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Contributors

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IN AID OF BARRHEAD RED CROSS FUNDS Price 3d. IN AID OF BARRHEAD RED CROSS FUNDS Price 3d.

LENTIL SOUP.

2 teacupfuls lentils,

I carrot,

½ turnip.

2 quarts bone stock.

Put carrot, turnip, cut into large pieces, also lentils into bone stock, and boil for $2\frac{1}{2}$ hours. Strain through sieve; add seasoning to taste and serve.

BONNE FEMME SOUP.

Fry 4ozs. onions sliced and 1 leek in 1oz. margarine for 5 minutes, but do not let it take colour. Stir in 1 tablespoonful flour. Add 1½ pints stock or water, 4oz. carrot, 4oz. turnip and simmer 2 hours. Rub through fine sieve and add ½ pint boiling milk. Reheat and serve. Season to taste.

SOUP MAIGRE.

1 onion, $2\frac{1}{2}$ pints water, 4 potatoes,

½ pint milk, 1 oz. butter, ½ teaspoon sago,

1 teaspoon white pepper, 1 teaspoon salt.

Prepare vegetables, cut in small pieces, put into pot with butter, and stir until warm, but do not brown. Add water, pepper and salt and boil gently until soft enough to go through sieve. Return to pot and when boiling stir in sago. Stir until sago is cooked, then add milk and chopped parsley if desired.

VEGETABLE PIE.

Put 4lb. Macaroni in sufficient boiling water to cover. Cook gently for ½ hour. Butter a pie-dish, put in macaroni, 2oz. grated cheese, 2 tomatoes, cut in slices, a little pepper and salt. Add an egg, beaten up with 4 pint of milk. Make short paste and cover, then bake in quick oven for ½ hour.

CHEESE PUDDING.

1oz. flour, 2oz. grated cheese, ½ pint milk, 2 eggs. seasoning.

Blend flour with milk, and stir until boiling; boil 3 minutes. Add grated cheese and eggs, and season lightly. Turn into greased pie-dish, and bake in oven till lightly brown.

FISH PUDDING.

Bone the remains of any white fish and pound it. Add ½lb. breadcrumbs, cayenne, ¼lb. suet finely chopped and a little anchovy sauce, if wanted. Mix with a little milk, put in a buttered dish and steam for 1 hour.

FISH OR MEAT CAKES.

1 cupful of meat or fish (cooked),

1 cupful breadcrumbs, ½ cupful cold potatoes,

1 tablespoon chopped parsley,

1 egg, pepper and salt, and a little flour.

Rub fish and breadcrumbs well together. Beat the egg and add it to the other ingredients, with enough flour to make a stiff paste. Make into balls and bake in a hot oven until brown.

COTTAGE PIE.

1 teaspoon flour, ½lb. cooked beef, 2lb. potatoes, 1 onion, ½oz. dripping, salt and pepper to taste.

Boil the potatoes and mash them, add a little salt and pepper. Chop meat finely, heat the dripping in pan, slice the onion, and fry it in the dripping until a nice brown. Sprinkle in the flour, add salt and pepper and a little water. Stir until it boils. Place in a greased dish alternate layers of potatoes and meat and gravy until dish is full, the last layer being potatoes. Place a few pieces of dripping on top and bake until brown.

STUFFED STEAK.

11b. stewing steak as thin as possible. sausage meat, 2oz. butter, ½lb. tomatoes.

Lay sausage on meat and roll, tie up neatly with string. Melt butter in stewpan, brown steak all round, cut up tomatoes and put in pan. Simmer gently for 2 hours.

APPLE DUMPLING.

1 teacup breadcrumbs, 1 teacup self-raising flour, 2 tablespoons sugar, 4lb. lard or margarine, 2lb. apples, a pinch of salt.

Put all dry ingredients into a basin and mix well together. Rub in margarine, make into a firm dough with a little cold water. Roll out lightly, and line the bowl (which has been well greased) with paste. Now fill up with apples cut into rather small pieces, adding a sprinkling of sugar to each layer. When the bowl is full, add just a little water, especially if apples are dry. Cover with paste, wet the edges and press well. Cover with greased paper, then the pudding cloth and steam for 2 hours.

BROWN PUDDING.

1 breakfast cupful flour, 1 tablespoon margarine, 1 tablespoon sugar, 1 teaspoon baking soda.

Mix with 1 egg, then add 1 tablespoon jam or syrup, and a little milk if necessary. Steam for 3 hour.

FRUIT TART.

4oz. flour, 2oz. butter, 1oz. sugar, 1 egg, 2lb. apples (or rhubarb), 2 teaspoons baking powder.

Mix dry ingredients and rub in butter. Beat up egg and make into dough. Line an ashet and cover with fruit, then with pastry. A Good Recipe is Lost unless the Cooking is Right

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