



Allenburys

Progressive System of Infant Feeding

HAPPY, healthy childhood depends very largely upon the choice of proper nourishment, both during the critical early stages of baby's development and after. Generations of thoughtful mothers have found in the 'Allenburys' system a series of foods which makes ample provision for sturdy growth, steady progress and development. The 'Allenburys' Foods are perfectly suited to baby's needs, being scientifically graduated to supply the nourishment required in a form which is best suited to baby's age.

Milk Food No. 1

Birth to 3 months.

Milk Food No. 2

3 to 6 months.

Malted Food No. 3

6 months and onwards.

Write for a free copy of the 'Allenburys' booklet "Infant Feeding by the 'Allenburys' Foods."

SHARLAND & Co.
Limited,

Lorne Street, AUCKLAND
Dixon Street, WELLINGTON

In the Kitchen

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When Cooking Roasts

When cooking a leg of mutton or roast of beef try this for a delightful change: Rub together one cup of self-raising flour, a pinch of salt, and a tablespoon of butter or dripping; add water to make a firm dough; roll out and place on top of the roast twenty minutes before the latter is ready. This is economical and the children like it. It is very light and crisp.

Scrambled Eggs with Cheese

Beat with a dinner fork four or more eggs in a bowl, add a dessertspoonful of cream and a little salt and pepper. Have ready a deep frying-pan with 1½ozs. butter melted, stir in the beaten eggs with a wooden spoon until they begin to thicken, add 1½ozs. of grated cheese, and serve on a flat dish with fried croûtons of bread round the eggs.

German Biscuits

Take 1lb. flour, $\frac{1}{2}$ cup sugar, 1 cup butter, 3 eggs, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon fine salt, 2 teaspoons caraway seeds. Sift flour, baking powder and salt; rub butter into flour; beat eggs and sugar together and add, with seeds, to dry ingredients. Mix into stiff paste. Roll out thin and cut out with round cutter. Strew a little sugar on top and bake in moderate oven for about 15 minutes.

Orange Sponge Roll

Beat the whites of 3 eggs until stiff, add the yolks and 1 cup of sugar slowly, then the grated rind and juice of 1 orange. There must be enough juice to make one-third of a cup. Stir in 1 cup of flour, 1 teaspoon of baking powder (sifted) and a pinch of salt. Pour into a well-buttered tin and bake in a moderate oven for about 12 minutes. Turn out on to a paper sprinkled with powdered sugar, either icing or castor sugar will do. Spread with orange jelly or orange cheese and roll quickly.

Cabbage Soup

Remove the stalk from a nice firm cabbage and carefully wash it; cut the cabbage in two. Slice it in strips, and colour for three minutes in an ounce of butter or dripping. Add three pints of water and salt and let it boil; add six sliced potatoes that have been previously boiled (the practice of putting raw potatoes into soup is wrong, as it makes a sort of soapy cloud and is most unpleasant), and let it boil for an hour on a good fire. The vegetables should by that time be well cooked and quite smooth, but if they are not, beat with a whisk. If too thick add a little more water, boil up again, season to taste, and turn into your soup tureen into which some slices of bread have been laid. A ham bone or a piece of bacon makes a welcome addition if desired.

Apple Cookies

Peel, core and stew 1lb. apples. Rub through a sieve, add ½lb. castor sugar, 1oz. butter, a little nutmeg or ground cloves, also the juice and grated rind of a lemon. Still all over a fire for a few moments. Then whip up very thoroughly till the mixture is stiff, and drop in dessertspoons on to a greased tin. Bake in a cool oven until set, which will be in 15 or 20 minutes. If put away in an airtight tin they will keep like biscuits.

Angel Cream

Take one pint of new milk, half-cup of sugar, three heaped teaspoons of cornflour, and two eggs (whites only). Dissolve cornflour in a little of the milk and stir it smoothly into the boiling milk and sugar until it thickens. Then add the whipped egg whites, also flavouring, after cooling a little. Turn out when cold and serve with cream or custard.

A Capital Apple Jam

Take a wide jar, and fill it not quite full with water; cut the apples, unpeeled, into quarters, take out the cores, but collect the pips, bruise them, and put them into the jar with the apples; tie paper over it, and put it into a moderately hot oven. When quite soft and cool, pulp the apples through a sieve, with a wooden spoon. To each pound of fruit, after pulping, put three-quarters of a pound of crushed sugar; boil it gently until it will jelly. Put it into jars, and tie over securely to exclude the air. If to keep for a short time, less sugar will do.

Inexpensive Stock

To secure a constant supply of savoury and nutritious stock, as a base for nearly all gravies and soups, simply from scraps.

To accomplish this, the first thing to do is to set up a good iron "stock-pot." The little outlay at first will soon be compensated by the daily contributions of the stock-pot to the wants of the family; it will last for years, and should never be out of use. The stock-pot should, in fact, be regarded as the principal save-all, and produce a wonderful variety of compounds.

Before describing what may come out of the stock-pot, it is obviously necessary to say what should be put into it. And the answer is, that there is nothing in the shape of scraps of meat and bone, that should not, unless otherwise employed, be thrown into the stock-pot. For the benefit of the stock-pot, bones should not be picked; the stock-pot will clean them most effectively, and extract abundant nourishment from their internal parts. In preparing joints of meat for the table, put the trimmings

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