

In the Kitchen

Grape Fruit Marmalade

Ingredients: 4lbs. grape fruit, 2 large lemons, 6 pints water, 10 lbs. preserving sugar.

Grate the peel and pith off one grape fruit with a coarse grater. Peel the others and slice the peel as thinly as possible. Remove all the pips from the fruit and put them in a basin with a pint of the water.

Cut the grape fruit up finely and put it in a bowl with the sliced and grated peel. Peel the lemons and remove the pith. Cut the fruit in very small pieces and add it to the grape fruit, but do not use any of the lemon peel or pith. Pour in the remainder of the water and leave for twenty-four hours. Then add to it the strained juice from the pips, and simmer for half an hour. Now add the sugar and boil until it sets when tested.

Chocolate Meringue

This simple recipe is quickly and easily made. **I**ngredients: 2ozs. plain chocolate, $\frac{1}{2}$ pint of milk, 2 eggs, 2ozs. castor sugar, $\frac{1}{2}$ teaspoonful of vanilla.

Grate the chocolate and put it in a saucepan with the milk, stir over gentle heat until the chocolate has melted, then simmer for two or three minutes.

Let it cool, then add the well-beaten yolks of the eggs, the vanilla and half the sugar. Pour this custard into a buttered piedish and bake in a slow oven until set. Then whip the whites of the eggs until stiff. Stir into them the remainder of the castor-sugar. Pile this on the pudding and set in a cool oven.

Italian Recipes

Meat Balls. -One pound chopped beef and chopped pork; half loaf dry white bread, ground; three tablespoons grated cheese; garlic, parsley, salt, pepper, three eggs. Mix all the ingredients together, pat into balls and fry in hot oil.

Rice Balls. -One pound rice, one cup grated cheese, three eggs. Steam the rice until fluffy and tender. Add cheese, eggs beaten and seasonings. Make a sauce of the following: $\frac{1}{2}$ lb. chopped beef, one sliced onion, half can tomatoes, salt and pepper. Fry the onion in olive oil, add the meat, tomatoes and seasonings, and cook until the meat is brown. Make balls of the rice mixture, with a spoon dig out a little hole, fill with the meat mixture, close up with more of the rice, roll in beaten egg and bread crumbs and fry in oil. Five or six servings.

Cheese Savouries

Cheese Puffs. -For cheese puffs roll two ounces of puff pastry out very thinly. Have ready an ounce of grated Parmesan cheese seasoned with cayenne pepper and salt; lay the cheese mixture on the pastry, then fold it up and roll out again in a thin sheet. Cut out small rounds of the pastry and fry them

in boiling fat. Drain and serve piled high on a dish, with some grated cheese sprinkled over.

Another nice savoury is Cheese Fondue. Spread some thin slices of bread with butter, then cover them with thin slices of cheese. Sprinkle over them some pepper and salt and mustard, and lay them in a buttered dish. Beat up the yolks of two eggs with half a pint of milk and pour over. Bake for about a quarter of an hour. Whip the whites of the eggs stiffly and place on the top, returning the fondue to the oven to be lightly browned. Sprinkle over it some grated cheese and serve very hot.

Haricot Of Veal

Two pounds of neck veal, $\frac{1}{2}$ ozs. of butter or dripping, $\frac{1}{2}$ oz. of flour, $\frac{1}{2}$ pints of water, 1 onion, 1 carrot, 1 turnip, salt and pepper. Divide the meat into pieces; cut the vegetables into small dice and put aside. Heat the butter or fat in a stewpan, fry the meat lightly on both sides, take off, sprinkle in the flour and fry slowly until well browned; then add the water and stir until boiling. Season to taste; add the vegetables, put in the meat and cover closely. Simmer very gently for two hours.

Mincéd Veal and Macaroni

Take $\frac{3}{4}$ lb. of cold roast veal finely minced, 3ozs. of ham finely minced, 4ozs. of breadcrumbs, 4ozs. of macaroni, 2 tablespoons of good gravy, 1 large egg or 2 small ones, butter, nutmeg, salt and pepper. Mix the veal, ham and breadcrumbs together, add salt, pepper and grated nutmeg to taste; moisten with gravy and as much beaten egg as is necessary to bind the mixture together. Boil the macaroni in salted water until tender, but not broken, and arrange it at the bottom and sides of a well-buttered mould or dish in some simple form such as trellis or stripes. Cut the remainder into short lengths, mix them with the meat preparation, and press the whole into the mould. Steam gently for one hour, after first covering with a greased paper. Serve with gravy previously made with the bones and trimmings.

Continued on page 68

The Eloquence of Your Table

Your table, when set for a meal, tells your guests a story. The line, the arrangement—above all, the cutlery and plate, reveal your private taste. If the two-and-a-half-century brand, the star and cross of Joseph Rodgers and Sons, Sheffield, is on all your knives, forks and spoons you are assured that in one respect at least your choice is beyond all reproach. Cutlery bearing this very old brand is to be found in most of the famous old homes of England; in many cases it has been in use for well over a hundred years. Any good store will be pleased to show you Rodgers cutlery and plate. 4



Just try a Pie in PYREX

The undercrust will be as brown and crisp as the top one. You could serve a PYREX pie upside down. The filling, too, will be baked to perfection.

PYREX

TRANSPARENT OVEN DISHES

Bake and serve in the same PYREX dish. You clean PYREX like a glass tumbler. Use these labour saving dishes every meal, every day.



Over a hundred different shapes and sizes.

Can be obtained of all Stores. If any difficulty in obtaining locally please write to the New Zealand Agent: J. C. RAINE & CO. LTD., Wakefield Buildings, 150, Wakefield St., WELLINGTON; and at 20/36, City Chambers and Queen St., AUCKLAND.

"What a Delicious Change."

KING Oscar Sandwiches! How everyone relishes the delicious change they make. How fresh and moist they keep—so different from meat. And their nutritive value makes them equally suitable for manual worker or office girl. Made in a minute. Be sure to include some in to-morrow's lunch.

The Brand is your guide and the packers' pride

At all grocers.
N.Z. Representatives:
A. E. MCGEE & CO.,
Auckland.

"The Sardines that are eaten in Norway."

Don't say
Custard Powder,
ask for
FOSTER CLARK'S
Custard Powder



THERE'S a world of difference between good custard powder—and the other kinds. Always get **Foster Clark's**—the **BEST** custard powder. Made in Kent, the garden of England. Let your family and guests enjoy the richest custard you can provide—**Foster Clark's**. The most delicious 'finishing touch' for puddings, pies, and stewed fruit.

Obtainable in large family and medium-sized canisters.

MANUFACTURED BY
FOSTER CLARK, LTD., Maidstone, England.

Salmond and Spraggon, Ltd., Wellington,
Sole New Zealand Agents.

Foster Clark's CUSTARD POWDER

IT'S THE RICHEST CUSTARD.