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New methods with mince

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A USEFUL GIFT IN CROCHET

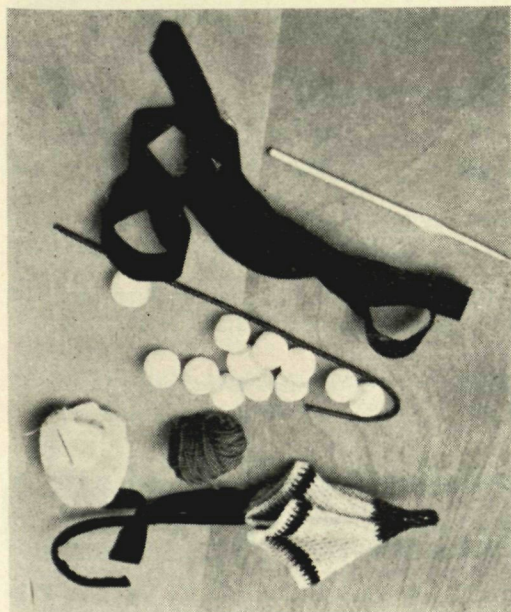
By HELEN M. GLOSTER

WITH the first half of the year gone by, the question of Christmas gifts is already exercising the minds of many housewives. These little umbrellas are both useful and attractive and their making provides interesting employment for leisure moments.

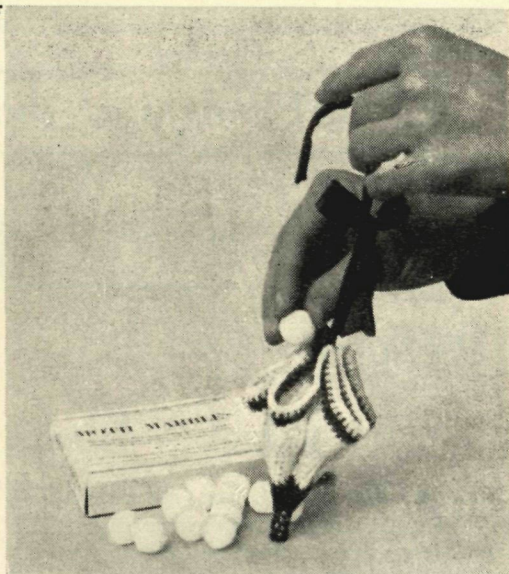
Made from scraps of knitting wool the umbrella is filled with mothballs and hung in the wardrobe to act as a deterrent against moths and silverfish.

MATERIALS REQUIRED

Scraps of left-over 2-ply knitting wools in two contrasting colours. (The model shown in the photographs was made in cream and crimson.)



The completed umbrella and the materials used in its making—2-ply wool, in two colours; wire; moth-balls; ribbon and crochet hook.



- 1 Aero crochet hook (No. 12).
- 12-inch length of fencing wire bent to form the handle.
- $\frac{3}{4}$ -yard of half-inch ribbon to match the contrasting colour of the wool.
- A scrap of cotton wool.
- A dozen mothballs.

METHOD

First Round: Using the contrasting wool (crimson) make six chain, join to form a ring.

Second Round: Make two chain, then five treble crochet into the ring. With the two chain stitches, this makes six upright stitches. Close the ring with a single crochet.

Third Round: Like the second row. The cover for the spike of the umbrella is now completed.

Fourth Round: Make two chain, then three treble crochet into space between two treble. Put four treble crochet into each of remaining five spaces. Close the ring. You should now have six groups of stitches, with four trebles in each group.

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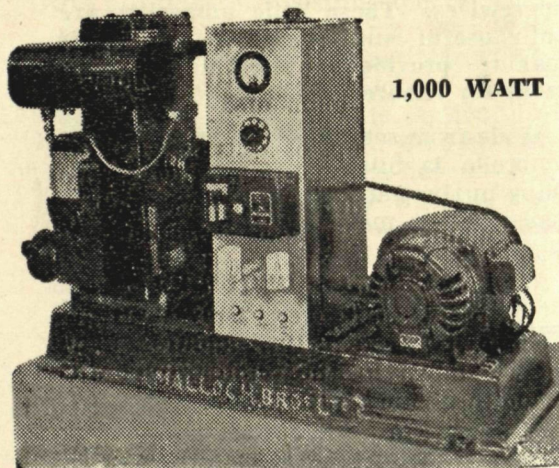
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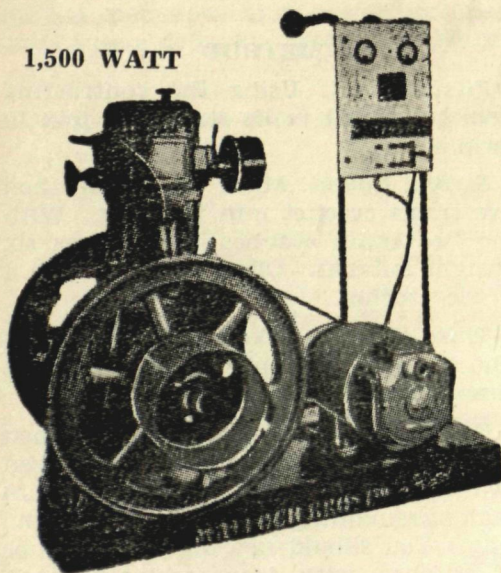
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Fifth Round: Two chain. One treble crochet into each space between treble stitches, with four treble crochet at each of the six corners. You should have four treble at each corner with three trebles between.

Sixth Round: Change the wool to main colour. Four treble crochet at



The crochet portion of the umbrella completed.

each corner with six treble crochet between. Continue in the main colour until 12 rows have been completed. (Twenty-four treble crochet with four at each corner.)

Thirteenth Round: In contrasting colour.

Fourteenth Round: In main colour. Secure the wool.

TO MAKE UP

1. Cover eight inches (including bent end) of wire with ribbon.
2. Pad the spike with cotton wool, then slip on the umbrella cover. Fasten umbrella securely to spike with a few firm stitches.
3. Fasten the six peaks of cover to handle.
4. Make a ribbon bow and sew to handle.
5. Place mothballs inside each fold.

NEW METHODS WITH MINCE

By HELEN M. GLOSTER

COLD mutton is uninspiring fare at any time, but there are many tasty ways of using up cold meat. Here are a few ideas on utilising minced cooked meat without a lot of additional cooking. Most of them can be adapted for uncooked mince too by allowing a longer cooking period—and of course one could use minced beef, rabbit or poultry in lieu of mutton.

STEAMED MINCE MOULD

Ingredients.

- 1½ lb. cold mashed potatoes.
- 1 lb. cooked meat (minced).
- 1 dessertspoonful plain flour.
- 1 onion (minced or chopped).
- 1 tablespoonful chopped parsley.
- A little grated lemon rind (optional).
- Salt and pepper.
- Stock or gravy to moisten.

Method.

1. Put on a saucepan or steamer of water to boil.

2. Take two-thirds of the mashed potato and line a greased pudding basin with a layer of mashed potato.
3. Mix the minced meat, onion, flavouredings and flour together.
4. Add stock or gravy to the mixture and fill the basin to within one inch of the top with the mixture.
5. Place the remainder of the mashed potato on top.

- Cover with greased paper and steam until thoroughly heated about half to three-quarters of an hour.

Serve with vegetables and gravy or tomato puree.

To Vary the Above.—Half a teaspoonful of mixed herbs will alter the flavour of the mince or you can add a sprinkle of ground mace with a little grated lemon rind.

For something different, try this curry flavoured mould:—

CURRIED MEAT MOULD

Ingredients.

- 2 cups cold cooked rice.
- 1 lb. cooked meat (minced).
- 1 onion.
- 1 tablespoonful sultanas.
- 1 dessertspoonful plum jam.
- 1 dessertspoonful curry powder.
- 1 dessertspoonful plain flour.
- Grated lemon rind or a squeeze of juice.
- 1 dessertspoonful chopped parsley.
- Stock or water to moisten.
- 1 tablespoonful chutney.
- 1 tablespoonful fat.

Method.

- Put on steamer or saucepan of water to boil.
- Fry the sliced onion and sultanas then turn on to a plate.
- Cook curry powder and flour in fat until nicely browned.
- Line a greased pudding basin with about two-thirds of the cooked rice.
- Mix all the curry ingredients together with minced meat and stock and fill basin to within an inch of top.
- Place over this the remainder of the cooked rice.
- Cover with greased paper and heat thoroughly by steaming. In these recipes more hot stock or liquid may be added after heating or a gravy may be served separately.

N.B.—If uncooked meat is used, longer time must be allowed to cook thoroughly.

STUFFED VEGETABLE MARROW

Ingredients.

- 1 small vegetable marrow.
- 3 or 4 tablespoonfuls cooked meat minced.
- 3 tablespoonfuls soft breadcrumbs.
- A little grated lemon rind.
- 1 teaspoonful chopped parsley.
- Salt, pepper.
- A little beaten egg or gravy for mixing.

Method.

- Wash and dry the marrow.
- Cut a wedge from the top side of the marrow and scoop out seeds and soft pulp.
- Prepare the stuffing and mix with gravy or a little beaten egg.
- Stuff the marrow and replace the wedge.
- Place marrow in a piedish or baking dish with some dripping and a greased paper on top.
- Cover with another dish or tin and bake in a moderate oven until tender.
- Remove skin (it will come away quite easily).
- Serve with mashed or jacket potatoes and a good white sauce.

N.B.—The quantity of meat may be varied according to the size of the marrow.

Variations.—Stuffed marrow may be steamed instead of baked. Flavourings in stuffing may be varied according to individual tastes. Worcester or tomato sauce may be used for mixing the stuffing instead of beaten egg. Nutmeg or mace may be used instead of herbs for flavouring.

JACKET POTATOES

If you have not already tried these, cook the potatoes this way; they are to be recommended. They add variety, look very attractive and last but not least the maximum quantity of Vitamin C and other nutrients is retained by this method of cooking.

Method.

1. Select medium well-shaped potatoes which will go floury when cooked.
2. Scrub and dry potatoes.
3. Prick skin, to prevent bursting.
4. Rub over each potato with melted fat or a butter paper.
5. Dry bake in the oven until soft—about 1 to 1½ hours. Potatoes may be tested by holding in a cloth

and squeezing to see if they are soft. When potatoes are cooked, cut a cross through the skin along the top of each potato.

6. Squeeze the potato at the sides between the cross cuts and the cooked potato will loosen and become floury. Sprinkle with salt and pepper. Place a knob of butter on top of each potato. Garnish with chopped parsley or mint or a sprig of parsley or mint.

A PLASTIC SPONGE-BAG

THIS sponge-bag made from plastic cloth cost only eightpence for materials and took 20 minutes to make. Such bags would make useful and attractive gifts besides providing profitable spare time employment.

The main material used is transparent plastic cloth (alkathene) which is now obtainable in tubular form so that no side seams are necessary. The bag shown required one-third of a yard of this material priced at 1s. 6d. yard.

In addition you will require 1½ yards of narrow braid or cord for the drawstrings.

TO MAKE UP

Machine along the base to form the bag. Make a 1-inch hem along the top, leaving an opening on each side through which the drawstrings may be inserted. A second row of stitches ¼-inch from the top makes a better finish.

Run two lengths of braid or cord through the hem and join the ends neatly, and your bag is ready for use.



MUTTON AND LAMB

Some Suggestions for "Ringin' the Changes"

By HELEN M. GLOSTER

WHETHER wool prices are soaring or slumping, most farm housewives must rely on mutton and lamb for the bulk of their meat supplies. A mutton diet can become monotonous when confined to a few standard dishes so if you are on the look-out for new ways of serving the meat, you may care to give these recipes a trial.

CUTLETS WITH BACON

Ingredients.

- 6 lamb cutlets or chops.
- 12 small pieces of bacon (cut from rashers).
- 1 shallot or white onion.
- Grated lemon rind.
- Pepper.
- 1 dessertspoonful chopped parsley.
- A little butter or margarine.

Method.

1. Grease a piece of kitchen paper for each chop. The papers saved from purchased butter will do.
2. Place a piece of bacon in centre of each paper, sprinkle with chopped parsley, chopped shallot, grated lemon rind and a dash of pepper.
3. Place chop on top, then cover with flavourings and lastly the second piece of bacon.
4. Wrap each cutlet in paper and place in a baking dish.
5. Bake in a moderate oven about half an hour.

6. Remove papers at the last moment and serve with mashed potatoes and other vegetables.

N.B.—The liquor retained in the paper should be poured over the chops.

SPRING STEW

Ingredients.

- 2 lb. neck of lamb or neck chops.
- $\frac{1}{2}$ lb. young carrots.
- $\frac{1}{4}$ lb. turnips.
- 6 shallots or 1 onion.
- 1 lb. *new* potatoes.
- 1 cupful green peas.
- Few lettuce or cabbage leaves.
- 1 tablespoonful flour.
- 2 teaspoonfuls salt.
- Pepper to taste.
- Water.

Method.

1. Wipe the meat, trim neatly and cut into chops. Remove as much of the fat as possible.
2. Dip in seasoned flour, then place in a casserole and cover with water.
3. Bring to the boil and skim well.

4. Prepare the vegetables as follows:—

Lettuce or cabbage broken in to small pieces.

Turnips and carrots in rings.
Onion shredded.

5. Add all vegetables except potatoes and peas, stir in and cook for half an hour.
6. Add potatoes and peas and cook a further half hour or until potatoes are cooked.

Serve with meat in the centre and vegetables and gravy around. Garnish with sprigs of parsley.

N.B.—If mutton is used, cooking time must be lengthened. To be really tasty young tender spring vegetables should be used. If older vegetables are used, allow longer cooking time.

STUFFED LOIN OF LAMB

Ingredients.

A loin of lamb.

4 tablespoonfuls soft breadcrumbs.

- 1 tablespoonful chopped suet.
 $\frac{1}{2}$ teaspoonful mixed herbs.
1 teaspoonful chopped parsley.
A little grated lemon rind.
1 egg.
 $\frac{1}{2}$ teaspoonful salt and a little pepper.
Grate of nutmeg.

Method.

1. Bone the loin of lamb.
2. Prepare stuffing, stuff the loin of lamb, roll the meat around the stuffing and tie firmly with string.
3. Bake in the oven according to weight of meat.
4. Serve with baked potatoes, vegetables and brown gravy.

A shoulder may be boned and stuffed in a similar manner. The shoulder should be secured with skewers after stuffing is completed.

N.B.—Bones removed from the loin or shoulder should be used in the stockpot.

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IN SECTIONS AS FOLLOWS:—

Arts and Crafts	Horses in Action
Thurs. 11th Sept.	Thurs. 11th Sept.
Bread . . . Thurs. 11th Sept.	Horses, Breeding Classes
Cattle . . . Mon. 1st Sept.	Mon. 1st Sept.
Crop Competition	Horticulture
Fri. 12th Sept.	2 p.m., Sat. 4th Oct.
Dogs . . . Thurs. 11th Sept.	Pigeons . . Thurs. 11th Sept.
Export Butter	Pigs . . . Mon. 8th Sept.
Sat. 28th June	Poultry . Thurs. 11th Sept.
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