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COOKERY IN WAR-TIME



To be obtained from the Secretary :
THE ASSOCIATION OF TEACHERS OF DOMESTIC SUBJECTS,
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TABLE OF CONTENTS.

	Page
I. FOREWORD	3
II. PRINCIPLES OF DIET. THE PLANNING OF MEALS. BUDGETING	4
III. RATIONED FOODS	10
IV. PRACTICAL HINTS FOR CATERING AND FOR HOUSEHOLD ECONOMIES	12
V. ECONOMY IN THE USE OF FUEL	15
VI. RECIPES	18
A. Stock and Soup	18
B. Fish	20
C. Meat	24
D. Meat Substitutes and Vegetarian Dishes	31
E. Vegetables and Salads	35
F. Puddings	39
G. Cakes	42
H. Miscellaneous Dishes	45
VII. BIBLIOGRAPHY	49
VIII. INDEX OF RECIPES	51

I.

FOREWORD.

The Association of Teachers of Domestic Subjects is receiving so many requests for advice in connection with war-time cookery, that it has been decided to publish a booklet on the subject. It is hoped that this publication will be of help to housewives, teachers, and all who wish to provide nourishing, economical, and appetising meals at a time when some foods will, to a certain extent, be limited in quantity and when there must almost inevitably be less variety of choice.

The present situation calls, even more insistently than usual, for a sound knowledge of the principles of diet so that meals may be well planned and well balanced, even when some foods are scarce. For this reason one chapter deals almost entirely with rules for right feeding and for the planning of meals.

The book is intended to be used in conjunction with any simple cookery book. To a great extent, therefore, recipes in common use have not been included.

"The A.T.D.S. Cookery Book," price 1s. 1½d. post free, "Meat Dishes at Small Cost," price 6d. post free, and the menus in "Family Fare," price 6d. post free, will all be found useful. These publications can be obtained from The Secretary, A.T.D.S., 29, Gordon Square, London, W.C.1.

Those who wish for help in connection with large scale feeding will find "School Dinners," 1s. 9d. post free, to be obtained from the same address, a most valuable publication.

Leaflets containing further suggestions for cookery in war-time will be published at intervals.

II.

THE PRINCIPLES OF DIET.

THE PLANNING OF MEALS. BUDGETING.

In view of all the difficulties that will have to be faced when catering in war-time it is more than ever essential to bear in mind the importance of well-balanced meals.

Good feeding means the provision of essential materials in the right proportions.

The diet must supply:—

1. Protective material for the maintenance of health.
2. Building material for growth and repair of the body.
3. Fuel material to provide the energy required for muscular, work, and for the production of heat.

Foods are made up of one or more of the following:—protein, fat, carbohydrate, mineral matter, vitamins, roughage and water.

These constituents may be grouped according to their function as follows:—

Protective Material	{	Vitamins- Mineral Matter Roughage Water
Building Material	{	Protein Mineral Matter Water
Fuel Material	{	Fats Carbohydrates (Starches and Sugars).

Vitamins. The most important of these from the point of view of diet planning are A, D, B₁, B₂, and C.

Mineral Matter. The most important of the forms of mineral matter, from the point of view of diet planning are calcium, phosphorus, iron and iodine.

Roughage. Roughage is the name given to the indigestible matter in foods of vegetable origin which is excreted unchanged. Roughage plays a useful part in stimulating the movements of the large intestine.

Protein. Protein can be obtained from both animal and vegetable sources. That from animal sources is called first-class protein, that from vegetable sources second-class protein.

First-class protein is of better quality.

In war-time it will probably be necessary to increase the quantity of vegetable protein in the diet and to reduce the quantity of animal protein.

In the case of children, however, who have not only to repair worn-out tissue but also to create new tissue, *i.e.* to grow, every effort must be made to maintain the necessary supply of animal protein.

The following table shows the richest sources of the more important constituents of the diet.

PROTECTIVE CONSTITUENTS.

VITAMINS.

Vitamin A.

Animal Fats
(except lard).
Fish Roe.
Dark Green
Vegetables.
e.g. Spinach.
Dark cabbage
leaves.
Dark lettuce
leaves.
Dandelion leaves.
Nettle leaves.
Carrots.
Tomatoes.
Halibut Liver Oil.
Cod Liver Oil.

Vitamin D.

Animal Fats
(except lard).
Halibut Liver Oil.
Cod Liver Oil.

Vitamin B 1.

Pulse Vegetables.
Nuts.
Wholemeal Flour,
Oatmeal.
Eggs.
Liver.
Heart.
Kidney.
Yeast Products.
e.g. Marmite.
Bemax.

Vitamin B 2.

Foods of Animal Origin.
Wholemeal Flour.
Yeast Products.
e.g. Marmite.
Bemax.

Vitamin C.

Raw Liver.
Raw Green Vegetables.
Tomatoes.
Young Raw Carrots.
Citrus Fruits.
e.g. Oranges.
Lemons.
Grape fruit.
Raspberries.
Blackberries.
and most other fruits
to a lesser extent.

MINERAL MATTER.

Calcium.	Phosphorus.	Iron.	Iodine.
Sardines.	Tinned Salmon.	Egg Yolk.	Sea Fish.
Sprats.	Herring Roes.	Pulse Vegetables.	Watercress.
Cheese.	Sardines.	Liver.	
Spinach.	Sprats.	Lean Meat.	
Pulse Vegetables.	Liver.	Brazil Nuts.	
Watercress.	Egg Yolk.	Almonds.	
Milk.	Cheese.	Spinach.	
Egg Yolk.	Brazil Nuts.	Oatmeal.	
Almonds.	Walnuts.	Wholemeal Flour.	
Brazil Nuts.	Almonds.		
	Oatmeal.		
	Wholemeal Flour.		

ROUGHAGE.

Fruits and Vegetables.

WATER.

At least 3 pints of water, or beverages made with it, are needed daily irrespective of water in food.

BUILDING CONSTITUENTS.

PROTEIN.

First-Class.

Milk.
Cheese.
Eggs.
Meat.
Fish.
Poultry.
Game.

Second-Class.

Pulse Vegetables.
Nuts.
Cereals.

MINERAL MATTER.

See Above.

WATER.

See Above.

FUEL CONSTITUENTS.

Sugar.

Sugar.
Treacle.
Golden Syrup.
Honey.
Preserves.
Milk.
Fruits.
Some Vegetables
e.g. Beetroots.
Carrots.
Parsnips.

Starch.

Cereals :
Wheat and its products.
e.g. Macaroni.
Spaghetti.
Vermicelli, etc.
Oatmeal.
Rice.
Barley.
Cornflour.
Sago.
Tapioca.
Some Vegetables.
e.g. Potatoes.
Carrots.
Parsnips.

Fat.

Butter.
Cream.
Cheese.
Egg Yolk.
Meat Fat.
Oily Fish.
Olive Oil.
Margarine.
Nuts.
Nut Butters.
Chocolate.
Oatmeal.

THE PLANNING OF MEALS.

By using the simple information on right feeding given in the previous pages it should be possible to arrange meals which are dietetically sound.

To make sure, however, that a day's meals are well balanced, *i.e.* that all the three classes of food material—protective, building and fuel—are present, the meals must be carefully planned. It is only by thoughtful planning that the good balance that is necessary can be obtained. This is particularly true in war-time.

It should be remembered that if a diet contains plenty of protective material it is almost sure to be a good one. The reason that so many meals do not provide enough of the protective foods is that some of these foods, particularly many of the fruits and vegetables, are expensive.

The following illustration of the planning of a well-balanced dinner will probably be found helpful.

As the protective foods are so important it will be well to choose first a protective food from the list on page 5. Liver would be a good choice for several reasons. It is not at present to be rationed, and besides being a protective food it also provides first-class building material (protein). Liver is very lean and is therefore more appetising if eaten with bacon, so if possible, a little of this food should be included. It provides a great deal of fuel material (fat), and a little protein.

Potatoes, and either tomatoes *or* cabbage, might be chosen as the vegetables. Potatoes supply more fuel (starch), and the tomatoes *or* cabbage increase the protective material in the meal.

As foods from the three classes have already been included, any pudding may be chosen. Ground rice mould made with skim or separated milk (when one or other of these can be obtained), and served with jam or golden syrup would be suitable. If skim or separated milk is used a little margarine (preferably vitaminised) or chopped suet, should be added to take the place of the cream which has been removed.

The dinner therefore consists of :—

Liver and Bacon.

Potatoes and Tomatoes *or* Cabbage.

Ground Rice Mould and Jam *or* Golden Syrup.

The following table will show what food material is to be found in each of the items included in the meal.

Food.	Protective Material.	Building Material.	Fuel Material.
Liver.	Mineral matter. Vitamins.	Animal protein.	
Bacon.		Animal protein.	Fat.
Potatoes.	A little Vitamin C.		Starch.
Tomatoes <i>or</i> Cabbage.	{ Vitamins. { Roughage.		
Ground Rice. Mould			
{ Skim milk. { Ground Rice. { Margarine. { if vitaminised.	Mineral matter. Vitamins A & D.	Animal protein.	Sugar. Starch. Fat.
{ Sugar.			Sugar.

It should, on this basis, be possible to analyse any menus planned, and to judge whether they are dietetically sound. It will be realised, for instance, that a dinner consisting of beefsteak pudding, potatoes and carrots, and jam tart is a bad one, as there is far too much fuel and very little protective material.

Both the menus mentioned are dinner menus, as dinner is the most important meal of the day, but the other meals must also be carefully planned. They may not all be completely balanced, but this will not matter if everything that the body needs is supplied during the day in suitable quantities. It is therefore essential to plan *at least* a day's meals at a time and it is well, if possible, to plan for two or three days ahead.

The first dinner mentioned would be suitable for an ordinary healthy adult.

Meals for invalids and young children would have to be carefully thought out.

Anyone doing very heavy work, such as a miner or a navy, would need more than the normal amount of food, while old people would need less.

Meals should also be suited to the season of the year.

A PROTECTIVE DIET.

The following is a useful guide in planning a protective diet. The housewife should try to include for each individual member of the family:—

1. 1 pint of milk daily.
2. An orange *or* half a grape fruit, *or* a tomato, *or* a helping of raw salad daily. The salad should, if possible, include watercress.
3. An ounce of butter *or* vitaminised margarine daily.
4. Cheese.
5. Eggs *or* some sort of fatty fish, *e.g.* herrings, sardines *or* canned red salmon.

To this list carrots and potatoes would be useful additions and *some* at least of the bread eaten should be whole-meal if possible.

Not less than 3 pints of water, or beverages made from it, should be drunk daily.

The following menu for a day's meals has been drawn up to show how the above suggestions could be worked out in practice.

Breakfast.	Dinner.	Tea.	Supper.
Grape Fruit.	Herrings.	Wholemeal Bread.	Cheese and Salad.
Porridge <i>or</i> Cornflakes.	Potatoes. Peas.	Butter <i>or</i> Vitaminised Margarine.	Wholemeal Bread. Butter <i>or</i> Vitaminised Margarine.
Milk. Toast, Butter <i>or</i> Vitaminised Margarine. Marmalade. Tea <i>or</i> Coffee.	Rice Pudding.	Jam. Tea.	Apple. Coffee.

BUDGETING.

It must not be forgotten that in the case of small incomes the family dietary must necessarily be planned in relation to the amount available for food, and that this can only be determined after other essential items of expenditure have been taken into consideration.

The money required to meet overhead charges (rent, rates, heating, lighting, etc.), must first be calculated and the remainder allocated in such a way as to leave as much as possible for food. Consideration should also be given to ways of increasing this allowance and some simple suggestions for doing so will be found in Section IV.

"Family Fare," a pamphlet mentioned in the Foreword, which gives a series of family budgets and menus for small incomes, will also be found to contain helpful suggestions. The prices given would naturally need some correction in view of war-time conditions.

III.

RATIONED FOODS.

The following foods are those that are to be rationed at present:—

1. Beef, mutton, lamb, veal and pork.
2. Bacon and ham.
3. Butter and margarine.
4. Cooking fats of all kinds.
5. Sugar.

It is very important, therefore, for the housewife to consider how she can make the best use of the family rations and how she can devise means to supplement them.

The following suggestions are offered:—

1. To replace Beef, Mutton, Lamb, Veal and Pork.

Liver, tripe, poultry, game, rabbits, fish, cheese and eggs can all be used. See also the Section on Meat (see page 24) where further information regarding meat will be found.

2. To replace Bacon and Ham.

Corned beef which has a good deal of fat can often be used as a substitute for bacon and ham in cooking.

3. Butter, Margarine and Cooking Fats.

As all fats are to be rationed the housewife must do all in her power to augment the allowance. She should:—

- i. Save all dripping and any fat left in the pan after frying. If not allowed to burn and carefully strained after use, fat can be used again and again for frying.
- ii. Remove all surplus fat from meat before it is cooked and clarify it. (See page 48).
- iii. Save all papers in which butter and other fats have been wrapped and use them as required for greasing basins and tins, and for covering food while it is cooking.
- iv. Skim off surplus fat while food is cooking, and also when it is cold, and clarify it.

It is essential that no fat should be wasted for it is such an excellent source of energy, one manifestation of which, *i.e.* the production of heat, is of special value in winter. In addition fats are good sources of vitamins A and D.

To replace Sugar.

1. It is hoped that there will be reasonable supplies of golden syrup, treacle and honey, and these are good substitutes for cane and beet sugar.

2. Dates are a rich source of sugar and if chopped finely can replace sugar in many puddings and cakes.

3. - Certain vegetables in addition to beetroots, *i.e.* carrots and parsnips, contain a fair proportion of sugar. Fruits, both fresh and dried, and jam are good sources of supply and the percentage of sugar in milk is considerable.

4. Saccharine is a chemical substitute for sugar which possesses its flavouring qualities without its food value. It is expensive but only a very small quantity is required.

IV.

PRACTICAL HINTS FOR CATERING AND FOR HOUSEHOLD ECONOMIES.

Hints for Catering.

1. Meals should be planned ahead if the best use is to be made of food, fuel and money.
2. The housewife should do her own daily shopping and do it early in the day in order to take advantage of any glut of food. Ordering by telephone or standing orders may lead to waste.
3. When possible use should be made of foods which grow wild, *e.g.* blackberries, bilberries, raspberries, crab apples, strawberries, nuts, dandelion leaves, nettle leaves and mushrooms.
4. "Left overs" and scraps of food should never be wasted and can be utilised in a variety of ways.

i. Stale Bread.

- a. It may be made into bread crumbs by passing through a wire sieve or through a mincer.
- b. It may be soaked and used in the making of puddings and savoury dishes.
- c. It may be made into crisped bread by baking pieces in a cool oven, or into sweet rusks by dipping pieces in sweetened milk before baking.
- d. It may be made into browned crumbs by crushing after crisping. These are useful for coating food for frying, or for sprinkling on various foods, *e.g.* boiled bacon, ham and some savoury dishes.
- e. It may be fried with bacon. This makes the bacon go further.

ii. Cold Potatoes.

- a. They can be re-heated in a frying pan with a little fat.
- b. They can be re-heated with the remains of other vegetables.
- c. They can be used for making potato cakes or scones.
- d. They can be used in making bread, steamed puddings and pastry in place of some of the flour.

iii. Sour Milk.

It can be used in making scones and cakes. If it is used bi-carbonate of soda must be substituted for baking powder.

5. For Stocks and Soups.

- i. Save all bones and scraps of lean meat and all bacon rind.
- ii. Use the liquid in which vegetables have been cooked. Potato water will not keep so should be used at once.
- iii. Use remains of gravies and savoury sauces.

6. Skim or separated milk, if obtainable, can be used instead of whole milk. If used for milk puddings the deficiency of fat (the only constituent in which it is inferior to whole milk) can be made good by adding a little butter or vitaminised margarine.

Canned milk can be used for cooking, and in beverages. As the sugar in the sweetened variety is liable to crystallise with keeping the unsweetened is preferable for storage purposes.

Good brands of dried milk may be diluted for drinking purposes as well as for cooking. Full instructions for their use will be found on each tin.

7. Eggs when cheap should be preserved for use when new laid eggs are scarce and therefore expensive.

Dried eggs or liquid eggs may often be substituted for ordinary eggs with satisfactory results. The different brands of dried eggs have instructions for their use supplied with them. Liquid eggs are at present only obtainable in large cans. As they do not keep for any length of time after the can has been opened they are not suitable for the requirements of a small household.

- Note.*
1. Custard powder and commodities sold as egg substitutes have little food value as compared with eggs.
 2. Eggs may be saved if food which is to be coated for frying is brushed over with a thin paste of flour and milk instead of with beaten egg.

8. Rhubarb which has been stewed, and if possible sieved, should be used to make fruit go further.
9. Raw vegetables and fruit should be used as much as possible. The dietetic value is higher than when they are cooked, quite apart from the saving in time and fuel.

Hints for Household Economies.

Any saving that can be effected in household expenses should allow of more money being spent on food. Suggestions, when applicable, might be adopted from the following list:—

1. Soap should be dried before use.
2. Home-made scouring mixture and furniture polish may be used. (See recipes, page 48).
3. In the country live-stock might be kept, *e.g.* pigs, rabbits, poultry, goats, bees.
4. Vegetables and fruit should be grown if at all possible. (See The Schools in War-time, Memorandum No. 1, published by the Board of Education where the necessary instructions are given).
5. In cooking, fresh ingredients should be used rather than prepared mixtures.
6. Ready cooked foods should be used sparingly, as they are an expensive way of buying food.
7. Fuel should be saved in various ways (see Section V).

ECONOMY IN THE USE OF FUEL.

(Reprinted from "Meat Dishes at Small Cost").

The coal stove, or the open fire with an oven at the side, both of which are still in use in so many homes, for heating and for other household purposes, should supply all the accommodation required for the cooking of the dishes mentioned in the section on Recipes. Often, however, gas, electricity, or oil will be the only fuel in use, and in such cases the question of the amount of these fuels consumed in cooking will be of particular importance.

A few practical hints for economising in the various kinds of fuel may be found helpful.

Hints which Apply to all Types of Stoves.

- (1) Understand thoroughly the stove in use, and choose utensils which are suitable for it.
- (2) Keep the stove and the utensils clean both inside and out.
- (3) Do not leave pans uncovered except for special reasons.
- (4) Whenever possible make use of a steamer with several compartments. As a substitute, use a large saucepan, partly fill it with water, and place in it covered basins or jars containing the various foods to be cooked.
- (5) When the oven is hot make good use of it.

To save Fire-wood and Matches.

- (1) Use newspaper fire-lighters and spills.
- (2) When possible collect sticks and fir cones.

To save Coal.

- (1) If the firebox has a movable bottom adjust it according to the amount of heat required. If too large, reduce its size with fire bricks.
- (2) For soups and stews have a small fire, and either cook on the top of the stove, beside the fire, or in the oven.
- (3) When not required for cooking, bank up the fire with wet coal dust and damp crumpled newspaper. Burn refuse which is of no use for live stock or garden.
- (4) Make briquettes from coal dust by damping the dust and packing it in the bags or cartons in which sugar is bought.
- (5) Sift all cinders and use again.

N.B.—Coke should only be used in a stove with a closed fire.

To save Gas.

- (1) Do not use a large burner if a small one will do.
- (2) Never allow the gas flame to flicker up the sides of kettle or saucepan.
- (3) When using the grill always place a saucepan or kettle on the top of it.
- (4) To cook a meal on one gas burner, place a sheet of iron or an asbestos mat on the top of the burner. By this means the heat obtained will be sufficient to cook the food in two or three pans. If a gas ring only is available, the same results can be arrived at if the ring is placed on an old metal tray, built round with bricks, and a sheet of iron placed on the top.
- (5) Turn off the gas immediately after use.

To save Electricity.

- (1) Use flat bottomed saucepans large enough to cover the boiling plates, and place them on the stove before switching on the current. Two or three saucepans will boil or simmer on one boiling plate.
- (2) When using either boiling plates or oven, switch to "low" as soon as the necessary temperature has been reached. Turn to "off" before the cooking is finished, as an electric stove holds heat for some time after the current has been switched off.
- (3) Do not waste this retained heat but use it for additional cooking, to heat water, etc.
- (4) Use the solid boiling plate or boiler griller as a girdle. Grease before use and switch to "low."

To save Oil.

- (1) Buy oil of good quality.
- (2) Keep the lamp wicks carefully trimmed.
- (3) Use saucepans which completely cover the burners.
- (4) Regulate the flame as required and extinguish it as soon as the cooking is finished.

THE HAYBOX.

A Haybox can be used to save all kinds of fuel.

Construction.

Choose a strong wooden box with a hinged lid which fastens. Line the box and lid with several layers of newspaper or brown paper, and then with thick flannel, such as an old blanket. Fasten down firmly with tacks. Pack tightly with clean, dry hay, leaving one or more nests to hold saucepans. Make a cushion of hay encased in flannel to put on the top. If hay is unobtainable crumpled newspaper packed tightly may be used as a substitute.

Method of using for Soups, Stews, and Boiled Meat.

Prepare the food in the usual way, bring to the boil and cook from ten to thirty minutes. Remove the pan from the fire, being careful that there are no live sparks on the outside. Quickly wrap it in a piece of flannel, put it into the hay box immediately, pack it well down in the hay, cover with the cushion, and fasten the lid. As flannel and hay are bad conductors of heat the food will go on cooking in the box.

Time required.

Food which is usually cooked in two to three hours will need five to six hours in the haybox, or it may even be left in the box all night. After removing food from the haybox always re-heat it before it is served.

VI.
RECIPES.

INTRODUCTION.

The following recipes, as stated in the Foreword, should be used in conjunction with any simple cookery book. The recipes are to some extent, supplementary to those which will be found in such a book, and take into account the kinds of foods which may be difficult to obtain. Attention has been given to the foods which should be cheap and plentiful under war-time conditions, and a variety of recipes using such foods has been included.

In all cases the quantities given in the recipes are intended for 6 persons.

A. STOCK AND SOUP.

Soup can be so made as to form an economical and nourishing food without much outlay of time or trouble.

Good stock is of great assistance in obtaining satisfactory results in soup making. Stock is the liquid in which meat, bones and vegetables have been slowly simmered, in order to extract the nutritive material and flavour into the liquid.

HOUSEHOLD STOCK.

Use any bones, cooked or uncooked, trimmings, scraps of meat, gristle, giblets of poultry, liquor from boiled meat, pulse vegetables, etc. Trim off any fat, wash the meat and bones, put them into a pan, cover them with cold water, add a little salt and bring slowly to the boil and skim. Add a few fresh vegetables and simmer gently for several hours. Strain and set aside to cool.

When cold remove the fat and the stock is ready for use. Stock must not be left in the pan overnight, and any stock not used should be boiled up the next day. The flavour of stock is improved by the addition of herbs, which should be tied together and placed in a muslin bag. The following are the herbs most commonly used:—parsley, thyme, marjoram, bay-leaf.

Good soup may be made from household stock, sieved and thickened. If desired, one or two soup cubes may be added. These do not greatly increase the nourishment of the soup but a variety of different flavours may be obtained in this way.

CABBAGE SOUP.

$\frac{1}{2}$ lb. corned beef.
1 large cabbage.
2 carrots.
1 turnip.
2 leeks.

1 onion stuck with cloves
mixed herbs.
3 pts. water.
pepper.

Cut up all the ingredients. Cover with the water and simmer gently for 2 hours. If desired, the soup may be thickened with 1 oz. of cornflour.

LENTIL SOUP.

$\frac{1}{2}$ lb. lentils.
2 carrots.
2 small turnips.
1 onion.

1 oz. fat.
2 qts. water or stock.
salt and pepper.

Wash the lentils. Cut the vegetables into small pieces. Melt the fat, stir in the lentils and vegetables. Cook gently for a few minutes without browning them. Add the liquid, bring to the boil, skim well and simmer for about 2 hours or until all the vegetables are tender. Serve the soup either sieved or unsieved.

Note. A bone from a piece of ham or boiled bacon will greatly improve the flavour of the soup. Put it in with the vegetables and remove before serving.

MINESTRONE SOUP (economical recipe).

4 oz. soaked haricot beans.
2 oz. soaked dried green peas.
2 medium potatoes.
2 sticks celery.
1 carrot.
1 large onion.
1 large tomato, or
1 dsp. tomato puree.

1 small cabbage cut in strips.
3 oz. macaroni (broken in pieces).
1 tbsp. chopped parsley.
2 oz. fat.
1 oz. grated cheese.
2 qts. stock or water.
salt and pepper.

Melt the fat. Cut up the vegetables and fry lightly. Add the liquid and remaining ingredients, except the chopped parsley and cheese, which are added immediately before serving. Cook slowly for $2\frac{1}{2}$ -3 hours.

Note. Other vegetables may be added when in season.

PEA SOUP.

Make as for lentil soup, using split peas instead of lentils. Wash the peas, soak them for 12 hours in cold water, and use this water for the soup.

POTATO and ONION SOUP.

2 lb. potatoes. 1 oz. cornflour.
1 lb. onions. 2 qts. water or pot liquor.
1 oz. margarine or other fat. salt and pepper.
1 tbsp. grated cheese or chopped
parsley.

Cut up the potatoes and the onions into rough pieces. Fry lightly in the melted fat, then add the liquid and cook slowly until the vegetables are soft. Mix the cornflour with a little cold liquid, stir into the soup and cook for 5 minutes. Add the seasoning. Serve with parsley or grated cheese sprinkled on the top.

B. FISH.

Fish is a valuable article of diet, and can be quickly and easily cooked. Use should be made of it whenever supplies are good and cheap. Herrings are particularly valuable.

FISH, STUFFED and BAKED.

2 lb. cod or hake. grated rind of $\frac{1}{2}$ a lemon.
Stuffing: 1 tsp. mixed herbs.
2 oz. suet or other fat. 1 egg, or milk to bind.
4 oz. breadcrumbs. salt and pepper.

If possible choose a piece of fish near the head so that there is an opening ready for the stuffing. Clean and dry carefully. Mix all the dry ingredients for the stuffing and bind with a little egg or milk. Stuff the fish and tie together with string. Cover with greased paper and bake in a moderate oven for 45 minutes. Serve with anchovy or brown sauce.

FISH PIE.

1 lb. cooked fish. anchovy essence.
2 lb. mashed potatoes. lemon juice.
1 pt. white sauce. salt and pepper.

Make the sauce, and flavour as desired. Flake the fish and add it to the sauce. Grease a pie dish and put in layers of mashed potato, fish and sauce, leaving plenty of potato for the top. Season well. Put into the oven to heat through, and brown the top of the potatoes.

FISH PUDDING.

$1\frac{1}{2}$ lb. cooked fish. 1 dsp. raw chopped onion.
6 oz. breadcrumbs. 1 egg and milk to bind.
4 oz. suet or other fat. salt and pepper.

Flake the fish finely. Mix thoroughly with all the ingredients and turn into a greased basin. Cover with greased paper and steam for $1\frac{1}{2}$ hours. Serve on a hot dish covered with anchovy sauce.

FISH, SAVOURY.

2 lb. cooked fish. cayenne pepper.
 $\frac{1}{2}$ pt. thick white sauce. salt and pepper.
2 tbsps. browned breadcrumbs. 6 rounds of toast.
2 tbsps. grated cheese.

Mix the fish with the sauce (see page 45). Add the seasoning and heat thoroughly. Pile on the rounds of toast. Sprinkle with the breadcrumbs and grated cheese mixed together. Brown under the grill or in the oven and serve very hot.

Note. Cooked dried fish or tinned fish may take the place of ordinary fresh fish in the last three recipes and also in fish cakes, fish scallops, curried fish and kedgerree, which are easily prepared and give variety.

HERRINGS, BAKED.

6 herrings. salt and pepper.

Clean, trim and bone the herrings and sprinkle them with salt and pepper. Fold up again. Place in a flat earthenware dish. Cover with grease-proof paper. Bake for 20 minutes in a hot oven. Remove the paper for the last few minutes in order to crisp the herrings.

HERRINGS, FRIED.

6 herrings. a little oatmeal or flour, or
breadcrumbs.

Clean and trim the herrings and dip in oatmeal, flour or crumbs. Fry in deep or shallow fat. Serve with tomato or mustard sauce.

HERRINGS, GRILLED.

6 herrings. butter or margarine.

Clean and trim the herrings, open them and bone them. Place a small piece of butter or margarine on each. Grill quickly without turning. Serve with tomato or mustard sauce.

HERRINGS, PICKLED.

6 herrings. blade of mace.
cloves. equal parts of vinegar & water.
bay leaf. salt and pepper.

Clean and trim the herrings, open them, and bone them. Roll them up, beginning at the tail end. Place them in a pie dish with the spices tied in a muslin bag. Cover with the vinegar and water, and bake in a moderate oven for 45 minutes.

HERRINGS and SPAGHETTI.

6 herrings.
8 oz. spaghetti.

browned breadcrumbs.
grated cheese.
salt and pepper.

Cook the spaghetti in boiling water for about 20 minutes, or until it is tender. Clean, bone, halve and roll up the herrings. Place a layer of spaghetti in a pie dish, then put the herrings on the top. Cover with the rest of the spaghetti. Season well. Bake in a moderate oven for about 20 minutes. Sprinkle with the browned bread crumbs, and grated cheese. Brown under the grill or in the oven.

HERRING PIE.

6 herrings.
2 lb. mashed potatoes.

1 tin peas.
salt and pepper.

Clean, trim, bone, halve and roll up the herrings. Line a pie dish with a layer of mashed potato. Add a layer of peas and then the herrings. Cover with another layer of peas and finish with a layer of mashed potato. Bake in a hot oven for 30 minutes.

HERRING or COD ROES on TOAST.

6 herring roes, or
1 tin cod roes.

margarine.
6 rounds of toast.

Heat the roes by placing them in boiling water. Spread the hot toast with margarine, and then spread on the roes. Serve very hot. These roes may also be heated and used in an omelet.

KIPPERS, BAKED.

6 kippers.

Wipe and trim the kippers. Wrap each kipper in a separate piece of grease-proof paper, sealing the ends to form a bag. Bake in a hot oven for 10 minutes.

KIPPERS, BOILED.

6 kippers.

Wipe and trim the kippers. Place in a frying pan and barely cover with boiling water. Cook for 2 minutes.

KIPPER TOAST.

6 kippers (cooked).
fat for heating.

6 rounds of hot toast.
pepper.

Bone and flake the kippers. Season well with pepper. Heat thoroughly with a little fat, and pile on the toast. Serve very hot.

HADDOCK, SMOKED and TOMATOES.

1 large haddock.
 $\frac{1}{2}$ lb. tinned tomatoes.

4 oz. boiled rice.
salt and pepper.

Wash the haddock, dry it and put it skin downwards in a frying pan with cold water almost to cover. Bring to the boil and then simmer until the fish begins to leave the bones. Remove the flesh from the bones, and flake it. Mix with the tomatoes and season well. Heat thoroughly and place on a hot dish with a border of hot rice.

SALMON and RICE CUTLETS.

1 lb. tinned salmon.
6 oz. boiled rice.
breadcrumbs.

fat for frying.
salt and pepper.

Flake the salmon removing all bones. Mix with the rice, and season well. Form into cutlets, toss in the crumbs and fry in deep or shallow fat.

FISH SALAD.

To make Fish Salad, see Salads (page 38).

C. MEAT.

As the rationing scheme for meat is to be based on price it will be to the advantage of the housewife to choose the cheaper cuts of meat. These may be inferior in tenderness and flavour, but the flesh is equal in nutritive value to the more costly parts. If care is taken in the cooking, these cheaper parts of meat can be made tender, digestible and attractive. (See Meat Dishes at Small Cost, price 6d. post free). Imported or chilled meat should be slowly thawed before it is cooked. All meat should be washed quickly in cold water and dried before use.

BROWN STEW.

2 lb. thick flank of beef.	2 onions, carrots, turnips.
2 oz. dripping.	1½ pints water.
1½ oz. flour.	salt and pepper.

Prepare the vegetables. Wipe the meat and brown it and the onions in the hot fat. Add the carrots and turnips and cook gently for 1 hour. Blend the flour with the water, add the browning and seasoning and pour into the stew. Stir till it boils and simmer gently for 1½ to 2 hours.

- Note.* (1) Ox cheek sliced, or ox heart, shin of beef, clod, brisket, beef pieces, middle neck of mutton, or ox liver may be cooked as above.
- (2) The tougher and coarser parts of meat will be more tender if cut up and cooked in a thin liquid which should be thickened later.
- (3) Plain suet dumplings, or savoury balls, may be added to the stew 30 to 40 minutes before dishing.
- (4) Fresh mushrooms washed, peeled and added 30 minutes before serving give an excellent flavour.
- (5) Other vegetables such as celery, parsnips, or green peas may be used.
- (6) Tomatoes, cut in quarters, may be added 15 minutes before serving.

MUTTON STEW.

2 lb. neck of mutton (scrag and middle), or	1½ lb. potatoes.
2 lb. breast of mutton.	2 oz. haricot beans.
1 oz. dripping.	1 small firm cabbage, or
1 oz. flour.	1 lettuce.
2 large onions.	½ pt. water.
	salt and pepper.

Wash the haricot beans and soak them in cold water for 12 hours. Prepare the meat and remove surplus fat. If breast of

mutton is used, bone and roll it and tie up with string. Melt enough fat to fry the meat and onions sliced. Add the flour and the water using the water in which the beans have been steeped. Add the beans and simmer gently from 1 to 1½ hours. Prepare and cut up the potatoes and cabbage. Add them to the stew. Season well. Add a little browning if necessary and simmer for another hour.

GALANTINE OF BEEF.

1 lb. shin of beef.	1 small onion.
2 oz. liver.	grated nutmeg.
2 oz. fat bacon.	1 egg.
6 oz. bread crumbs	¼ pt. water.
or	salt and pepper.
soaked bread squeezed dry.	

Wash and cut up the beef, liver and onion, and cook slowly in the water until quite tender. Mince or chop finely with the bacon. Mix thoroughly with all the other ingredients, and season well. Roll in a paper freshly greased, and steam for 1 hour. Remove the paper. Serve either hot or cold. If to be served cold, after removal from the pan, it should be pressed between two plates. Coat with brown bread-crumbs if desired.

OX HEART, STUFFED.

1 ox. heart.	½ tbsp. flour.
<i>Stuffing:</i>	1 pint water or stock
4 tbsps. soaked bread.	salt and pepper.
1½ tbsps. chopped suet or melted dripping.	
1 tbsp. chopped parsley.	
Pinch of herbs.	

Soak the heart for 15 minutes in salt and water. Wash and clean thoroughly. Remove all the blood and cut off the flaps and coarse fat. Dry in a cloth. Fill the cavities of the heart with some of the stuffing and make the remainder into forcemeat balls. Sew up and steam for 2 hours. Place on a roasting tin with dripping. Put in a hot oven until brown, baste well, then cook slowly for 1½ hours or until quite tender. Lift out and serve with brown gravy, force meat balls, and vegetables.

- Note.* (1) The roasting may also be done in a strong saucepan on the top of the stove.
- (2) A sheep's heart may be cooked in the same way. It requires about 1 hour, but the preliminary steaming is not necessary.
- (3) Ox and sheep's heart may also be stewed or braised.

SHEEP'S HEAD MOULD.

1 sheep's head.	2 cloves.
1 hock of pork, or	bay leaf.
1 tin of corned beef.	blade of mace.
1 onion.	salt and pepper.
1 carrot.	

Soak the head for 12 hours, remove the brains, clean and scrape it thoroughly. Tie it together with string. Place in a saucepan with pork, onion, carrot and spices tied in a muslin bag, and half cover with water. Simmer gently for about 2½ hours. Season well. Lift out the head and the pork, and remove all the flesh from the bones. Chop it roughly. Place in a wetted mould or basin. Just cover with some of the liquor, and leave in a cool place to set. The remainder of the liquor can be made into Scotch broth, or used as a foundation for soup.

Note. If corned beef is used, it should not be cooked again, but chopped with the meat from the sheep's head.

The brains should be cooked gently in boiling water and served separately.

LIVER.

As calves' liver seems likely to be prohibitive in price, it will be necessary to buy the cheaper kinds. Pig's or lamb's liver will be found the best substitutes, but sheep's or ox liver can be made palatable with careful cooking.

1. LIVER CUTLETS.

1 lb. cooked liver.	breadcrumbs.
1 lb. mashed potatoes.	brown gravy.
2 oz. bacon.	salt and pepper.

Chop the liver and bacon. Mix with the potatoes, and bind with the brown gravy. Form into cutlets. Toss in breadcrumbs, and fry in deep or shallow fat.

2. LIVER LOAF.

1½ lb. liver.	¼ pt. milk or water.
1 large onion.	1 egg, or
½ oz. dripping.	2 oz. mashed potatoes.
½ oz. flour.	salt and pepper.

Wash and dry the liver and cut it and the onion into thin slices, and fry them lightly. Mince or chop finely. Make a thick gravy with the fat, flour and liquid. Add the liver, onions, egg, or potato and seasoning. Mix thoroughly. Form into a roll. Place on a greased tin and bake for about 45 minutes. Serve either hot or cold.

3. LIVER ROLY POLY.

1 lb. cooked liver.	1 tsp. chutney.
2 oz. bacon.	1 tsp. Worcester sauce.
1 large tomato.	salt and pepper.
1 small onion.	
	¾ lb. short crust pastry.

Wash, dry and mince the liver, bacon and onion. Wash, skin and cut up the tomato. Mix all the ingredients thoroughly, and season well. Roll out the pastry to the required size. Spread with the mixture and moisten the edges of the pastry. Roll up. Bake in a moderately hot oven for about 1 hour. Serve with a good brown gravy.

TRIPE.

Tripe which is generally prepared by the butcher for cooking, is both digestible and nourishing. At the present time it has the additional advantage that it is not among the rationed foods.

1. TRIPE, BAKED.

2 lb. prepared tripe (cooked).	1 pt. savoury custard, using
slices of bread and margarine.	dried eggs.

Cut the bread and margarine and the tripe into squares. Fill the pie dish with alternate layers of bread and margarine, and tripe, finishing with a layer of bread and margarine. Pour the custard over, and bake in a slow oven until brown.

2. TRIPE HOT-POT.

2 lb. prepared tripe.	1 oz. fat.
1 lb. potatoes.	1 tbs. chopped parsley.
1 lb. onions.	¾ pt. stock or pot liquor.
1 carrot.	salt and pepper.
1 turnip.	

Prepare and cut up the onion, carrot and turnip, and fry in the fat. Wash and cut up the tripe and parboil the potatoes. Arrange in the pot in layers of potatoes, vegetables and tripe. Season each layer, and add the chopped parsley at the same time. Pour on the liquid and finish with a layer of potatoes. Bake in a moderate oven for 2 hours.

3. TRIPE and CHEESE.

2 lb. prepared tripe.	¼ lb. cheese.
4 cloves.	water to cover.
1 oz. flour.	salt and pepper.
¼ pt. milk.	

Wash the tripe and cut it into pieces. Put into the pan with the cloves and water. Cook gently for about 2 hours. Thicken with flour and milk. Serve with grated cheese on the top, and brown under the grill or in the oven. Eat with slices of wholemeal bread.

4. TRIPE and ONIONS.

2 lb. prepared tripe. 1 pt. milk and water.
1 lb. onions. salt and pepper.
1 oz. flour.

Wash the tripe and cut it into rough pieces. Peel the onions, but do not slice them. Place the tripe and onions in a pan and cover them with the milk and water. Stew gently for about 1½ hours. Thicken with flour. Season and serve.

RABBIT, BAKED.

1 rabbit. forcemeat balls.
½ lb. sausages. salt and pepper.

Clean the rabbit carefully, and if an old one, blanch it. Joint it, season well and place in a meat tin. Add enough water to cover the bottom of the tin. Cook the forcemeat balls (see recipe for economical stuffing, page 47) with the rabbit, and also the sausage meat formed into small rolls. Bake in a moderate oven for about 1 hour.

RABBIT HOT-POT.

1 rabbit. chopped parsley, or
¼ lb. cheap bacon. grated lemon rind.
½ lb. onions. stock.
½ lb. breadcrumbs. salt and pepper.

Clean, skin and joint the rabbit. Season the breadcrumbs, and flavour them either with chopped parsley or lemon rind. Cut up the bacon and slice the onions. Arrange the onions, rabbit, bacon and breadcrumbs, in layers in the hot pot, and nearly cover with stock. Cook for about 2 hours in a moderate oven.

FOWL, ROAST or BOILED.

1 old fowl. 2 oz. bacon.
stuffing. dripping.

Prepare the fowl, stuff it (see recipe for economical stuffing, page 47) and truss. Steam for 2 hours and then roast for 1 hour. Serve with brown gravy, bread sauce (made with scraps of bread), and bacon rolls.

- Note.* 1. If preferred the fowl can be boiled. In this case add 1 onion, 1 small carrot and 2 oz. of rice which should be cooked with the fowl.
2. An old rabbit, which must be blanched before cooking, can be treated in the same way.

COLD MEAT COOKERY.

Remains of cooked meat can be used in various ways. *e.g.* hash, mince, rissoles, kromeskie, croquettes, curry, meat roll, fritters, and for stuffing vegetables. For many cold meat dishes steaming will be found the best method of reheating the meat.

1. HASH (economical).

scraps of cold meat. 1 oz. dripping.
bones if available. 1 oz. flour.
1 large onion. 1½ pts. stock, pot liquor, or
2 carrots. water.
1 stick celery. salt and pepper.
 dumplings or macaroni.

Remove any fat from the meat, and put it aside for clarifying. Prepare and cut up the vegetables, and fry lightly in the dripping. Stir in the flour, add the liquid and bring to the boil. If necessary, add a few drops of browning to make the sauce a good colour. Season well and add the bones. Simmer gently for about 2 hours. Remove the bones, and heat the pieces of meat thoroughly in the sauce. Serve with macaroni or suet dumplings. If desired, the dumplings may be cooked in the pan before the meat is added.

2. MEAT ROLL.

1½ lb. cold meat. 1 egg.
½ lb. breadcrumbs. breadcrumbs.
1 small cooked onion. ½ pt. good gravy.
1 tsp. chopped parsley. salt and pepper.
1 tsp. curry powder.

Mince or chop the meat, and mix all the ingredients together. Form into a roll. Put on a greased baking tin, and bake for 1 hour in a moderate oven. Toss in breadcrumbs, and serve with gravy, or tomato sauce.

3. RICE and MEAT PUDDING.

1½ lb. cold meat. ½ tsp. mixed herbs.
4 oz. cooked rice. ½ pt. good gravy.
1 small cooked onion. salt and pepper.

Mince or chop the meat and mix with the onion, herbs and seasoning. Moisten with the gravy. Grease a pudding basin and line with the cooked rice. Fill up the centre with the meat mixture. Cover with a greased paper and steam for about 1 hour.

Note. 1 oz. uncooked rice yields about 4 oz. cooked rice.

CORNED BEEF.

Corned Beef can be used in a number of recipes instead of ham and bacon. It can also be used to make cutlets, croquettes, pasties, patties, rissoles, etc.

1. CORNED BEEF PIE.

1½ lb. corned beef.	stock or water.
1½ lb. cooked potatoes.	salt and pepper.
1 large onion.	

Cut up the beef and mix with the potatoes, and the onion previously cooked and chopped. Season well, and moisten with stock. Bake in a moderate oven for about 45 minutes.

Note. This mixture may also be used for rissoles.

2. CORNED BEEF BUBBLE AND SQUEAK.

1 lb. corned beef.	gravy.
bubble and squeak.	

Slice the meat, and heat it in the gravy. Place on a hot dish and serve surrounded with bubble and squeak.

(See recipe for Bubble and Squeak, page 36).

3. CORNED BEEF FRITTERS.

1½ lb. corned beef.	fat for frying.
½ pt. coating batter.	

Dip slices of the beef in the batter and fry in hot fat.

D. MEAT SUBSTITUTES & VEGETARIAN DISHES.

Vegetarian dishes are of particular importance in war-time when there will probably be a shortage of foods containing first-class protein. (See page 6).

It will be remembered that the pulse vegetables (peas, beans and lentils) and nuts are valuable sources of second-class protein. They also have good mineral content.

It is not generally known that Vitamin C can be cheaply obtained by the germination of seeds, dried peas being particularly suitable for this purpose. The following directions as to how to germinate dried peas are obtained from a recently published book on Dietetics, entitled Food and Physical Fitness (Wheaton & Co., Exeter). Price 6/-.

"Peas bought by the pound should be used, as those sold in packets may not germinate so well. The peas should be soaked in cold or slightly warm water for hot water will kill the peas and prevent germination, and *no soda should be added*. Even the normal period of soaking will develop some vitamin C, and one authority states that germination, until the roots are about one inch long, not only produces satisfactory quantities of the vitamin, but also improves the flavour and cooking qualities of the peas.

As dried peas are cheap, the development in them of anti-scorbutic qualities may be of great value in supplying vitamin C in winter, when fresh fruits and vegetables are particularly expensive.

The following method of germination has been found successful under home conditions:—

Soak the peas overnight in the ordinary way. Then spread them on damp flannel and put them in a dark place. Keep the flannel damp and leave the peas in the dark until the roots are about an inch long. The time naturally varies according to the temperature, but under ordinary conditions it is found to be six or seven days. With longer germination the flavour deteriorates."

VEGETABLE PIE.

4 oz. cooked haricot beans.	1 pt. white sauce.
remains of any cooked vegetables.	browned breadcrumbs.
	salt and pepper.

Cut up the vegetables if necessary, and mix all together in the sauce. Turn into a greased pie dish, cover with the breadcrumbs and bake in a moderate oven for 45 minutes.

Note. Vegetables with a strong flavour such as onion, spinach and parsnips should be avoided, or only used in very small quantities.

VEGETABLE HOT POT.

Vegetables as for vegetable pie. 1 pt. stock or pot liquor.
1 lb. potato. salt and pepper.
1 oz. flour.
1 oz. fat.

Make a gravy with the fat, flour and liquid and darken with a little browning. Place the vegetables in the hot pot seasoning each layer. Pour the gravy over and finish with a layer of potatoes. Bake in a moderate oven for about 45 minutes.

POTATOES, STUFFED.

6 large potatoes. 4 oz. grated cheese.
 $\frac{1}{2}$ small cooked onion. salt and pepper.

Wash the potatoes and bake them slowly in their skins. Cut lengthwise and scoop out the centre. Mix the potato with the chopped onion and the cheese. Season well. Return the mixture to the skins and heat thoroughly.

Note. Other suitable vegetables for stuffing are onions, cabbage, marrow and tomatoes. The fillings may be varied as desired, e.g. force meat stuffing (see recipe for Economical Stuffing, page 47), scraps of cold meat, ham, corned beef or mushrooms mixed with thick gravy, etc.

CABBAGE, STUFFED.

2 young cabbages. brown gravy.
 $1\frac{1}{2}$ lb. sausage meat salt and pepper.
or
any savoury stuffing.

Wash the cabbages well and soak them for a few minutes in salt and water but do not divide them. Place them in a pan of boiling salted water and boil for five minutes. Drain well and put into a greased casserole. Separate the leaves and put the stuffing in between them. Season and place some small pieces of fat on the top. Cover with a tight fitting lid and bake in a moderate oven for $1\frac{1}{2}$ hours.

Note. If the cabbage is too firm for stuffing whole, alternate layers of cabbage and stuffing may be arranged in the casserole.

EGG CUTLETS.

6 hard boiled eggs. $\frac{3}{4}$ pt. milk.
1 oz. fat. breadcrumbs.
 $1\frac{1}{2}$ oz. flour. salt and pepper.
2 tsps. curry powder.

Melt the fat and mix in the flour and the curry powder. Add the milk and stir over a gentle heat until the mixture leaves the sides of the pan. Add the chopped hard boiled eggs and the seasoning. Turn on to a wet plate to cool and then form into cutlets. Coat with crumbs and fry a golden brown in deep or shallow fat.

Note. Similar cutlets may be made with lentils, nuts, or cooked vegetables. If desired the curry powder may be omitted.

BEANS AND TOMATOES.

$\frac{1}{2}$ lb. haricot beans. salt and pepper.
1 large tin tomatoes.

Wash and soak the beans overnight. Cook and strain them. Mix with the tomatoes, heat and season well. Place on a hot dish and serve with a border of spinach, macaroni or rice.

LENTIL ROAST.

$\frac{1}{2}$ lb. lentils. 2 oz. margarine.
1 small onion. $\frac{3}{4}$ pt. water or stock.
 $1\frac{1}{2}$ lb. cold potatoes. salt and pepper.

Wash and soak the lentils and cut up the onion. Stew them together for 30 minutes in enough water to cover. Strain off the water which can be used to make the gravy. Mash the lentils, add the cold potato and seasoning. Mix well and let the mixture get cold. Turn on to a floured board and shape into a roll. Heat the fat in a baking tin and bake the roll in a quick oven for 45 minutes. Serve with a thick gravy.

LENTIL AND TOMATO SAUSAGE. *(Summer recipe)*

$\frac{3}{4}$ lb. lentils. $\frac{1}{4}$ tsp. curry powder.
1 onion. pinch of mixed herbs.
1 lb. tomatoes. salt and pepper.
 $\frac{1}{4}$ lb. boiled rice. *or by mashed potatoes*

Wash and soak the lentils, chop the onion and cook them together till they are tender and all the water has been absorbed. Scald, peel and slice the tomatoes. Mix in the other ingredients. Form the mixture into sausages about three inches long. If the mixture is not thick enough to be moulded, add a few bread crumbs. Fry in deep or shallow fat.

NUT AND RICE BALLS.

6 oz. rice. 1 oz. margarine.
4 oz. ground nuts. $\frac{1}{2}$ pt. vegetable stock.
1 onion. 1 egg.
1 tsp. curry powder. lemon juice.
1 dsp. flour. salt and pepper.

Wash the rice, boil until tender and strain. Mix the rice and nuts. Chop the onion finely, and fry it in the melted margarine. Stir in the curry powder, and cook for a few minutes. Add the flour and the stock by degrees, and stir over the fire until the sauce thickens. Put in the rice and nuts, beaten egg, and seasoning. Add a few drops of lemon juice. Stir together, then turn out to cool. Shape into balls or rissoles and fry in deep or shallow fat.

CHEESE.

Cheese is an excellent substitute for meat owing to its high nutritive value. Half a pound of cheese contains more nourishment than a pound of beef at less than half the cost. "To the man who wishes to use cheese as a cheap and efficient substitute for meat one would say, buy Empire cheese or Dutch, and preferably the former." (See Food and the Principles of Dietetics, Hutchison and Mottram, page 180).

Cheese is best eaten uncooked and its digestibility is improved by shredding. If cooked, care must be taken not to overcook it. It combines well with starchy foods—flour, potato, macaroni, etc.

1. CHEESE, SEMOLINA.

4 oz. semolina.	browned breadcrumbs.
6 oz. grated cheese.	1½ pts. milk.
1 tsp. cornflour.	salt and pepper.
1 oz. margarine.	

Heat the milk and sprinkle in the semolina. Cook until the mixture thickens and then add the cornflour mixed with a little milk. Cook for a few minutes and stir in 4 oz. of the grated cheese. Season well. Pour the mixture into a greased fireproof dish. Allow to set. Sprinkle with the remainder of the cheese, and browned bread crumbs. Place pieces of margarine on the top and brown in the oven. Serve with a green vegetable, potato crisps or dried crusts.

2. CHEESE PUDDING.

6 oz. bread crumbs.	1 pt. milk.
6 oz. grated cheese.	½ tsp. made mustard.
2 eggs.	salt and pepper.

Mix the bread crumbs and the grated cheese together. Add the eggs well beaten, the milk, mustard and seasoning. Stir well, and bake in a pie dish in a moderate oven for about 45 minutes.

3. CHEESE, EGGS AND TOMATOES.

4 eggs.	¼ pt. milk.
4 medium sized tomatoes.	salt and pepper.
4 oz. grated cheese.	6 rounds of toast.
2 oz. margarine.	

Heat the milk and fat. Skin the tomatoes and mash them with the grated cheese. Beat the eggs and add them. Stir the milk into the mixture and heat until it thickens. Season, and pile on the rounds of toast.

CHESTNUT CROQUETTES.

2 lb. chestnuts.	milk to bind.
1 tsp. chopped parsley.	browned breadcrumbs.
1 egg.	salt and pepper.

Prick and boil the chestnuts for 1 hour or until tender. Peel them and mash with a fork. Add the chopped parsley, beaten egg, seasoning and sufficient milk to bind. Form into little rolls, toss in the crumbs and fry in deep or shallow fat.

BUTTER BEANS, SAVOURY.

½ lb. butter beans.	2 oz. fat.
1 large onion.	1 pt. white sauce.
1 lb. cooked potatoes.	salt and pepper.
1 large apple.	

Soak the beans overnight. Cook them with the onion. Strain and add them to the white sauce. Season well. Slice the apple and potato and fry lightly in the hot fat. Pour the beans on to a hot dish, and serve surrounded by the fried apples and potatoes.

E. VEGETABLES AND SALADS.

VEGETABLES.

In order to retain as much as possible of the nutritive value of vegetables special attention should be paid to the method of cooking them. Vegetables should, as far as possible, be steamed rather than boiled, or cooked in the oven with a little fat in a vessel with a well fitting lid. If they are boiled the smallest possible quantity of water should be used and the liquid preserved for stock.

Potatoes should whenever possible, be cooked in their jackets.

Dried vegetables should be soaked for 12 hours in cold or luke warm water. Hot water kills the seeds and so prevents germination and the production of vitamin C.

Soda must *never* be used in the cooking of vegetables. Loss of colour is of less importance than the destruction of vitamins.

BEETROOT (Hot).

2 medium sized beetroots.	a little milk.
1 oz. flour.	salt and pepper.
1 dsp. vinegar.	

Wash very carefully as the colour will be lost if the skin is damaged, or the fine roots broken off. (Seal the ends with a flame). Place in boiling water and cook gently for about 2 hours. Make the sauce with the milk and some of the liquid in which the beetroot has been cooked. Add the vinegar carefully and season well. Skin the beetroot quickly and cut into rather thick slices. Coat with the sauce.

SPINACH.

This vegetable has a particularly high dietetic value and should be used whenever possible. It may be served alone, but is often combined with other foods, *e.g.* poached egg on spinach, spinach omelet, spinach patties, etc. When large spinach is used, strip the leaves from the stem and cook them in the usual way.

SPINACH PATTIES.

2 lb. spinach.	$\frac{3}{4}$ lb. short pastry.
1 onion.	salt and pepper.
1 oz. fat.	

Prepare and cook the spinach, chop the onion and fry it lightly in the fat and mix it with the spinach and seasoning. Roll out the pastry, cut it into rounds and place them in patty tins. Put some of the spinach mixture into each tin and cover with a lid of pastry. Bake in a quick oven for about 20 minutes.

BUBBLE AND SQUEAK.

1 lb. cold cabbage.	1 medium sized cooked carrot.
1 lb. cold boiled potatoes.	2 oz. fat.
1 small cooked onion.	salt and pepper.

Chop the cabbage, onion and carrot, and also the potato if not already mashed. Melt the fat in a frying pan, and fry the onion and carrot lightly, but do not brown them. Add the other vegetables and season well. Stir until thoroughly heated. Place an enamel plate on the top of the pan and leave for a few minutes until the mixture has browned underneath. Turn upside down on to the plate, and serve very hot.

RED CABBAGE AND APPLE.

1 good sized red cabbage.	1 dsp. vinegar.
1 large apple.	salt and pepper.
1 oz. brown sugar.	

Wash the cabbage and cut it into quarters, removing the hard stalk and ribs. Cook in a very little boiling salted water to which the vinegar and brown sugar have been added. Peel the apple and cut it up and add it to the cabbage. Cook for about 45 minutes or until the cabbage is tender. Drain well and serve very hot.

MUSHROOMS.

Mushrooms may be used in a variety of ways, either by themselves, *e.g.* mushrooms on toast, as a flavouring in pies and stews, or in vegetarian dishes. They may be stewed, fried or grilled.

1. MUSHROOM AND EGG PIE.

1 $\frac{1}{2}$ lb. mushrooms.	$\frac{3}{4}$ lb. short crust pastry.
4 hard boiled eggs.	salt and pepper.
1 oz. cornflour.	

Skin the mushrooms and stew them until tender and thicken the liquid with the addition of the cornflour. Season well. Arrange the mushrooms and slices of hard boiled eggs in a pie dish and add the liquid. Cover with the pastry and bake in a hot oven for about 40 minutes. This pie may be eaten hot or cold. If to be eaten cold a little gelatine may be dissolved and added before the pie is set aside to cool.

2. MUSHROOMS STEWED WITH RICE.

2 lb. mushrooms.	1 $\frac{1}{2}$ pts. milk and water.
1 oz. fat.	salt and pepper.
1 oz. flour.	$\frac{1}{2}$ lb. cooked rice.

Peel the mushrooms and toss them in the fat, then add the milk and water and stew gently until tender. Thicken with the flour and season well. Serve, surrounded with a border of boiled rice.

TOMATOES ON BAKED BREAD WITH MACARONI.

12 medium sized tomatoes.	milk.
6 rounds of bread.	salt and pepper.
2 oz. fat.	6 oz. macaroni.

Boil the tomatoes. Dip the slices of bread in a little milk and bake till crisp in the hot fat. Put the tomatoes on the baked bread, and serve surrounded with a border of cooked macaroni.

ONIONS AU GRATIN.

6 large onions.	1 pt. white sauce.
3 oz. grated cheese.	salt and pepper.

Peel and boil the onions and place them in a pie dish. Stir half the cheese into the sauce and pour over the onions. Sprinkle the remainder of the cheese on the top and brown under the grill or in the oven.

CHESTNUTS AND SPROUTS.

2 lb. sprouts.	salt and pepper.
1 lb. chestnuts.	

Boil and peel the chestnuts. Prepare the sprouts and cook them until tender. Drain well, mix in the chestnuts, season and reheat.

STINGING NETTLE PUREE.

Stinging nettles. salt and pepper.
1 oz. fat.

Pick the nettles when young and tender, and strip the leaves from the stalks. Wash well in salted water. Place in a saucepan. Cook gently in a very little water for 20 minutes. Strain well and chop finely. Return to the pan with the fat. Heat thoroughly and season well.

Note. This dish, like spinach, may be served with poached eggs.

TURNIP TOPS.

Turnip tops. salt and pepper.

Use young turnip tops and wash them well in several waters. Boil in salted water. Drain well, and serve very hot.

DANDELION LEAVES.

Dandelion leaves have considerable dietetic value and can be used as a green vegetable, or if young can be served raw in salads.

SALADS.

The importance of uncooked vegetables in the diet cannot be over estimated. Wherever possible salads should be made with raw vegetables. Cooked vegetables can also be used or a mixture of both. The inclusion of watercress is strongly recommended as it is particularly rich in vitamins and iodine.

1. SALAD, GREEN.

The ordinary green salad may be varied by the addition of:—

1. Cheese.
2. Fish; e.g. sardines, cooked fish, salmon, prawns, etc.
3. Fruit; e.g. grapefruit, orange, apple, tinned pineapple, nuts, etc.

2. SALAD, RAW VEGETABLE.

Beetroot, cabbage, carrots, celery, tomatoes, watercress, lettuce, etc.

Prepare the vegetables. Grate the carrots and beetroot, shred the lettuce or cabbage, cut up the celery. Arrange on a dish and garnish with slices of tomato and sprigs of watercress. Serve with oil and vinegar or an inexpensive dressing.

3. SALAD, RUSSIAN.

Beetroot, carrots, peas, haricot beans, potatoes and thick salad dressing.

Cut the beetroot, carrot and potato into dice, add the beans and peas, and mix with the dressing.

4. SALAD, WINTER.

Apples, celery, cooked beetroot, watercress and any other suitable vegetables, chopped nuts, thick salad dressing.

Prepare all the ingredients, mix with the dressing and sprinkle with chopped nuts. Garnish with the watercress.

5. SALAD, POTATO AND TOMATO.

cold boiled potatoes. 1 tbsp. chopped parsley.
tomatoes. oil and vinegar.
 $\frac{1}{2}$ tsp. finely chopped onion. salt and pepper.

Mix the onion and seasoning with oil and vinegar, slice the potatoes and tomatoes and mix them with the prepared dressing. Turn into a salad bowl and serve sprinkled with chopped parsley.

F. PUDDINGS.

STEAMED PUDDING (Foundation recipe).

10 oz. flour. 3 oz. sugar.
4 oz. suet (chopped). milk.
1 tsp. baking powder. pinch of salt.

Mix the flour, salt and baking powder together, and add the suet. Add the sugar and stir in sufficient milk to make a soft mixture which will drop easily from the spoon. Put into a greased basin, cover with a well greased paper and steam for about $1\frac{1}{2}$ hours.

This mixture can be used with various additions and flavourings.

1. JAM OR MARMALADE PUDDING.

Put 2 tablespoonfuls of jam or marmalade at the bottom of the basin before adding the foundation mixture.

2. LEMON OR ORANGE PUDDING.

Stir the grated rind of one good sized lemon, or of one orange into the mixture before adding the milk.

3. GINGER PUDDING.

Mix one heaped teaspoonful of ground ginger with the flour, or if desired, add to the mixture 3 oz. crystallised ginger cut into small pieces before adding the milk.

4. CURRANT, SULTANA OR RAISIN PUDDING.

Stir in 5 oz. of prepared fruit before adding the milk. The addition of $\frac{1}{4}$ teaspoonful of mixed spice greatly improves the flavour.

5. DATE OR FIG PUDDING.

Use 5 oz. stoned dates, or figs which should be cut into rough pieces and added to the mixture before the milk.

TREACLE LAYER PUDDING.

$\frac{3}{4}$ lb. shortcrust pastry. grated rind of $\frac{1}{2}$ lemon
 $\frac{1}{4}$ oz. breadcrumbs. golden syrup.

Roll out the pastry thinly and line a greased pudding basin with it. Mix the grated lemon rind with the breadcrumbs. Fill up the basin with alternate layers of syrup, breadcrumbs and pastry, finishing with pastry.

Cover with greased paper, and steam for $2\frac{1}{2}$ hours.

Note. This pudding can also be made in a pie dish and baked in the oven for about 1 hour.

BREAD PUDDING.

$\frac{1}{2}$ lb. soaked bread or crusts. 3 oz. currants, sultanas or
1 oz. flour. raisins.
3 oz. fat. $\frac{1}{4}$ tsp. mixed spice.
2 oz. sugar. $\frac{1}{2}$ pt. milk.

Squeeze the moisture from the bread and break it up with a fork. Add all the dry ingredients, and mix thoroughly. Melt and stir in the fat and then add the milk. Turn into a greased pie dish, and bake in a moderate oven for about 45 minutes.

Note. This pudding is improved by the addition of a beaten egg.

PLUM PUDDING (Economical).

4 oz. breadcrumbs. Juice and rind of $\frac{1}{2}$ a lemon.
4 oz. potatoes. $\frac{1}{2}$ tsp. ground ginger.
4 oz. carrots. $\frac{1}{2}$ tsp. ground cinnamon.
4 oz. suet. $\frac{1}{2}$ tsp. grated nutmeg.
4 oz. brown sugar. $\frac{1}{2}$ tsp. salt.
 $\frac{3}{4}$ lb. dried fruit. milk to mix.

Peel and grate the potatoes and carrots. Chop the suet and prepare the fruit. Add all the dry ingredients, the lemon juice, and enough milk to make into a stiff mixture. Steam for 3 hours.

BANANA CHARLOTTE.

slices of bread and margarine. 1 egg.
4 bananas. $\frac{1}{2}$ pt. milk.
1 oz. sugar.

Line a greased pie-dish with the bread. Slice the bananas. Fill up the pie-dish with alternate layers of bread and bananas. Sprinkle with sugar, and pour over the beaten egg and milk mixed together. Bake in a moderate oven for about 40 minutes.

APRICOT PUDDING.

slices of bread and margarine 6 oz. dried apricots.
or 3 oz. sugar.
any scraps of stale plain cake.

Wash and soak the apricots overnight. Stew them gently with the sugar until tender in the water in which they were soaked.

Line a greased pie-dish with the bread and fill it with alternate layers of apricots and bread. Bake in a moderate oven for about 40 minutes.

Note. This pudding can also be made with stewed gooseberries, rhubarb, blackberries, etc.

MILK PUDDINGS.

The following are among the cereals which may be used:—arrowroot, barley kernels, farola, ground rice, macaroni, oatmeal, rice (preferably unpolished), sago, semolina, spaghetti, tapioca, vermicelli.

Skim or separated milk may be substituted for whole milk. As this is deficient in fat and vitamins it is advisable to add a little butter or vitaminised margarine. Unvitaminised margarine or suet would make good the deficiency of fat, but not that of the vitamins.

Dried milk may be used for milk puddings. Full instructions for the use of dried milk will be found on the tins.

QUAKER OAT SHAPE.

2 oz. quaker oats. $1\frac{1}{2}$ pts. milk.
1 oz. sugar. $\frac{1}{4}$ tsp. salt.

Heat the milk. Sprinkle in the quaker oats and salt, and cook gently for about 20 minutes, stirring constantly. Add the sugar and pour into a wet basin or mould. When set turn out and serve with stewed fruit.

FRUIT STEWED (Fresh).

2 lb. fruit. $\frac{1}{4}$ to $\frac{1}{2}$ pt. water.
2 tbsps. golden syrup.

Prepare the fruit. Put the water and syrup into the casserole, and leave them in the oven for a few minutes until the syrup has dissolved. Add the fruit, cover with a tightly fitting lid and cook slowly in the oven until tender.

FRUIT STEWED (Dried).

$\frac{3}{4}$ lb. fruit. $\frac{3}{4}$ pt. water.
sugar to sweeten.

Wash the fruit and steep for 12 hours. Make a syrup with the sugar and water. Add the fruit and simmer till tender.

FRUIT FOOL.

1½ lb. stewed fruit. 1½ pts. thick custard or junket.

Any stewed fruits can be made into fruit fool. Break up the fruit with a fork. Remove stones, if any, and pass the fruit through a coarse sieve or strainer. Mix with the custard or junket.

Note. Strawberries, raspberries and bilberries are particularly good eaten raw, and tossed in sugar.

JELLY SPONGE.

1½ pts. packet jelly. 1½ pts. hot water.
remains of stale plain cake.

Dissolve the jelly in the hot water. Arrange pieces of cake in a glass dish and pour the jelly over it. Leave to set.

JELLY CREAM.

1 pt. packet jelly. ¾ pt. hot water.
1 tin of unsweetened milk.

Dissolve the jelly in the hot water. When the jelly is cool, but not in any way set, add the milk, and stir thoroughly. As the jelly is setting whisk well. Pour into a wet mould and leave until set.

G. CAKES.

Cakes are always a stand by as they can be used to supplement various meals. On occasion they may take the place of puddings, or be served with stewed fruit. Although many of the usual ingredients are rationed, yet a great number of recipes may be adapted for use under present conditions. Dates can take the place of currants and sultanas and are recommended because they are of considerable food value owing to the amount of sugar which they contain.

DATE AND WALNUT LOAF.

¾ lb. flour. 8 oz. dates stoned and chopped.
2 oz. margarine. ½ pt. milk and water.
1 dsp. syrup. 1½ tsps. baking powder.
2 oz. chopped walnuts. salt.

Mix the flour, salt and baking powder, and rub in the margarine. Add the dates and walnuts and stir in the syrup, milk and water. Turn into a greased bread tin and bake in a moderate oven for about 1 hour.

Note. The addition of an egg will greatly improve this mixture.

DATE FINGERS.

¾ lb. dates stoned and chopped. 1 oz. brown sugar.
3 oz. chopped nuts. rice paper.
rind and juice of 1 lemon.

Mix all the ingredients well together. Spread the mixture about one inch in thickness on the rice paper. Cut into fingers with a sharp knife.

DATE CAKE.

¾ lb. flour. 2 tbsps. vinegar.
6 oz. brown sugar. ¼ tsp. bi-carbonate of soda.
6 oz. margarine. 1½ gills milk.
¾ lb. dates stoned and chopped.

Cream the margarine and sugar, fold in the flour, spice and dates. Add the vinegar to the milk, and dissolve the soda in it, stirring until it froths. Stir the liquid into the mixture, and turn into a well greased tin. Bake in a moderate oven for about 1½ hours.

RAISIN CAKE.

¾ lb. flour. 1 tbp. marmalade.
6 oz. margarine. ½ tsp. mixed spice.
4 oz. brown sugar. 1 tsp. baking powder.
6 oz. raisins. 1 gill milk.

Mix the flour, spice and baking powder. Rub in the margarine and add the other dry ingredients. Stir in the marmalade and milk. Mix well together, and bake in a greased tin in a moderate oven for about 1¼ hours.

HONEY AND WALNUT CAKE.

½ lb. flour (if possible, use 4 oz. white & 4 oz. brown flour). 2 tbsps. honey.
2 oz. chopped walnuts. 1 tsp. baking powder.
2 oz. sultanas. 1 gill milk and water.
½ tsp. salt.

Mix all the dry ingredients. Add the honey, milk and water, and blend well together. Bake in a well greased tin in a moderate oven for about 45 minutes. *Can be made with egg added.*

SODA CAKE.

¾ lb. flour. 6 oz. sugar.
4 oz. margarine. 1 egg.
6 oz. sultanas. 1 tsp. bi-carbonate soda.
1 dsp. ground ginger. milk.
1 dsp. ground cinnamon.

Rub the fat into the flour. Clean the fruit and add all the dry ingredients except the soda. Beat the egg and mix the whole to a soft dough with the milk, keeping a little milk to dissolve the bi-carbonate of soda which should be added last of all. Bake in a moderate oven for 1½ hours. *Very successful*

GINGERBREAD.

9 oz. flour. ½ lb. treacle.
 3 oz. oatmeal. 1 tsp. bi-carbonate of soda.
 3 oz. margarine. 1 gill milk.
 1½ tsps. ground ginger.

Melt the margarine and treacle and pour it on to the mixed flour, oatmeal and ginger. Dissolve the soda in the milk and add this to the mixture. Bake in a moderate oven for about 1 hour.

CHOCOLATE CRISPS.

¼ lb. plain chocolate. 2 oz. rice crispies or puffed wheat.

Put the chocolate in a basin and stand it in a saucepan of hot water to melt the chocolate. Stir in the crispies with a fork. When mixed lift out rough heaps placing them on a plate or rice paper and leave to dry.

POTATO CAKES.

½ lb. cooked potatoes. ½ tsp. baking powder.
 4 oz. flour. milk to bind.
 2 oz. fat. salt.

Mash the potatoes and mix with the flour, salt and baking powder. Melt the fat and pour it into the mixture. Add sufficient milk to bind. Roll out on a floured board and cut into small cakes. Put them on a greased tin and bake in a hot oven for about 15 minutes. These cakes may be baked on a girdle, in which case they will require turning.

RICE CAKES.

4 oz. rice. 1 pt. milk and water.
 1 tbsp. sugar. oatmeal for coating.
 ½ tsp. ground cinnamon or vanilla essence. ¼ tsp. salt.

Cook the rice gently in the milk and water until the liquid has been well absorbed. Remove from the fire and add the rest of the ingredients. Allow the mixture to cool. Cut into finger shapes and brush with a paste of flour and water. Dip in oatmeal and fry a golden brown.

OATMEAL BISCUITS.

½ lb. flour. ½ tsp. baking powder.
 ½ lb. oatmeal. milk and water to bind.
 2 oz. margarine. ½ tsp. salt.
 1 tsp. syrup.

Mix the flour, oatmeal, salt and baking powder. Rub in the margarine, add the syrup, and mix to a stiff dough with the milk and water. Turn on to a floured board, and roll out to about ¼ inch in thickness. Cut into squares, place on a greased tin and bake in a moderate oven for 15 minutes.

QUAKER OAT BISCUITS.

4 oz. quaker oats. 2 ½ oz. margarine.
 2 oz. sugar. 1 oz. flour.

Cream margarine and sugar till very soft. Mix in the flour and quaker oats. Form into a square and roll out ¼ inch thick. Cut into squares or fingers. Bake in a moderately hot oven till set.

FLAPJACKS.

8 1 lb. rolled oats. 2 tsps. syrup. *or honey.*
 4 oz. margarine. ½ tsp. salt.
 2 1 oz. sugar. *Possibly 1 oz flour*

Cream the margarine and sugar. Warm the syrup and add it. Work in the oats and salt. Bake in a shallow greased tin for about 30 minutes. Cut into strips and leave until cold.

H. MISCELLANEOUS.

SAUCES.

PLAIN WHITE SAUCE.

- | | |
|--------------------------|--------------------------|
| 1. White sauce, Coating. | 2. White Sauce, Pouring. |
| 2 oz. fat. | 1 oz. fat. |
| 2 oz. flour. | 1 oz. flour. |
| 1 pt. milk. | 1 pt. milk. |
| salt and pepper. | salt and pepper. |

Stock or some of the liquid in which food has been cooked may often be substituted for half the milk.

METHOD 1. Mix the flour to a smooth paste with a little of the cold milk. Boil the remainder of the liquid and stir in carefully to the paste. Pour it back into the pan and boil for 3 minutes, stirring all the time. Add the seasoning and fat. The fat must be added slowly to prevent it from becoming oily.

METHOD 2. Melt the fat, add the flour and blend thoroughly. Stir over a gentle heat for a few moments, being careful not to let the flour brown. Remove from the fire, add the liquid gradually, then boil for 3-5 minutes, stirring all the time. Season with salt and pepper. Any flavouring should be added just before serving.

3. BROWN SAUCE.

1 oz. fat. 1 pt. stock or water.
 1 oz. flour. salt and pepper.
 A small piece of onion & carrot.

Prepare the vegetables and fry them in the hot fat, add the flour and fry slowly until well browned. Stir in the stock gradually, add seasonings, boil up and skim well. Let it simmer for about 30 minutes. Strain and re-heat. This is the foundation recipe for all brown sauces. A variety of flavourings may be added, e.g. ketchup, onions, ham, etc.

4. CURRY SAUCE.

2 onions.	2 oz. sultanas.
4 medium sized tomatoes.	1 oz. dripping.
1 large cooking apple.	1 oz. flour.
1 tbsp. curry powder.	1½ pts. stock or water.
1 dsp. curry paste.	salt.

Melt the dripping and add the chopped onions. While they are frying, skin and slice the tomatoes. Add them and the curry powder and fry with the onions and tomatoes. Mix the curry paste with a little stock or water and stir it into the mixture cooking it for a minute or two. Then add the remainder of the liquid and season well with salt. Simmer for 20 minutes. Add the sultanas just before serving.

- Note* 1. Hard-boiled eggs, cooked vegetables, prawns, remains of cooked fish, meat or tripe can all be used for curry. They must be heated thoroughly in the sauce before serving.
2. Fresh food may also be used. In this case the food must be cooked slowly in the curry sauce.
3. Remains of curry sauce may be added to rissoles and will improve their flavour.

5. MOCK MAYONNAISE SAUCE.

1 tin sweetened milk.	1 tsp. made mustard.
an equal quantity of vinegar.	salt.
1 tbsp. salad oil.	

Turn the milk into a basin, and fill the empty tin with the vinegar. Add the vinegar slowly to the milk stirring all the time. Stir in the oil and mustard, and season. If after standing for an hour or so, the mixture should become too thick for bottling, a little more vinegar may be added. This dressing will keep indefinitely. If the vinegar separates from the milk shake the bottle.

6. SWEET SAUCE.

4 tbsps. jam or marmalade.	1 pt. water.
2 tbsps. sugar.	1 dsp. lemon juice.

Boil the jam or marmalade, sugar and water until reduced to about half the quantity. Skim, add the lemon juice, and strain.

OMELET, HARD TIME.

1 lb. cooked potatoes.	½ pt. milk.
6 rashers bacon.	salt and pepper.
2 eggs.	

Cut the rind from the bacon, and fry the rind so that no fat is wasted. Then fry the bacon lightly, and remove both bacon and

rind from the pan. Slice the potatoes thickly and fry them also until they are a golden brown. Cut up the bacon and add to the potatoes. Beat up the eggs and milk, season well, and pour them over the potatoes. Cook for a few minutes until the mixture is set and browned on one side. Turn over on to a hot dish and serve at once.

BACON BARS, GRILLED.

(To use up scraps of stale bread, cheese and bacon).

24 pieces of stale bread, about 1 inch, by 3 inches.
12 pieces of bacon, about the same size as the bread.
¼ lb. margarine.
3 oz. grated cheese.

Melt the margarine. Dip the pieces of bread in it, and then toss them in the grated cheese. Fry the bacon. Make sandwiches of two pieces of bread, placing the bacon in between. Grill or fry on each side and serve piping hot.

Note. Flaked smoked haddock may be used as an alternative filling.

SCOTCH EGGS.

6 hard boiled eggs.	breadcrumbs.
¼ lb. sausage meat or mince.	fat for frying.
2 oz. mashed potatoes.	

Mix the mashed potato with the sausage meat or mince. Cover the eggs with the mixture and coat with crumbs. Fry until a golden brown, preferably in deep fat. Serve hot with tomato sauce, spaghetti or spinach, or cold with salad or watercress.

Note. Cooked lentils or beans may be used instead of the sausage meat. Prepare the mixture as for lentil roast (see recipe, page 33).

STUFFING, ECONOMICAL.

4 oz. soaked bread.	mixed herbs.
1½ oz. chopped suet.	lemon rind.
1 tbsp. chopped parsley.	salt and pepper.

Squeeze the moisture from the bread and break it up with a fork. Add the chopped suet and mix in the other ingredients. Season well.

COATING CRUMBS.

Several varieties of crumbs for coating purposes are now on the market. These crumbs are prepared in order to save labour by eliminating the need for flour, or egg and breadcrumbs. The food to be fried has merely to be rolled lightly in the prepared crumbs.

OATMEAL PORRIDGE.

4 tbsps. medium oatmeal. salt.
2 pts. water.

Boil the water, add the salt and sprinkle in the oatmeal stirring carefully to prevent lumps. Boil for five or six minutes. Put on the lid, simmer for about 25 minutes stirring frequently. If necessary add a little more water as porridge should be of a pouring consistency.

Note. Oats are the most nutritive of all cereals and are rich in fat, an important consideration as fat is to be rationed.

Oat-cakes contain twice as much building material as an equal quantity of bread and have nearly twice the fuel value. Equal quantities of fine oatmeal and flour make a good loaf

Oatmeal may also be used to replace flour in various other ways, *e.g.* in puddings, cakes, scones, biscuits, for thickening soups and for coating food before frying.

CLARIFIED DRIPPING.

Put the dripping into a saucepan with enough cold water to cover it. Bring gradually to the boil, removing any scum as it rises. Strain into a bowl and put aside to get cold. The fat will set on the top of the water. Take it off, scrape the bottom. Put the fat into a saucepan and heat it gently until all the water in it has evaporated. If water is left in the fat it will not keep. Dripping beaten up to a soft creamy consistency is excellent for making cakes, pastry, etc.

CLARIFIED FAT.

Cut the fat into small pieces. Put into a saucepan, cover with cold water and bring to the boil. Skim well. Boil until nearly all the water has evaporated. Reduce the heat and stir occasionally to prevent the fat from sticking. When the pieces look dried up and sink to the bottom of the melted fat, remove the pan from the fire. Cool slightly and strain through a fine strainer.

HOME MADE SCOURING MIXTURE.

1 lb. pumice powder. $\frac{3}{4}$ lb. soap powder.
Mix well together.

LIQUID FURNITURE POLISH.

$\frac{1}{2}$ pt. turpentine. $\frac{1}{2}$ pt. vinegar.
 $\frac{1}{2}$ pt. linseed oil. $\frac{1}{4}$ pt. methylated spirit.

Mix well together and always shake the bottle before using.

VII. BIBLIOGRAPHY.

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Meat Dishes at Small Cost	A.T.D.S.	29 Gordon Square, 6d. W.C.1. (post free)
Family Fare	A.T.D.S.	29 Gordon Square, 6d. W.C.1. (post free)
School Dinners	A.T.D.S.	29 Gordon Square, 1s. 9d. W.C.1. (post free)
The Drs'. Cookery Book	British Medical Association	B. M. A. House, Tavistock Square, W.C.1. 4d.
Dr. Nash's Cookery Book	Simpkin, Marshall Ltd.	Stationers Hall Court, E.C.4. ... 6d.
Essex Cookery Book	Essex Education Committee	County Offices, Chelmsford ... 2d.
How to Stock Your A.R.P. Larder	British Medical Association	B. M. A. House, Tavistock Square, W.C.1. 2d
A Handbook for Institutional Catering	Grainger & Turpin	Ernest Benn Ltd. 2s. 6d.
Practical Catering	A. P. Part N. B. Robinson	Practical Press ... 3s. 6d.

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Food and Physical Fitness (Part One, which deals with the Principles of Dietetics and the Planning of Meals, is to be published separately at something under 2s. 0d.).	V. B. Mann	Wheaton & Co., Exeter	6s. 0d.
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ANALYSED INDEX OF RECIPES.

	<i>Page</i>		<i>Page</i>
Household Stock	18	Liver.	
Soup.		Liver Cutlets	26
Soup Cabbage	19	" Loaf	26
" Lentil	19	" Roly Poly	27
" Minestrone	19	Tripe.	
" Pea	19	Tripe, baked	27
" Potato and Onion ...	20	" Hot-Pot	27
Fish.		" and Cheese	27
Fish, stuffed and baked ...	20	" and Onions	28
" Pie	20	Rabbit, baked	28
" Pudding	20	" Hot-Pot	28
" Savoury	21	Fowl, roast or boiled ...	28
Herrings, baked	21	Cold Meat Cookery.	
" fried	21	Hash (economical)	29
" grilled	21	Meat Roll	29
" pickled	21	Rice and Meat Pudding	29
" and Spaghetti	22	Corned Beef	30
Herring Pie	22	" " Pie	30
Herring or Cod Roes on Toast	22	" " Fritters	30
Kippers, baked	22	" " Bubble and Squeak	30
" boiled	22	Vegetarian Dishes.	
Kipper Toast	23	Vegetable Pie	31
Haddock, smoked and Tomatoes	23	" Hot-Pot	32
Salmon and Rice Cutlets ...	23	Potatoes, stuffed	32
Fish Salad	23	Cabbage, stuffed	32
Meat.		Egg Cutlets	32
Brown Stew	24	Beans and Tomatoes ...	33
Mutton Stew	24	Lentil Roast	33
Beef Galantine	25	" & Tomato Sausage	33
Ox Heart, stuffed	25	Nut and Rice Balls ...	33
Sheep's Head Mould	26	Cheese Semolina	34
		" Pudding	34
		Cheese, Eggs & Tomatoes	34

ANALYSED INDEX OF RECIPES—Continued

VEGETARIAN DISHES—continued	Page	PUDDINGS—continued	Page
Chestnut Croquettes ...	35	Apricot Pudding	40
Butter Beans, savoury ...	35	Milk Puddings	41
Vegetables and Salads.		Quaker Oat Shape	41
Beetroots (hot)	35	Fruit, stewed	41
Spinach	36	Fruit Fool	42
„ Patties	36	Jelly Sponge	42
Bubble and Squeak	36	Jelly Cream	42
Red Cabbage and Apple ...	36	Cakes.	
Mushrooms	36	Date and Walnut Loaf ...	42
Mushroom and Egg Pie ...	37	Date Fingers	43
„ stewed and Rice ...	37	Cake, Date	43
Tomatoes and Macaroni ...	37	„ Raisin	43
Onions au gratin	37	„ Honey & Walnut ...	43
Sprouts and Chestnuts ...	37	„ Soda	43
Stinging Nettle Puree ...	38	Gingerbread	44
Turnip Tops	38	Chocolate Crisps	44
Dandelion Leaves	38	Potato Cakes	44
Salad, Green	38	Rice Cakes	44
„ Raw Vegetable	38	Biscuits, Oatmeal	44
„ Russian	38	„ Quaker Oat	45
„ Winter	39	Flapjacks	45
„ Potato & Tomato ...	39	Miscellaneous.	
Puddings.		Sauce, White, pouring ...	45
Recipe for foundation mixture (steamed)	39	„ „ coating	45
Pudding, Jam or Marmalade ...	39	„ Brown	45
„ Lemon or Orange	39	„ Curry	46
„ Ginger	39	„ Mock Mayonnaise ...	46
„ Currant, Sultana or Raisin ...	39	„ Sweet	46
„ Date or Fig	39	Omelet (hard time) ...	46
Treacle Layer Pudding ...	40	Bacon Bars, grilled ...	47
Bread Pudding	40	Scotch Eggs	47
Plum Pudding (economical) ...	40	Stuffing (economical) ...	47
Banana Charlotte	40	Coating Crumbs	47
		Oatmeal Porridge	48
		Dripping & Fat, to Clarify ...	48

ALPHABETICAL INDEX OF RECIPES.

	Page		Page
Apricot Pudding	40	Egg Cutlets	32
Bacon Bars, grilled	47	Fat, to clarify	48
Banana Charlotte	40	Fish Pie	20
Beans and Tomatoes	33	Fish Pudding	20
Beef Galantine	25	Fish Salad	23
Beetroot (hot)	35	Fish Savoury	21
Bread Pudding	40	Fish, stuffed and baked ...	20
Brown Sauce	45	Flapjacks	45
Brown Stew	24	Fowl, roast or boiled ...	28
Bubble and Squeak	36	Fruit Fool	42
Butter Beans, Savoury ...	35	Fruit, stewed	41
Cabbage Red, and Apple ...	36	Galantine of Beef	25
Cabbage Soup	19	Gingerbread	44
Cabbage, stuffed	32	Ginger Pudding	39
Cheese, Egg & Tomatoes ...	34	Green Salad	38
Cheese Pudding	34	Haddock, smoked and Tomatoes ...	23
Cheese Semolina	34	Hash (economical)	29
Chestnut Croquettes	35	Herring Pie	22
Chestnuts and Sprouts	37	Herring or Cod Roes on Toast ...	22
Chocolate Crisps	44	Herrings, baked	21
Coating Crumbs	47	Herrings, fried	21
Cod or Herring Roes on Toast ...	22	Herrings, grilled	21
Corned Beef Bubble and Squeak	30	Herrings, pickled	21
Corned Beef Fritters	30	Herrings and Spaghetti ...	22
Corned Beef Pie	30	Honey and Walnut Cake ...	43
Currant Pudding	39	Jam or Marmalade Pudding ...	39
Curry Sauce	46	Jelly Cream	42
Dandelion Leaves	38	Jelly Sponge	42
Date Cake	43	Kippers, baked	22
Date or Fig Pudding	39	Kippers, boiled	22
Date Fingers	43	Kipper Toast	23
Date and Walnut Loaf	42		
Dripping, to clarify	48		

ALPHABETICAL INDEX OF RECIPES—Continued

	<i>Page</i>		<i>Page</i>
Lemon or Orange Pudding ...	39	Rabbit, roast or boiled ...	28
Lentil Roast	33	Raisin Cake	43
Lentil and Tomato Sausage	33	Raisin Pudding	39
Lentil Soup	19	Raw Vegetable Salad ...	38
Liver Cutlets	26	Rice Cakes	44
Liver Loaf	26	Rice and Meat Pudding ...	29
Liver Roly Poly	27	Russian Salad	38
Mayonnaise, Mock	46	Salmon and Rice Cutlets ...	23
Meat Roll	29	Scotch Eggs	47
Milk Puddings	41	Sheep's Head Mould	26
Minestrone Soup	19	Soda Cake	43
Mushroom and Egg Pie ...	37	Spinach Patties	36
Mushrooms, stewed with Rice	37	Steamed Pudding (foundation	
Mutton Stew	24	recipe for)	39
 		Stinging Nettle Puree ...	38
Nut and Rice Balls	33	Stock (household)	18
 		Stuffing (economical) ...	47
Oatmeal Biscuits	44	Sultana Pudding	39
Oatmeal Porridge	48	Sweet Sauce	46
Omelet (hard time)	46	 	
Onions au gratin	37	Tomatoes and Macaroni ...	37
Ox Heart, stuffed	25	Treacle Layer Pudding ...	40
 		Tripe, baked	27
Pea Soup	19	Tripe and Cheese	27
Plum Pudding (economical)	40	Tripe Hot-Pot	27
Potato Cakes	44	Tripe and Onions	28
Potato and Onion Soup ...	20	Turnip Tops	38
Potatoes, stuffed	32	 	
Potato and Tomato Salad ...	39	Vegetable Hot-Pot	32
 		Vegetable Pie	31
Quaker Oat Biscuits	45	 	
Quaker Oat Shape	41	White Sauce, coating	45
 		White Sauce, pouring	45
Rabbit, baked	28	Winter Salad	39
Rabbit, Hot-Pot	28		

SPACE FOR EXTRA RECIPES