atmosphere.

Pour the juice in which the prunes soaked into a saucepan. Choose the size of your saucepan so that the juice covers the bottom only one-eighth inch deep. Add the sugar and cook very slowly for six minutes. Meanwhile remove the stones from the prunes. Mince the fruit or chop it very finely. Test the cooking

ALWAYS PLENTY OF JAM!

syrup by putting a few drops on to a plate. If it has the consistency of thin custard it is just right, otherwise, cook for another minute or two.

Mix this syrup with the prune *purée*, add lemon flavouring to taste and, if you wish, cochineal. Beat well for 2—3 minutes.

Beetroot Jam

Ingredients: 1½ lb. raw beetroot, 6 oz. (about 3 large tablespoonfuls) syrup, 3 rounded tablespoonfuls sugar, 3 tablespoonfuls fruit squash or cordial, any kind (or 2—3 tablespoonfuls water), red colouring, plenty of fruit flavouring (pineapple or raspberry or strawberry).

Makes about 1½ lb. of jam.

Method: Wash the unpeeled raw beetroot well. Peel thinly and trim off the bad parts. Rinse once more very quickly. Cut into long pieces about one inch thick. Put these through the mincer by inserting the points of your longish pieces first.

Keep the pieces as well as the minced matter on enamelled or china deep plates. Do not use wood as you have to catch all the juice possible and the wood would absorb it.

(If you have no mincer and cannot borrow one: do not slice the beetroot but grate it. Again be most careful to preserve all the juice.)

The minced (or grated) beetroot with its juice should now be about 1¼—1½ pints (about 3 teacupfuls or a little more).

Put the syrup and sugar into a fairly large saucepan (about 7-in. diameter). Boil this until it is slightly brown. Now add the minced beetroot with all the juice: it should be about 1½—2 in. deep, not more. Stir until it starts boiling again, cover with a lid and adjust the heat so that it will keep on boiling gently.

After 20 minutes' boiling, add the squash (or water), colouring and flavouring. Now taste. If the little bits are fairly soft, the way tinned fruit would be, continue to boil gently *without the lid*. If the little bits seem too hard (make no mistake: they don't get mushy), cook a little while longer with the lid still on. In any case, cook the jam without the lid for a further 10—15 minutes. Taste for flavouring.

Note: Whenever you stir the jam, smooth the surface of it in the saucepan when you continue boiling, otherwise you will have

MAKE-BELIEVE DISHES

an uneven substance, which does not cook properly where it lies in heaps, and burns where it is too thin.

If you wish to make a larger amount of this jam always choose your saucepan correspondingly bigger. Your jam should always be only $1\frac{1}{2}$ —2 in. deep.

This jam is *not a preserve* but keeps in a cool place for 10—12 days.

SWEETMINCE

(substitute for mincemeat)

This mincemeat will not keep but it is delicious, uses very little dried fruit, and is a handy thing for flans in winter, or small pies. The amount given here will be sufficient for a medium-size pie.

Clean 1 lb. parsnips and grate them over the large holes of the grater into a small bowl. Add 2 oz. finely chopped dried fruit. Any kind will do. Of course it is best if you can use a mixture of dried fruits. Add 1 teaspoonful spice, preferably mixed. Add a good amount of flavouring, if possible, almond, or lemon, or both. Add 2 oz. sugar, or syrup (1—2 tablespoonfuls). You can also add finely cubed cooked beetroot to your liking. Mix all well together, cover and leave to stand for not less than $\frac{1}{4}$ hour and not more than 1 hour.

BISCUITS

There are many occasions when a little biscuit or two means a lot—in the morning for ‘elevenses’, or at night after a fairly early supper.

Of course there are a great variety of recipes for biscuits; but they all call for a good amount of rationed foods such as butter and margarine and sugar, and they all seem to take a lot of time. You will see that the recipes which follow economize almost beyond belief. You will not get genuine Scotch shortbread or the like, but you will achieve confections that are tasty and interesting.

Making: One snag in making biscuits at home is that it takes so much time to cut and shape the pastry. Again and again there are little bits left over which have to be re-kneaded and shaped. By this time you become convinced that it isn’t worth it.

1. You can economize with odd bits *while* cutting and shaping the pastry. If you cut your rounds fairly well apart and space them out evenly the fancy patterns of pastry remaining will provide interesting new shapes without further cutting.

2. If you use a round cutter: overlap when cutting to make half-moons. These look attractive and again you have saved a considerable amount of odd cuttings.

3. The very last odd ends can be rolled into sticks about a quarter of an inch thick and cooked that way.

Baking: Put the biscuits on a heated well-greased baking sheet and then, at once, into the oven. Bake in a medium oven for 10—15 minutes according to thickness.

Triangles

Ingredients: 6 oz. medium semolina, 2 oz. flour, 1 oz. margarine, 1 dessertspoonful syrup, six tablets saccharin, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{2}$ gill milk or milk/water mixed, plenty of flavouring.

Method: warm liquid and dissolve in it margarine, syrup and saccharin. Add the flavouring. Mix the dry ingredients thoroughly in a basin. Pour the liquid mixture into the centre and work the dry ingredients into it until you have a firm pastry.

BISCUITS

Knead this for a few moments, cover and leave to stand for at least an hour.

After this time roll the pastry out. For this do not hesitate to use flour apart from the amount given in the ingredients. Alternate with pulling the pastry carefully and rolling it repeatedly. It is most important that it should be paper thin. Cut crosswise into squares and then into triangles.

Bake on heated well-greased baking sheet on middle shelf of moderate oven (regulo 5) for about 5 minutes. Turn the flame higher and bake for another minute or two to brown.

Fig Sticks

Ingredients: 3 figs (1½ oz.)—you can use dates, 6 oz. flour, 1 oz. margarine, 1 heaped teaspoonful syrup, 3 tablets saccharin, ½ gill milk or milk/water mixed, ¼ teaspoonful salt, ½ teaspoonful ginger, or any spice you wish or flavouring.

Method: chop the figs very finely. (If you make large amounts it is worth while mincing them.) Sprinkle with little flour and rub them between your fingers in order to separate the tiny bits as far as possible. Sift the dry ingredients into a basin, add the figs and the margarine. Rub this in the usual way to mix well. Warm the liquid and dissolve in it the saccharin and the syrup. Pour this mixture into the centre of the dry ingredients and work these into it from the sides. Knead the pastry for a few moments, cover and leave to stand for half to one hour.

Roll out to about ½ inch thickness. Cut into strips about ½ inch wide. Cut these strips again 2 inches to 3 inches long. (If any of your children happen to have clean hands let them twist each of these sticks once in the centre.)

Put on a heated well-greased baking sheet. You can throw quite a lot on to the sheet. Separate quickly. They do not rise very much and do not stick together, therefore they do not need much spacing. Bake on middle sheet in a moderate oven (regulo 5) for about 10 minutes until done.

Sandwiched Cookies

Ingredients: 4 oz. flour, ¼ teaspoonful salt, 4 tablets saccharin, about ¾ gill water, about 1—2 tablespoonfuls peanut butter, or chocolate cream.

MAKE-BELIEVE DISHES

Method: sift the dry ingredients into a basin. Dissolve the saccharin in very little hot water and add to the water. Work the liquid into the flour, starting in the centre. Knead from 4—5 minutes and leave to stand, covered, for at least 1 to 2 hours.

This pastry becomes better the longer you leave it to stand—best overnight in a cold place.

Roll the pastry out paper thin. Pull the pastry and roll out alternately. You can use flour for this, apart from the amount given in the ingredients. Dot half of your pastry with little lumps of peanut butter and fold the other half of the pastry over this. Now press with a floured finger alongside the peanut butter lumps, crosswise. Do not press the lumps. Along the lines you have pressed together cut with a knife to shape little squares. This way you will have saved considerable time for pressing together the edges of your little sandwiches.

You can fill these cookies with a creamy chocolate centre. Moisten cocoa with water or milk/water mixture to a creamy paste. Add enough sweetening (saccharin will do here), very little margarine or lard, a little salt and bring to the boil stirring vigorously. Leave to cool and use instead of peanut butter.

Put on a heated well greased baking sheet. Bake on top shelf of a fairly brisk oven (regulo 6). Baking time: 10 minutes or less.

Assorted Biscuits

Ingredients: 4 oz. flour, 4 oz. medium (or fine) oatmeal, 2 oz. margarine, $\frac{1}{4}$ teaspoonful of bicarbonate of soda, 1 dessertspoonful of golden raising powder (egg *substitute* powder), 1 oz. of sugar (or more), little milk or milk/water mixed, $\frac{1}{2}$ small teaspoonful of table salt.

Method: Mix the dry ingredients well and rub the fat in as finely as possible. Add just enough liquid to make a stiff elastic dough (about a gill).

To make an assortment:

1. Roll the pastry out. Cut into shapes and bake.
2. Put a small 'blob' of sweetened skimmed condensed milk on each uncooked biscuit. Do this when the pastry is on the baking tin.
3. Roll out pastry very finely. Put whole on the baking sheet,

BISCUITS

and spread with sweetened skimmed condensed milk. When baked cut into squares or oblongs.

4. Sprinkle a mixture of cinnamon (or any other spice) and sugar into the centre of each uncooked biscuit. Do this when the pastry is on the baking tin.

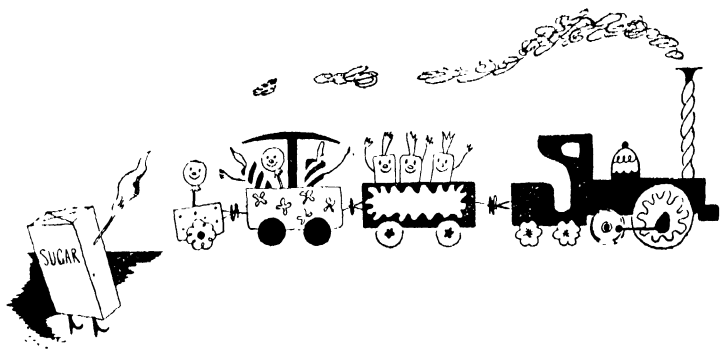
5. *Meringued Biscuits*: To 2 rounded tablespoonfuls of milk powder, add 1 teaspoonful of sugar and 1 tablespoonful of water and beat strongly at once to make a smooth thick paste, similar to beaten white of egg. Add any kind of flavouring.

Put the uncooked biscuits on the heated baking tin, and then heap a generous 'blob' of milk powder paste on each.

Lemonettes

Ingredients: One-third of a tin of household milk powder, 1 level teaspoonful of baking powder, one-third of a teaspoonful bicarbonate of soda, 1 tablespoonful sugar, 1 well heaped tablespoonful flour, lemon flavouring.

Method: Mix the dry ingredients well, add the flavouring and just enough water to make a stiffly running pastry. Spoon this on to a warm and greased baking tin, and bake at once in a moderate oven until golden.



SWEETS WITHOUT SUGAR

These sweets look so real that they can hardly be called a substitute. For many of us it will be welcome to know how to make sweets quickly and cheaply at home without sugar. For various reasons these recipes should remain valuable for the future.

It is rather fun making them. It does not take much time, or equipment, and you can see the result almost at once. With a little skill and interest you can shape and colour these sweets so as to arrange attractive dishes or delightful boxes. (These make good presents too, in those cases where you suffer from 'what-could-I-give-Joan-for-Christmas'.)

All this is very promising and surely a good thing to know *but* . . . you really have to be very careful with your measurements! Some women who liked playing at making home-made sweets, and certainly were looking forward to the results, made the mistake of just glancing hastily at the recipe. Usually this does not matter too much if you are really intent on your work, but in this case it does matter *very* much. Before you start I will give you a few details for your guidance.

1. A 'heaped' tablespoonful means a tablespoon piled as high as possible. This is about three to four times as much as a level tablespoonful would be.

2. A 'rounded' tablespoonful means about twice as much as a level tablespoonful.

3. If the sweets made with milk powder are too dry, add a little more syrup.

SWEETS WITHOUT SUGAR

4. If the sweets made with milk powder are too thin, add a little more milk powder—not lumpy. Mix carefully until you have the desired consistency.

5. A *level* spoonful of syrup means only the amount of syrup necessary to cover the bowl of the spoon. Either pour the syrup carefully into the spoon or scrape off all the surplus.

6. Do not substitute syrup for saccharin according to your own judgment. The syrup is liquid and remains so. If you have any objection to the use of saccharin (which scientifically is entirely unfounded) use sugar instead.

7. If the sweets made with cocoa appear to be too liquid, add more cocoa and saccharin.

These recipes have been tested thoroughly. They have been followed accurately many times. But this means exactly according to the measurements given. It is not enough to rely on personal judgment.

Butterscotch

Ingredients: 3 rounded tablespoonfuls household milk powder, 2 dessertspoonfuls syrup, 1 teaspoonful of margarine, 2 teaspoonfuls of made coffee or strong tea, $\frac{1}{2}$ teaspoonful cocoa.

Put all the ingredients together in a small mixing bowl. Work the syrup and liquid into the milk powder with the handle of a tablespoon. Do not lose your patience, it will take you about 2—3 minutes.

When the mixture looks like fresh large breadcrumbs, place the bowl into a saucepan of simmering water. The water should reach about half-way up the bowl.

Stir and work the mixture with the spoon handle until it becomes hot and pliable. Beat it a little. When it has cooled just enough for you to handle it, pick small portions out and roll them into long sticks between your hands (about $\frac{1}{4}$ inch in diameter).

With a sharp knife, cut these sticks up into little bits. These will look like 'humbugs'. Leave to cool in an airy place. They become harder the longer they are kept.

Candies

Ingredients: 3 rounded tablespoonfuls milk powder, 1 large tablespoonful syrup, 2 teaspoonfuls of any kind of flavouring.

MAKE-BELIEVE DISHES

Method: stir the syrup and flavouring carefully into the milk powder, using the handle of a tablespoon. Knead like this for about 2—3 minutes, when it should be a stiff, crumbly dough.

Put the bowl containing the mixture into a saucepan of simmering water—reaching about half-way up—and stir slowly, still with the spoon handle, keeping the water simmering all the time. Turn the mixture once in a while as it begins to melt at the bottom.

After about 3—4 minutes it should be hot, shiny, and perfectly smooth. Leave to stand for about 4—5 minutes.

Have handy a basin of hot water, a spoon and a slightly greased plate. Wet the spoon and your hands in the hot water. Spoon portions of the toffee mixture into your hands and roll them out to sticks about $\frac{1}{4}$ inch in diameter.

Dip a knife into hot water and cut the candy sticks on the greased plate into little bits which will look like 'satin cushions'.

Separate the bits that stick together on the plate. Leave to dry thoroughly.

Chocolates

Ingredients: 4 oz. cocoa, 1 heaped tablespoonful syrup, 6 tablets saccharin, 2 level teaspoonfuls of sugar, vanilla flavouring, 6 tablespoonfuls water, or a mixture of 5 tablespoonfuls of milk and 1 tablespoonful of water.

Dissolve the saccharin in one tablespoonful of boiling water. Add five more tablespoonfuls hot water, or that amount of milk. Pour this into the centre of the cocoa, and begin to stir, gradually mixing the cocoa into it from the sides. Use the handle of a tablespoon all the way through for your mixing.

Add the syrup, the sugar, and the flavouring to the cocoa mixture. Put the basin into a saucepan of simmering water, reaching half-way up. Stir and beat with the spoon handle while the mixture heats, about 8—10 minutes.

As the taste for sweetness varies considerably, make a test at this point. Add more syrup or sugar to your liking. Always heat thoroughly for at least 4—5 minutes after adding this, beating all the time.

To finish:

(a) Pour into a very slightly greased deep dish or tin and leave to stand overnight. Cut into bars and leave to dry.

SWEETS WITHOUT SUGAR

(b) Leave to cool a few minutes and drop small lumps on to a very slightly greased plate. Do this with the spoon handle. You should be able to shape 'whirls'.

(c) Add as many whole or chopped nuts to the mixture as you wish. Stir and again shape little lumps. Leave to cool and set preferably overnight.

Morocco Delight

Ingredients: 2 heaped tablespoonfuls cocoa, 1 level tablespoonful syrup (not more, not less), 3 tablets saccharin, 1 tablespoonful milk, 1 saltspoonful vanilla flavouring.

Method: dissolve the saccharin in about one teaspoonful boiling water. Put all the other ingredients (except the cocoa) together in a small saucepan. Heat and add the dissolved saccharin.

Add this mixture hot to the cocoa.

Work and knead with the spoon handle until you have a smooth, pliable mixture. Then roll the mixture between your hands into long 'sticks' about $\frac{1}{2}$ inch thick.

Put on a plate or enamelled table. Press the 'sticks' a little to give a flat side underneath, and then press the top between your fingers until the 'sticks' are triangular. Cut into lengths about one inch.

Milkmellows

Milkmellows . . . look, taste and even feel just like the well-known marshmallows. They have the advantage of being very easy to make and they are nutritious, as they contain tinned milk, not merely boiled sugar.

Now—don't get upset when you see a fairly lengthy recipe in front of you. It takes almost as long to explain what to do as to do it. I could have given the instructions so briefly that you would have had only a few printed lines to cope with. But I am going into detail in order to save you making the mistakes I myself made at the beginning. One standard tin of milk makes 70—80 medium-sized cubes.

Ingredients: 1 tin condensed sweetened *skimmed* milk; 3 level dessertspoonfuls powdered or flaked gelatine; 1 dessertspoonful flavouring; 4 dessertspoonfuls of water.

Peppermint flavouring is excellent here, add a few drops of

MAKE-BELIEVE DISHES

green colouring at the same time. Fruit flavouring is good too. Lemon, orange or lime seem tastier than other kinds of fruit flavouring. If you happen to have essence for making lemonade or lime cordial, you will find this very successful. Or you can make your own strong essence with 'lemonade crystals'. Vanilla is not suitable.

Method: Pour the condensed milk into a small saucepan. Have boiling water handy. Measure four dessertspoonfuls of this water into the empty tin, rinse well, scraping the sides with a spoon and add this to the milk in the saucepan. Add the gelatine.

Put the saucepan with the mixture on a very low flame. Heat slowly, stirring all the time. Use preferably a wooden spoon, scraping with it the bottom and sides in the saucepan regularly to prevent the mixture from sticking. After a few minutes it will thicken—quickly remove the saucepan from the flame and stir more vigorously, just for a few seconds, to blend the mixture well. Replace the saucepan on to the flame and continue to stir until the mixture just begins to boil. Pour into a bowl which will be suitable for the beating later on. A small pudding basin is practical.

Leave to cool. It must be cold and nearly set before you can continue. But do not leave to set thoroughly. You can test this by shaking the bowl tenderly. The correct setting point is reached when the centre is not as firm as the mixture at the sides of the bowl. The time it takes to become cold and begins to set depends on the temperature of the place in which it is kept.

Now add the flavouring and begin to beat. Use a strong fork. A rotating egg whisk is of no use here, as the mixture is too firm when you begin beating. It becomes easier as you go on. Tilt the basin slightly, and pull the mixture fairly high up while you beat. Turn the basin regularly. A rotating movement is always a great help while beating. Once in a while scrape the sides of the bowl clean with the fork, thus making sure that all the mixture will be beaten and blended. Carry on this way until the mixture is fairly white (or, if you have used green colouring, light green). You will see air holes appear. Then it is done. According to the strength of your beating it will take about 7—10 minutes. Smaller quantities take less time.

Grease a deep plate very thinly but evenly. Scrape the mixture at once into it. Smooth the surface to get a fairly even spread. *Do*

SWEETS WITHOUT SUGAR

not press while you do this, otherwise you press out the air which you have just beaten into it! Leave to set in a cool place for 1—2 hours.

Cut criss-cross into squares. You need not coat these cubes with sugar and cornflour as is necessary with the original marshmallows. But preferably leave to dry, neatly separated, for a few hours, or overnight.

Variety: If you wish to make two different kinds of Milk-mellows with one tin of milk, cook the milk, water and gelatine as described above. Pour one-half of the cooked mixture in a small bowl, and the other half into another bowl. Before beating the nearly set mixture, add 1 teaspoonful of flavouring to each portion and proceed as described.

Milk-mellow helps to make other Delicacies!

Milk-mellow Cake

Any plain cake, bought at the baker's or home-made, can be promoted to the rank of 'tea fancy' with a generous filling of milk-mellow. Especially in a plain chocolate cake! Instead of cutting the set mixture into squares, cut carefully across to get a disk of about one inch deep. You can still use the remaining milk-mellow for something else.

Milk-mellow Icing

This icing does not keep longer than a few days in a cool place.

The cake must be perfectly cold before you ice it. After you have finished beating the mixture, spread it at once all over the cake. Do this tenderly and loosely, avoid pressing it. Do not use an icing machine, but just smooth the mixture with a broad knife in spiral fashion. It will look quite shiny. *Saw*, when cutting.

Milk-mellow Mould

Here we adapt successfully an American favourite sweet dish to our own rather restricted conditions.

Make an ordinary fruit curd (boil odd bits of fruit with water, pass through a sieve, thicken with plain custard powder and then sweeten to taste) and leave to cool thoroughly. Fold milk-mellow chunks into the curd and decorate with milk-mellow triangles.

MAKE-BELIEVE DISHES

Arizona Pie

Bake a plain crust. Spread thickly with any kind of fruit *purée*, or with bottled or stewed fruit. You can also use a plain fruit curd, as described in the previous recipe. Or, spread thinly with a little jam. Cover with thin milkmellow shapes. If you use a high rimmed flan tin to make your crust and allow for a generous rim, you can achieve quite a substantial fancy pie with only a little pastry, a little fruit and the addition of milkmellow.

Chocmellows

For those who would rather make use of household milk powder instead of condensed milk, when making sweets of this kind.

Note: use the same spoons for measuring different ingredients in order to ensure correct proportions.

Ingredients: 10 level tablespoonfuls household milk powder; 3 level tablespoonfuls cocoa; 2 level tablespoonfuls syrup; a level tablespoonful sugar; 2 level dessertspoonfuls gelatine; 6 tablespoonfuls water, 1 teaspoonful vanilla essence.

Method: Put syrup, water, gelatine and sugar into a small saucepan. Stir to dissolve, just for a few seconds. Put the saucepan on a medium flame and bring just to boiling point. Remove the saucepan from the flame. Leave to cool a bit while you proceed with your preparations.

Measure the milk powder and the cocoa into a small bowl. Blend these really well.

Now pour the syrup mixture into the centre of the milk-cocoa mixture and stir at once. Stir strongly, almost beating it with the spoon. A few minutes of this will make it smooth and shiny. There are two different ways of finishing this sweet.

(1) Little Whirls.

Grease a large plate or dish very thinly, but evenly. Make large drops on the plate with the mixture, using a teaspoon. They will round themselves off a bit and will remain quite shiny. Leave to set and dry, preferably overnight.

(2) Choose a deep plate and again grease it thinly but evenly. Fill the mixture into it and smooth the surface lightly. Leave to set and dry, for about a few hours. Cut it into squares or shapes. Separate the shapes and leave to dry thoroughly, preferably overnight.

MOCK MARZIPAN

Usually a recipe should be more of a guidance than a strict order. But this particular recipe has to be followed exactly. Do not glance over the ingredients and then superficially over the instructions, but follow them accurately. I have made all the mistakes for you while I experimented and you can spare yourself from going through that.

Ingredients: 4 oz. soya flour, 3—4 oz. granulated sugar, 2 oz. unsalted margarine, 2 small teaspoonfuls flavouring, preferably almond essence of course, 2 tablespoonfuls water.

Caution: for larger quantities use less flavouring.

Method:

1. Just melt the margarine in a saucepan.
2. Add the water, essence and sugar, and stir over the lowest possible flame for ONE minute.
3. Remove the saucepan from the flame and add the soya flour. To blend well, knead with your spread fingers for at least two minutes.

What to make with it:

If you want to use it as Almond Icing or a layer in the cake, shape a small loaf, wrap this in greaseproof paper and keep in a cool but not cold place until you need it. Do not keep longer than 6—8 days.

For Truffles or Marzipan Potatoes:

Roll the mixture into little balls. Put some cocoa into a bowl, heap the balls on to this and shake to cover them slightly all over.

For Marzipan Strawberries:

Add cochineal to the water you use initially. Again shape little balls with the finished mixture, give them a little squeeze at both ends. If you wish, halve them after this. Prick a few times with a fork. If you are ambitious and want them to have little green tops that look like stems or leaves, break a green sp. into little pieces and stick these on, but do not forget to warn the children about it.

MAKE-BELIEVE DISHES

For Macaroons:

Shape a loaf about 2 inches square. With an ordinary knife saw it carefully into slices about $\frac{1}{4}$ inch thick. This will make the surface rough as it should be. Bake on a greased sheet in a low oven until done, about 15 minutes. The macaroons should still be soft when you take them out. They crisp almost immediately on a cake rack.

For Maids of Honour:

Make the best pastry you can afford. Flaky pastry is orthodox but you will have to be content with what is possible. Line patty tins with the pastry, keeping a small amount back which you will need later for tops. Fill some of the finished marzipan mixture (it can be very little) into these lined patty tins. Cover with a cross made with the pastry. You may find it simpler to line the patty tins a little over their rims, fill with the mixture and gather the overlapping ends together using a fork. In any case, the mock marzipan has to be practically covered as it burns easily.

N.B. You do not need any sugar for the pastry: the stuffing is sweet enough.

For Bakewell Tart:

Proceed in the same way as for Maids of Honour. Instead of lining and filling patty tins, use a cake tin with a detachable bottom. Cover the filling either completely with pastry or with pastry strips leaving only small gaps.

THOUGHTS AND IDEAS

COFFEE

And a New Drink Made with it

Only few of us have a coffee machine which fully utilizes ground coffee. Here is the best way of making good coffee with the simplest utensil—a saucepan. Have this saucepan specklessly clean. Bring water to the boil in it. Count about 1 tablespoonful ground coffee to every 1 pint of water. Throw this coffee in the saucepan at the very moment when the water boils, otherwise the water loses the air necessary to ensure good taste. If you wish, add a tiny pinch of salt. Stir until all the coffee is wet. Cover the saucepan with a lid and keep on the lowest possible flame for at least 20 minutes or a little longer. Without lifting the lid any more, remove the saucepan from the flame and leave to settle—about 8—10 minutes. Pour the coffee off the grounds. This is all—your coffee is tasty, the flavour even strong enough to survive an occasional heating up, and you have made full use of the ground coffee.

You need less milk with coffee if you use it to make a

Mélange

Mix the coffee with an equal amount of ready-made cocoa, made with water, add a dash of milk only. If possible, sweeten before serving. Use 1 tablet of saccharin and 1 teaspoonful sugar to three cups of this drink, the saccharin will be entirely unnoticeable. Even those who do not like cocoa and are not very fond of coffee by itself will probably enjoy this drink. Do you remember coffee-flavoured slab chocolate?

ECONOMIES

Hint for Milk Economy

During times of milk shortage we have to refrain frequently from using milk. Even for dishes which we believed could be prepared only with milk we have to make-do by taking mainly water or stock, as the case may be, and a small addition of milk.

Be careful how you add this precious 'dash of milk'. If you dilute it with the necessary amount of liquid at the beginning, its flavour may get lost. You can preserve the creamy touch which milk gives a dish by adding it shortly before serving. Heat quickly; do not boil any more.

Saving Sugar in Tea

However well you believe you have stirred granulated or lump sugar in your cup of tea, there is always some of it which sets at the bottom of the cup and is only going to be washed up later. You will find that you can enjoy sweet tea and at the same time get remarkably further with your sugar ration if you do the following: when you have finished with your teapot pour a little boiling water on the leaves and pour this at once into a little jar or bottle with granulated sugar. About twice as much hot tea as sugar. Cover when storing it. Shake or stir before use.



ON THE QUESTION OF FEEDING WHEN YOU EAT

Animals choose the foodstuffs best for them. They settle where they hope to find it, or move about in search of it. You may want to interrupt to say that it may well be the other way round, that certain climates and their products have conditioned the creatures living in them. No matter which way it happened it still remains a fact that most animals feed with deft instinct according to their vital needs. Even our domesticated animals have retained some of this original instinct. Watch your dog greedily eating grass, despite the expensive dog biscuits you give him, when he is in need of vitamins or an aperient. Or your cat insisting on liver or fish, or even preferring mackerel or herring to prime dover sole.

We no longer live by instinct alone. In the process of civilization we have gained many pleasures but have necessarily drifted away from many of our natural instincts, and feeding like everything else has become civilized.

We have table manners and tastes, saucepans and spoons. We no longer tear plants up and gnaw them as we go. Nor do we put raw meat under the saddle and ride it soft. Instead we have developed elaborate ways of preparing our food and have learned to make dishes, puddings, and pastries.

Unfortunately we rarely stop to wonder whether we feed when we eat.

THOUGHTS AND IDEAS

Cooking has become almost identical with boiling, or with a long heating process. We have nearly forgotten the original meaning of a meal. We should have remembered to prepare certain foodstuffs—especially vegetables—by such a method that they would still retain the nourishment we need. Instead, sometimes we go so far with our cooking that a perfectly good vegetable becomes tasteless, if not repulsive.

We must break through the barbed wire of prejudice and old habits. Science has given us the knowledge and the means to make the best of our foodstuffs and we must take full advantage of them. Despite the efforts of a few, these methods have hitherto been little known. It was to nobody's financial advantage to invest money in popularizing new methods for the use of food, just to make us healthier. It paid to invent a canning process providing peeled potatoes and cooked spaghetti for the convenience of the housewife; it was profitable to tempt the eye and palate with beautifully made-up sweets; but it brought no dividends to tell women how best to look after the bodies in their care, and how to save time and labour in so doing.

It is through the war that the fitness of every one of us has become a matter of recognized importance. We realize that the nation's potentiality lies in the quality of its people, rather than in bank balances. At last it is seen that good feeding brings its own profit.

Calories and Vitamins.

How much, however, is it necessary for the average housewife to know about food values? Often it is the most lovable mistress of a household who has no head for figures. She guesses values. Yet with a certain amount of general reading and a few useful charts, her guess can become the judgment of an expert! It means a little careful thought, the repeated reading of pamphlets and handy guides, and the constant remembrance in her cooking of the principles involved.

However seriously or lightheartedly we go about learning dietetics, we all must learn that food is not measured by calories or by vitamins only. It stands to reason that the body needs a mixture of essentials to keep well. We must not fall into the error of those who think that a proper diet is ensured by the necessary amount of calories. Nor do we want to follow the bad example of caterers, who assume that they have paid due respect to that

THE QUESTION OF FEEDING WHEN YOU EAT

mysterious something called vitamins when they give us a couple of old lettuce leaves, on which a few carrot snippets and slices of cooked beetroot make feeble attempts to assert that they are a salad.

The conviction that the required number of calories represent proper nourishment is dangerous. There is a lot of loose talk about various groups of workers receiving their 2,000—4,000 calories per day. Very good; but remember that calories only mean heat units, or for that matter energy units. We could amply satisfy our calorific requirements by eating only lard or oil, or by taking nothing but a certain amount of bread or potatoes. It is important to make sure *what* the food consists of that supplies us with our calories and how that food is prepared.

Again it is no use bringing home vitamins in the basket and then cheerfully killing them on the kitchen stove.

Having touched on the subject it is of interest to consider the different ways in which different people are affected. We must remember the individual needs of the members of each family, their age and physique and the work they have to do.

The climate is a decisive factor too. Snowbound countries imply more than a white Christmas, and sun does more than tan the complexion attractively. We do not know exactly what the powers of sun or frost are; but it is a fact that a diet, which would be deficient in our climate, keeps whole groups of mankind alive where the sun is generous. No amount of wishful thinking or laziness can convert a tin of spaghetti into a self-sufficient meal in *this* corner of the world.

It is not only a matter of needs, but of taste also. We have to keep in mind that atmospheric conditions have some effect on the taste. Many smokers will confirm that English cigarettes, pleasant to smoke in this country, have a slightly sickening and sweet taste on the other side of the Atlantic; while Cuban cigarettes are almost unbearable outside the West Indies. It may, for instance, be the sea air blowing so invigoratingly over our islands that makes us thirsty for a light and fragrant drink such as tea. Coffee appears to be more suited to temperatures and temperaments which call for a heavier stimulant.

Then there is the customary routine of the day to consider. Some peoples on the Continent have different working hours. They start much earlier than we do and they work later too. A

THOUGHTS AND IDEAS

longer 'lunch hour' is inserted: this gives them the rest time so necessary after a very substantial feed and they can safely indulge in a fairly big meal at midday. Therefore they start the day on the light continental breakfast of coffee or chocolate and rolls. Their customary 'elevenses' consist of quite considerable amounts of bread instead of the biscuits we generally take, if anything. Again, this bread is different from ours. We call it contemptuously 'black', but in reality it is very good and wholesome, its main content being rye or barley, or both.

'Continental breakfasts' may suit some people, but in the ordinary English routine most of us require a more solid breakfast. We start on the good foundation of a really hot meal and this relieves our bodies and minds of further worries during the most important hours of the working day. We do not eat too much over midday and can carry on with our jobs lightheartedly, despite our comparatively short interval. This scheme brings us quicker to the end of the working day—in normal times of course—and promises a good evening with enough hours for ourselves. We are eager to learn new ways from others in order to improve our menus, but we want to keep our good old English breakfast.

Many women still do not realize how far the facts of food that the scientists tell us about have a bearing on their personal lives. All this talk about different and better feeding and cooking is so new. After all, we have always been satisfied and we still have enough. We are perfectly willing to accept new advice as soon as we realize that it means help for us and our families. We know that we need body-building foods and vitamins, and again something for energy; but most of us do not believe that we are really in need of help and are apt to ignore the admonitory finger of science. The majority of us manage for long stretches without the doctor and walk fairly happily along the different paths of our lives. The little ailments we have afflict so many of us that it would seem ridiculous to make a fuss about them. It is because some ailments are so common that they are accepted as something in the natural course of things. This is where we have made a vital, though understandable, mistake. A discomfort need not be natural just because it is a common one.

For example, why should we in this day and age accept the fact that we must suffer from constipation, colds, bad teeth, anaemia,

THE QUESTION OF FEEDING WHEN YOU EAT

from tiredness or insomnia? Why should a little scratch or wound so often develop into a painful, slow-healing abscess?

We can cure our minor ailments and we can prevent illness far more than has been believed possible. As it stands to reason that this makes for a happier life, every woman will be glad to know a few rules. In many cases this involves using more of certain foodstuffs than has been customary, or preparing others differently. Just 'leaving off' or 'giving plenty of' would be monotonous and we know what effect that has on the appetite. The recipes in this book show how almost any kind of food can make an appealing dish—once we have decided it is good for our health.

Just a few hints. Bones and teeth—for these vitamin D is of high importance. In fact, a real deficiency of this vitamin causes rickets (in some countries called 'English disease'). Sunshine generates vitamin D in the body. Any kind of oily fish is rich in this vitamin. Perhaps that is why nature provides eskimos generously with this food. But we are not eskimos and generally our taste in this country does not favour this kind of oil. Some of the recipes make full use of tinned fish in such a way that everybody will be delighted with it. By the way, yeast is good and therefore any plain bread or bun is better than fancies made with baking powder. Naturally there are other things necessary for bone and teeth building; these are only a few examples showing how easily the real value of food can be overlooked.

Constipation calls for plenty of fresh or dried fruit, both stewed and raw, and for wise drinking. Warm water taken on an empty stomach is excellent. It can be made palatable by taking it in the form of tea, or coffee (not cocoa), or a clear soup or broth. Oatmeal and wholemeal wheat or the so-called 'national flour' are good if not eaten excessively. Pastries and stodgy puddings (even a lot of biscuits) will wrap in cotton wool as it were, those muscles which are expected to function, making them lazy instead of exercising them. Large helpings of vegetables and of soups made with vegetable liquor or juice, and smaller helpings of puddings and pies, will help the body to function easily and the head to remain clear. A lot of headaches—physical and mental—can be avoided by these simple means.

One of the best antiseptics is the fairly regular intake of raw vegetable salads. Some people seem to have 'a good healing skin'; they just have enough vitamin C in their systems, that is all. Colds

THOUGHTS AND IDEAS

fall into the category of infections and we can increase our powers of resistance by a liberal increase of vitamin C. Remember how, in normal times, we used to meet a cold with, 'I'll go to bed with a hot lemon'—lemon, so rich in vitamin C. Or how, in severe cases of influenza or angina, the doctor kept us on a diet of fruit juices. Of course we have to prepare the vegetables without destroying the precious though invisible vitamin C. It takes no more than a week to get into a new vegetable habit and henceforth dispense with ointments, mixtures, endless handkerchiefs and a red nose. Again, sores or skin diseases are mostly cases of vitamin C deficiency. The famous 'schoolgirl complexion' is largely due to oranges, lemons, watercress and plenty of fresh milk. (Do not rely on any exception you know: we are here concerned with general rules for average people.) Let us be thankful at the present time that imported fruits are not the only things that give us vitamin C.

We will avoid tiredness (so agonizing at the wrong moment) and premature ageing, and our bodies will keep firm without increasing weight, if we guard our protein intake. We all know the merits of a roast joint or a steak or bacon and eggs. We can replace the wear and tear of our muscles just as efficiently with new foods, canned meats and fish, dried eggs and the like. Let us start in the kitchen our struggle against anaemia, by making sure that a slow cooking process has not turned the food which the doctor ordered into 'an anaemic' itself.

So now we know it all. We feel full of virtue and modern ideas; and this feeling carries us from shop to shop as it were, and we are so busy choosing foodstuffs from our new point of view that we forget how tedious shopping really is. We arrive home. We unpack the bags—and everything seems lovely in the kitchen.

But suddenly we are reminded of our family who are to sit down at the table and will look critically at the dishes we present to them. We have been told what our families should eat, but not how to make them eat it. Here starts the school of diplomacy for women.

The first person to tackle is yourself. Be sure that you are really and wholeheartedly convinced that your dish is appetizing and suitable for the particular day. Otherwise you will never be able



We feel full of virtue and modern ideas

THOUGHT ; AND IDEAS

to introduce it successfully. If you are yourself looking forward to eating the meal, your words and gestures will be right, even if you hardly say anything.

As for those you serve, you have a very effective helper—their good appetite. If your family is really hungry they will welcome a good dish, even if it is new. A stomach bored by continual slight gifts is moody and the palate becomes finicky. Beware then of the habit of tit-bits and snacks.

This of course applies to children's sweets. Neither sweets nor sugar are bad for children, but they start a vicious circle if taken injudiciously. The child prefers the taste of sugar, he gets it and eats it, and therefore he is not hungry when he gets his milk and vegetables. He refuses these, or leaves them half touched, gets hungry again and gets more sugar in the form of sweets, cake, or the like. And so *ad infinitum*. The result is that the child is undernourished, although he may even have gained weight—and he grows up with a deficiency of vitamins and body-building foods. In some cases this may cause skin diseases or acute weakness of the bones.

Children should get their sweets *after* meals. And children are not the only offenders in this respect; it is not certain whether the stomach matures when man grows up!

TO SERVE

At the beginning of these thoughts we went into the question of 'instinct lost through civilization'. The recovery of natural feelings has been rather fashionable in this century. However, this does not mean that we go back to savagery. On the contrary, we want to combine common sense with graceful living. Having found out the kind of food we should eat, and how to preserve its value while preparing it; we have, at the same time, to consider how to serve it with beauty and grace.

It is often considered too much trouble to decorate or garnish a dish. Visions rise of hours spent on the birthday or Christmas cake. Pictures in cookery books are usually so beautiful that the poor housewife gets a choking feeling and wonders: 'However could I find time to do that?' One of the main difficulties in decorating dishes is the washing up connected with the initial preparations. 'Cooking time 15—20 minutes'—but no mention of the time needed for preparing all the bits and pieces and washing up the assortment of kitchen tools. Whether this has to be done by the housewife herself or by a maid, reason rears up against the thought of having dishes, basins, cups and spoons piled up before the meal has even started.

We will now reverse old rules, and so use them for our own good. We will endow with beauty the dishes we bring to the table, not only for the sake of making them more appetizing, but also to *save washing up!*

Once you get into the habit of planning your dishes in good time, with interest and consideration, you will find that you produce surprisingly successful meals with little things and little trouble.

For this we have two invaluable helpers independent of each other: the large dish, or fireproof casserole, and the grill. There are a few other little helpers, in the form of left-overs.

The idea behind the large dish or casserole is to save all those more or less voluminous basins which crowd the table and later the sink. Every one of them probably afflicted with a separate lid and various handles, all of which have to be manipulated at the table, and whose nooks and corners have to be well attended to with water and a mop.

THOUGHTS AND IDEAS

Apart from this, potatoes lying by themselves in a dish—or cabbage or any vegetable—are open to criticism in their loneliness. Whereas, arranged together on a dish they make an attractive unit, as colourful and contrasting as a garden.

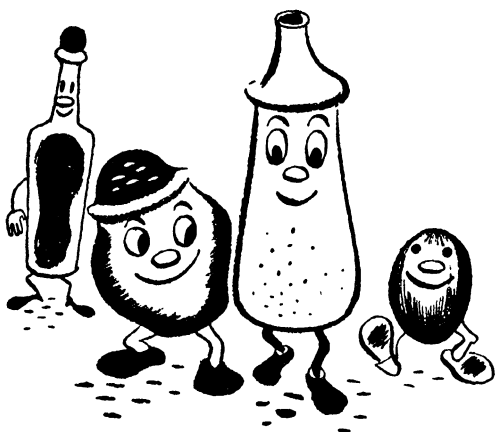
If you have those platters and casseroles in even a small variety of shape and colour, and you arrange the food wisely to alternate on different days between, for instance, 'light and creamy' or 'brown and crispy' you will notice the success the instant the dish is lowered on the table.

To give you a few examples at random: you may have a round, brown fireproof dish, perhaps even with a lid. One of those things that look warm and slightly rural, reminding you of an old-fashioned range. This will help you to raise the standard of the humblest brown or dark-coloured stew of any kind, particularly if you garnish it quickly with either chopped bacon or tomato halves or the like, and if possible grill it briskly before serving. Again, fluffy mashed potatoes will spread themselves like snow on an oval china platter. You can then surround it well by vegetables, or have small pieces of meat resting cheerfully on the white peaks.

The idea is a two-fold one; you have saved yourself dishes and you have glorified a meal which the spoilt Englishman would normally look upon with contempt.

If you get yourself into the habit of looking on every bit of food which is still good and fresh as a thing in its own right, even though it is a left-over, you will get a lot of fun out of cooking. Two or three sprigs of cauliflower, a few beans, odd slices of carrot and parsnip, all these can be kept safely in a covered cup in a cool place. They will serve next day as the regalia of the one dish or casserole you intend to arrange.

Obviously, there is no end to what we can find out if we bring intelligence and imagination to that stronghold of convention and 'Good plain cooking'—the English kitchen.



SEASONING

Have you ever thought that the advice 'season to taste' gives you your chance?

It is *your* taste that is meant here. It is *you* who create the appeal of a dish with your seasoning. Surely this is an opportunity not to be missed by any ambitious woman.

Once you know how, it is very little trouble to flavour a dish so well that even the most difficult person is lured into enjoying your culinary masterpiece. All you want to do is to taste two or three times during your preparation.

Take a spoon or a fork and make sure that you really get a mixture and not just a little from the top of your saucepan. Cool to the heat at which it will be eaten, and taste, keeping it on your tongue for a few moments or biting slowly. Close your eyes while you do this and think of nothing else. Use all your imagination to find out what may be missing or which taste has to be counteracted or complemented. It is a matter of absolute concentration and a matter of only a minute or two.

While you do this keep in your mind that spices and seasonings all have their individual character. You are accustomed to use one, or a combination of these ingredients, to cover rather than to bring out the natural flavour of your foodstuff, as with curry for instance.

THOUGHTS AND IDEAS

Curry lends itself best to an explanation of what is meant, because it is a sharp, peppery spice, with a very subtle sweetness to it. It is generally used to *cover* a flavour; but if you use it sparingly, a dash or two only, you will find that it tinges a dish in a different and better way from the customary shakes of pepper, without making it into curry proper. In recipes in this book you will find 'a little curry' mentioned now and again. Be careful to use it in the way suggested. It should be felt, as it were, but not noticed.

The same applies to 'a little grated cheese', which gives a soup or a sauce a creamy consistency without reminding the palate of a cheese sandwich.

Bottled sauce in itself is a mixture. If you add a few drops only you will round off your dish, a bit sweet, a bit sour, a bit peppery, without deadening the original flavour of your foodstuff.

I would never have thought of pointing this out so carefully, if one of my critics had not objected to the frequent use of all these spices in my recipes. I have discussed this with other housewives and have learned a good lesson—the importance of reticence in seasoning. Remember that curry can flavour discreetly without the sensation of burning throat and nostrils, which is the correct result for a few dishes only.

Even in the best of peace times I used to have one kind of mayonnaise or salad cream for all my salads. This sauce contained a remarkable variety of seasonings used with the utmost discretion. I added it to the vegetable immediately after finely chopping it. Thus, the fresh juice of either celery or cabbage, tomatoes or cucumbers, or a combination of these, mated happily with the mayonnaise, producing delightful salads differing from each other every time by virtue of their own character.

Yet, because so many cooks believe that seasoning means disguising a foodstuff they hesitate to use it at all. Instead of going carefully about it, they just dismiss it altogether. The result is that, whether we admit it or not, food in this country generally tastes rather flat. This, of course, explains the amount of salt taken at the table. If the cooking were properly done, only very little or no salt would be necessary as an addition to the prepared dish.

This brings us to a very important point in pursuit of New Methods. It is only in very hot climates, where the body loses

SEASONING

a good deal through perspiration, that salt has to be replaced artificially. In a moderate climate, such as ours, the excessive use of salt is not good and can result in that famous morning tiredness of which many people complain. No other northern country uses as much salt as we do. Even our salt-cellars are different from those on foreign tables, where they resemble our pepper shakers, the salt being sprinkled only slightly over a food when it proves necessary. Our salt-cellars allow a free flow. Without even tasting what we are about to eat, we dip the food on our fork into this pile of salt on the rim of the plate. Perhaps experience has taught us not to trust the cook.

Moreover, you need considerably less salt if you add it while cooking. In fact, your palate could not stand the same amount of salt you add at the table, if it had been cooked with the food. So let us aim to abolish the phrase: 'Please pass me the salt.'

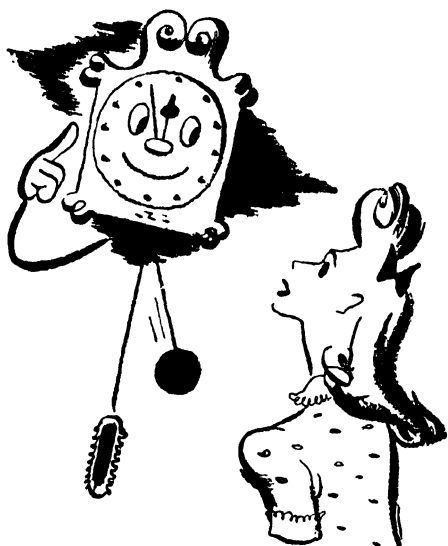
Once you have become accustomed to more seasoning in the kitchen, you will begin to analyse the nature and flavour of foodstuffs with the detachment of a research worker, and you will find a range of unexpected things that you can use.

Bread is not only one of the fundamental demands of humanity, it is wheat and yeast. It gives a lovely touch to cheap cuts of meat or to rather ordinary fish. A crust of bread stewed all the way through with the meat, rounds off the gravy in an interesting way. While breadcrumbs added to fish, or fish sauce, are one of the secrets of French cooking.

A dry potato, finely mashed without lumps, gives your drop of soup a certain fullness, and an almost aldermanic dignity.

What ill fate has confined nutmeg to milk puddings? Settle your mind to pure objectivity and smell at this perfumed spice. You will have visions of carrots or spinach, of mashed potatoes beaten with milk, scented very faintly but effectively with nutmeg. Or of hot Nutmeg Toast with your tea.

Again, a little very strong coffee added to a chocolate dessert pleases even the most mature and masculine palate.



TIME SAVING

Only a person who, at some time, has been involved in kitchen work can know what time-saving devices really mean. If we want to enjoy life at all, it is essential to plan the day according to a reasonable scheme.

First I want to make clear that I am not concerned with the woman who has never done any real work of any kind, and who announces her pride at being no good in the house. She will always run around in circles, afflicted by a distorted mass of duties, asking for sympathy and rarely getting any. Fortunately women such as these are becoming scarce.

As time goes on, more women do jobs outside of their homes, or only partly connected with the family housekeeping. It is the shadow of this woman who should be at the back of the mind of any experimental cook. The thought of the busy woman has prevented me from succumbing to the temptation of giving recipes which are lovely but too elaborate. It was her inaudible admonition which made me hesitate, when I felt like following an interesting idea involving more trouble than was necessary. Instead

TIME SAVING

I have found a great satisfaction in finding or inventing labour-saving devices. My suggestions will not apply to everyone, alterations of arrangements are not always possible. I do hope, though, that there will be at least one or the other new hint, which will be of help to any woman who wishes to make the best use of the little time she has.

Good planning is the only method by which a busy life can be made bearable, and it may not have occurred to the working woman how she can plan in her kitchen.

We can secure peace of mind by spending a few minutes each day—early morning, afternoon, or late evening—in making plans for the next day, or better still, for two days ahead.

A list of meals pinned up in the kitchen will save the annoyance of missing some ingredient just when we start to cook. It also enables us to complete our shopping list. We should do as much shopping as possible at one time.

It is quite astonishing how much time can be saved by well-planned shopping. To give you an example. If you get twice the amount of cabbage you would usually buy for one meal, you will see that it will make three meals if you plan properly. You can chop the outer leaves and slice the thick stalks finely as a basis for a vegetable pudding; the yellow heart of the cabbage naturally calls for a salad; and the remaining green parts are just right for orthodox 'greens'.

If you have a cauliflower at the same time, you can slice the outer leaves like carrots and add them to the rough parts of the cabbage, amplifying the basis for your vegetable pudding.

When you have to prepare anything that takes considerable time, it pays to concentrate on the possibility of providing simultaneously for other meals.

You should never bake pastry without this thought in mind. Pie crusts can be filled one day to make a sweet, another to make a savoury.

A custard can be interesting on two successive days if you serve it first with a hot chocolate sauce and later on just sprinkled with cinnamon and sugar. Use a large dish one day and individual cups the day after.

Whatever happens, we are going to stick tenaciously to the holiday atmosphere of our week-end.

How many women are able to say wholeheartedly 'Our' week-

THOUGHTS AND IDEAS

end? The habit of having the big Sunday midday meal makes it impossible for those who have to cook and clear it away to feel really free.

This can be changed.

We can have the last big and elaborate meal at the beginning of the week-end, probably Saturday lunch or dinner, and discard any further worry until Monday morning. This again means, of course, at least ten minutes' thoughtful planning. We can use the last busy hours in the kitchen before the Sabbath to prepare a small variety of basic necessities, and store them in little cups or basins in a cool place. The thought that they are ready to hand will assure peaceful leisure. We know it will only take a few minutes before the mealtime to finish off our dish.

It would take another book to list all the possibilities. All the different sauces in which you can cook potatoes to make a casserole. The variety of stuffings for tomatoes, or pies. The pastries which can be 'put to bed' in the refrigerator or a dark, cold place, in a blanket of flour. The pottages or substantial soups which can be kept in a saucepan with a slightly tilted lid, until the time when you want to heat them, perhaps adding some fresh vegetable.

Not to mention that one basic sweet that can be garnished differently each time.

NEW FOODS

Nowadays we will have to deal with many foodstuffs which are unfamiliar to us in their new forms and shapes. We cannot do without them, we only deprive ourselves by a stubborn 'I wouldn't touch it'.

Despite our perpetual grouching about the 'Powers that Be', we must admit that there must be a reason for devoting precious cargo space to the import of new kinds of food. Indeed, there must be a very good reason for taking the trouble to bring into this country goods that need a lot of careful and elaborate explaining and propaganda, instead of allotting the same space to well-known commodities which would be accepted without fuss.

If we women were asked to decide the way in which our people should be fed, we would have a sensible answer ready: best nourishment to be imported in the smallest possible cargo space. What we would not be able to do is to develop the technical side for ourselves. We would recognize the importance of importing body-building, i.e. protein, foods, such as egg, meat and milk; but it is not our job to invent ingenious methods by which a good supply of these can be shipped to us. These methods have now been found, and we are full of admiration and gratitude. With our natural curiosity we would like to know more about the matter.

Dehydrated food, for instance. Dehydrated means dried, the water having been pressed or steamed out by special machinery.

Prunes are dehydrated plums. Dried pulses, such as split peas, beans and lentils, are nothing but the dehydrated kernels of the vegetable.

We often do dehydrating in cooking. Eggs and milk put into a pastry and baked into a cake come out of the oven dehydrated. No one doubts the value of our cake on this account. On the contrary, we boast to our guests about the amount of eggs and milk it contains. We can see here for ourselves one form of dehydration, because the pastry is fairly liquid and moist, which the cooked cake is not.

American tinned meat has been a novelty to most of us, apart from 'bully beef'. But let us remember that electric light was a novelty at one time. Canned foods are by no means new foods in

THOUGHTS AND IDEAS

America; skill and science have been employed over there for many years to achieve better and better products. The process by which this meat is canned is not therefore the result of an emergency wartime demand.

The American housewife has for a long time been interested in diets and is, we might say, nutrition-conscious. In the States the knowledge of nutritional values has spread very rapidly.

At the same time, the question of labour has always been very different there from what it has been here. Women who in this country would normally have at least one maid have managed by themselves in most of the states of America.

These two facts together made one problem, which industry found well worth while solving. The combined demand for hygiene and health, and for labour-saving devices, led to many inventions.

To give an example: American architects have devised a scheme which disposes of the need for a dustbin. At the side of the sink is a slot with a flap like a letter-box. Refuse is thrown into this and a shute leads it into those obscure regions which every housewife would sooner not know about.

But to get back to our tinned meat. Let us not make any mistake about it. I remember, when the first 'Prem' and 'Spam' and the like appeared in the shops, how a friend of mine exclaimed with disgust, 'Why do they send us this rubbish in tins?' I was horrified at her criticism and the word 'rubbish' roused my anger to the point where I usually keep strictly silent. Every woman will sympathize, knowing what that means.

The fact is that many of our methods of cooking fresh meat in a slow way, or worse, starting it off in cold water or cold fat, turns out cooked dishes far inferior to properly tinned meat.

And do not forget that ready cooked meat really represents more in weight, because a certain amount is always lost in cooking.

Of course, we need to keep these new foods in correct proportion in our menus. There is a quality, flavour and richness in many fresh foods, quickly and carefully prepared, that we do not want to miss. But as a meal always consists of at least two or three different items, it will prove more and more helpful to have a stock of new foods in the larder, wartime or not.

We look forward to a promising future. It is good to know that

NEW FOODS

we can enrich and embellish even meals made in a great hurry, without fussing with unnecessary pots and pans, grease and crumbs. It seems like a dream come true.

Welcome to these new foods. All the more as these products of modern science have freed us from fear of starvation. We can grow all the carbohydrates (starch) we need in this country; and the necessary proteins, vitamins, etc., can now be locked in little boxes and tins and shipped or flown over to us, a precious cargo vital to our existence.

Soya

This little word, brief and musical, heads one of the most sensational stories of the world's hidden treasures.

Few things in history have been so innocently misused on a large industrial scale. The products of the soya plant have been a customary food only in East Asia. In America, in which it has been cultivated to a considerable extent, it has been used chiefly for making car paint, soap and the like. The residue was used for cattle fodder.

But consider the food value of processed soya bean flour. Here are the approximate proportions:

42—45 per cent high class protein (compare beef 15—18 per cent protein).

23 per cent fat.

25 per cent carbohydrate.

4½ per cent mineral salts, 2½ per cent lecithin and a good amount of iron, calcium, phosphorus, potassium, etc.

Calories: 450—470 (compare with ordinary flour, 360—390) per 100 grammes (or 3 oz.).

It will be seen that there is a good reason why we should try to introduce dishes containing soya as the main ingredient. Body building (protein) foods such as meat, eggs, cheese and fish are essential. They have always been in the dearer class. At present they are in restricted supply and are likely to remain so for some time to come. Soya can fill the gap during periods when we are in danger of protein deficiency.

Incidentally, soya has another important quality, especially important to our people. It conquers gently, though almost invariably, that stubborn tendency to constipation which so many suffer from, both children and grown-ups. It acts as if every

THOUGHTS AND IDEAS

meal were lightened up by a good helping of fresh fruit—it has the same aperient effect, neither more nor less. A small proportion of soya in the daily diet keeps us in good humour. It is alkaline and therefore digestible by invalids and children.

There is yet another thing in favour of soya. It is cheap, very cheap in America. Too many families on both sides of the Atlantic have had to cut down on body-building foods because eggs, meat and so on were dear.

How did it happen that this highly nutritious food has not been used for human consumption before? The answer is that although agricultural and other scientists knew how to cultivate and process soya beans, cooks were never asked seriously to collaborate in order to make them palatable. War in Europe means the danger of general protein deficiency. As women are more enlightened now than ever before about feeding, it is only very recently that serious attention has been given to the preparation of this wonderful food.

When I started to experiment with soya in the autumn of 1941 I had the greatest difficulty in getting anywhere near a palatable result. One of the reasons for the slowness of my progress was the misleading name of the product, 'soya flour'. One might as well have used the term 'coffee flour' for ground coffee. It is not to be mistaken for a kind of mixture of flour and dried eggs, though that is how it looks. It seems ridiculous now, the time it took me to find out that 'soya flour' is really finely ground soya with all its own qualities and few, if any, of the qualities of ordinary kinds of flour.

If you keep this in mind you will avoid all the horrid mistakes that I made at first. I doubt if I could have done worse if I had tried to bake a cake with ground coffee instead of flour.

Remember: soya flour has no starch. Therefore, it does not bind and does not thicken much on its own account. It does not rise in baking. It has a creamy quality though, which makes good for many other foodstuffs sometimes unobtainable. It helps in cases where Mrs. Beeton suggests hopefully: "Take 2 pints of cream and the yolk of 10 eggs."

Apart from this, soya has quite a strong character of its own, which comes out when you mix it with a very little meat, or with emphatic ingredients such as grated onions or raw grated potato.

Have no fear when you try the foregoing recipes on your

NEW FOODS

family. My own family and guests have shown no signs of doubt or bewilderment but have invariably enjoyed these dishes—often for what they were not.

Store soya perfectly dry in a dark, cool place. Every time you take out the portion you need use a clean dry spoon and basin. Put the rest away again immediately. Do not put it on a stone floor but on wood or something like that. You should be able to keep soya flour this way for over a year.

It is easy to test whether it is still good or has become rancid. Press a little between tongue and palate, only when it tastes bitter has it turned bad.

So good luck with it.

A FINAL WORD

Many of us are housewives—many more will be as time goes on. We are proud of it. We want to treat the precious material given into our care in the best possible way. Just now we are not thinking of linen, laundry, or silverware. We have always taken pride in preserving, repairing and shining our belongings. Primarily though, we are concerned with the human beings whose bodies we have to preserve and repair and whose humour we have to keep bright and shiny. We will use our grip and our grace to make them enjoy what they should eat.

INDEX

(The words in brackets describe the main characteristics of the dish)

- After Cinema Treat (*buns and tinned pork*), 21
- Almond Icing, 121
- American Potato Soup, 62
- Apple Sweet bake, 103
- Apple Sweet bake, economical, 103
- Apple Tart, 58
- Apple Turnover, 100
- Arizona Pic (*Sweet*), 120

- Baked Fish Roll, 28
- Bakewell Tart, 122
- Beetroot, 88
- Beetroot Jam, 107
- Biscuits, 110
- Black and Tan (*Blackpudding*), 77
- Black Magic (*Oatmeal*), 75
- Black Pudding for Breakfast, 77
- Breakfast Beety Bits (*Cheese, potatoes*), 80
- Breakfast Dodgers (*Cheese, oatmeal*), 80
- Breakfast Fry (*Soya*), 39
- Buns with Chocolate, 58
- Buns with Fruit, 57
- Buns with Peanut Butter, 58
- Butterscotch, 115

- Cake Icing, 37
- Canadian Bits (*Fish, Celery*), 28
- Candies, 115
- Canoes (*Fish, Cucumber*), 24
- Carolina Salad, 89
- Carrolade, 106
- Carrot Bread, 52
- Celery Cheese, 84
- Celery Suprême (*Eggs*), 30
- Chauveau (*Sauce*), 33
- Cheddar Mash, 63
- Cheese, to stretch, 87
- Cheese Cakes, 81
- Pudding, 81
- Soufflé, 81
- Tart, 81
- Chocmellow, 120
- Chocolate Dessert, 57
- Fluff Cream, 55
- Flummery (*Oatmeal*), 75
- Spread (*Soya*), 47
- Chocolate Sweet bake, 103
- Chocolates, 116
- Cinnamon Flip (*Soya*), 46
- Cocoa Flip (*Soya*), 46
- Coffee, 123
- Coffee Flip (*Soya*), 46
- Coffee Mélange, 123
- Confiture (*Pear*), 106
- Cream of Soy (*Soup*), 40
- Creamed Parsnip Savoury, 85
- Creamy Mashed Potatoes (*Soya*), 45
- Crème Ninon (*Soup, Oats*), 72
- Croissants, 100
- Croûtons Grand'mère (*Cheese*), 82
- Crusts Royale (*Cheese, Kidney*), 83
- Cup Juliette (*Cheese*), 82

- Dried Eggs, Reconstituting, 29
- Use in Pastries, 34

- Economy Hint, Milk, 45, 124
- Sugar, 124
- Sugar in Jam, 105
- Egg Croûtons, 30
- Egg Mustard, 32
- Egg Sandwich Spread, 32
- Eggs, Scrambled, 30

- Fancy Tea without Fuss, 54
- Farmhouse Slices (*Luncheon Sausage, Egg*), 31
- Fig Sticks, 111
- Fish Crisps, 28
- Fish in Wrappers (*Pastry*), 27
- Fish Pastry, 27
- Fish Roly Poly (*Soya*), 45
- Fish Spread, 25
- Flaky Pastry, without butter or cooking fat, 98
- French Chocolate Cake, 56
- Fruit Flummery (*Oatmeal*), 74

- Gold Diggers' Soup (*Egg*), 31
- Golden Fruit Slices, 56
- Golden Pudding (*Soya*), 48
- Green Marmalade (*Tomatoes*), 106

- Ham Pudding (*Potatoes*), 64
- Hedgehogs (*Biscuits*), 95

INDEX

- Herring and Potato Mustard, 24
 Hot Fish Salad, 26
 Household Milk Powder, General Rules, 36
 Jade Cup (*Spinach*), 90
 Jam, Quick and Plenty, 105
 Kip-Kaps (*Oats, Fish*), 72
 Kippers on Baked Beans, 79
 — Potato Curry, 79
 Lemonettes (*Biscuits*), 113
 Lemon Substitute, 101
 Lentil or Pea Soup, 41
 Lucullus Patties (*Sausage Meat, Potatoes*), 19
 Macaroni, Home-Made Noodles, 96
 Macaroons, 122
 Maids of Honour, 122
 'Make-Believe' Dishes, 92
 Maryland Crusts (*Cheese, Sprouts*), 83
 Marzipan Strawberries, 121
 Meat Bake, 22
 — Loaf (*Soya*), 43
 — Roly Poly (*Soya*), 45
 Miami Salad (*Beans, Fish*), 25
 Michaelmas Potatoes, 67
 Milkmallows, 117
 Milkmallow Cake, 119
 Milkmallow Icing, 119
 — Mould, 119
 Mock Chops (*Soya, Potatoes*), 41
 Mock Game Ragout (*Black Pudding*), 77
 Mock Game Ragout with Rabbit, 78
 Mock Goslings (*Potato*), 68
 Mock Marzipan (*Soya*), 121
 Mock Roast (*Sausage meat, Flaky Pastry*), 99
 Mock Whipped Cream, 37
 Morocco Delight, 117
 Neglected Foods, 49
 New Apple Pie (*Potatoes*), 69
 New Orleans Bake (*Cheese, Parsnips*), 86
 New-Time Casserole (*Potatoes*), 68
 Noodles (*Soya*), 43
 Norwegian Herring Salad (*Raw Vegetables*), 26
 No Trouble Tea Fancies, 55
 Oat Muffins, 76
 Oat Teacake, 75
 Oatmeal Biscuits, assorted, 112
 Onion Soup, 41
 Orange Soufflé, 33
 Our Daily Bread, 50
 Pan Cookies (*Oats*), 73
 Parsnip and Cheese, 85
 Pastry for Sweet-Bakes, 103
 Patties Josephine (*Flaky Pastry*), 99
 Peanut Butter, 60
 Pep without Spice. Seasonings, 101
 Pickled Poly (*Soya*), 44
 Pig-in-the-Hole (*Sausage, Potatoes*), 65
 Pink Mash (*Potatoes*), 64
 Pink Potato Soup, 62
 Piquante Sauce, 102
 Plum Pot (*Potatoes*), 69
 Pork in Pie, 20
 Potato Casserole, Fish, 66
 — Savoury, 65
 Potato Curry, 66
 Potatoes. Ways of Cooking, 61
 Potato Flour, 93
 — in Custards and Sweets, 94
 — in Sauces and Soups, 94
 Potato Platter Cake, 70
 Potato Rice, 67
 Prune Jam, 106
 Pudding, Fruit (*Stale Buns*), 58
 Purple Salad (*Red Cabbage*), 88
 Quick Chocolate Pudding, 53
 Quick Pudding, 53
 Rangers' Sweet-bake, 104
 Raw Carrot Savoury, 89
 Raw Spinach, 89
 Root Roly Poly (*Soya*), 44
 Salad Cream (*Egg*), 32
 — (*Milk*), 38
 — (*Soya*), 47
 Salmon Casserole (*Potatoes*), 24
 Salmon Sandwich Filling, 25
 Salmon Suprême (*Dried Eggs*), 24
 Sandwich Filling (*Soya*), 42
 Sandwich Spread (*Egg*), 33
 Sandwiched Cookies, 111
 Sausage Casserole, 18
 — Patties, 19
 — Pudding, 18
 Sausages (*Soya*), 43

INDEX

- Savoury Breadsread (*Soya*), 47
- Cream Cheese, 38
- Custard, 32
- Mash (*Potatoes*), 63
- Pie (*Oats*), 73
- — (*Soya*), 42
- — (*Stale Bread*), 52
- Savoury Roly Poly (*Soya*), 44
- Snow Caps (*Turnips*), 89
- Soups with Soya, 40
- Soy Béchamel (*Sauce*), 45
- Soy en Cocotte, 40
- Soy Flips, 46
- Soya. General Rules, 39
- Soya. Making good the lack of Milk,
45
- Spamwich, 22
- Spotted Sauce, 102
- Stale Bread and Buns, 52
- Summer Sweet-bake, 104
- Sweet-bakes (*Pudding Substitutes*), 103
- The Baking, 104
- Sweet Fluff (*Custard*), 36
- Sweetmince, 109
- Sweets without Sugar, 114
- Tea Fancies, Special, 57
- Thanksgiving Slices (*Tinned Meat,*
Cheese, Apple), 20
- Tomatoes, Stuffed (*Egg*), 31
- Toppers (*Potatoes, Tinned Meat,*
Cheese), 21
- Triangles (*Biscuits*), 110
- Truffles (*Sweet*), 121
- Valentines (*Stale Buns*), 56
- Vegetable Pudding (*Potato Flour*), 94
- Vegetables, Cleaning and Preparing,
13
- Vegetables for serving with Tinned
Fish, 23
- Vegetables, Raw, 88
- Virginian Hot Pan (*Tinned Meat and*
Vegetables), 20
- Vita Cocktail (*Redcurrant*), 90
- Wartime Trifle, 57
- Wheaten Porridge (*Stale Bread*), 52
- Wholesome Potato Pottage, 62
- Winter Flip (*Soya*), 46
- Winter Salad (*Fish*), 26

