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Household poultry-keeping - (continued)

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Fig. 9.—Typical appearance of chicken suffering from coccidiosis.

HOUSEHOLD POULTRY- KEEPING

(continued)

by

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and

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COMMON AILMENTS OF DOMESTIC POULTRY

IT is not proposed to deal fully with the diseases of poultry in this article, as complete information on the various diseases is available in pamphlet form free on application to the Department of Agriculture. However, a brief outline of the more common ailments of the domestic fowl is given.

COCCIDIOSIS

In preventing coccidiosis (a disease caused by micro-organisms called *Coccidia*) good sanitation and cleanliness are of vital importance. A natural immunity can be acquired by a flock that is exposed to only a small amount of infective material, whereas if the concentration of infective bodies is allowed to build up beyond a certain level, heavy mortality can result. In particular, dampness should be avoided as the disease thrives in moist conditions.

There are several species of *Coccidia* which infect chickens—all attack the lining of the intestine, but each species tends to favour a particular area. Among those most commonly encountered is one that attacks the caeca (the blind sacs near the lower end of the intestine) causing what is known as caecal coccidiosis, and another species which attacks different parts of the intestine, in which case

the disease is referred to as intestinal coccidiosis.

The symptoms of both caecal and intestinal coccidiosis are rather similar. Affected birds show a loss of appetite, appear depressed and stand with feathers ruffled.

With **Caecal Coccidiosis**, which usually attacks birds from six to eight weeks of age, blood will appear in the droppings in most cases.

In **Intestinal Coccidiosis**, which usually attacks birds from 12 to 14 weeks of age, blood is seldom seen in the droppings, but the birds are very anaemic and pale about the face, comb and wattles.

Present-day poultry keepers are fortunate to have at their disposal two very effective drugs which, when used in conjunction with good management, can be relied upon to achieve good results in controlling coccidiosis.

Sulpha-quinoxaline and nitrofurazone are the two drugs in common use at the present time, and these should be used to prevent and control an outbreak of this disease. Full instructions are given in the

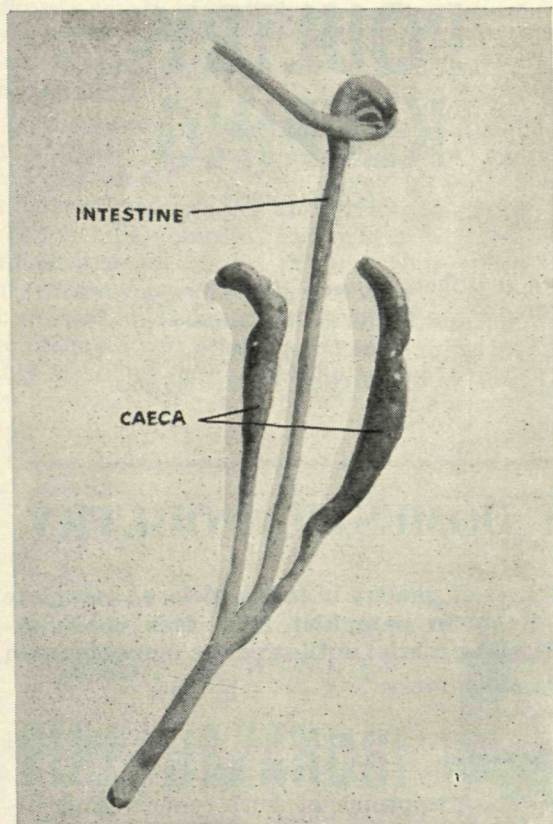


Fig. 10.—Caecal coccidiosis. Both caeca are distended and filled with blood.

literature that accompanies each container. At the preventive level, these drugs can be fed through the mash, but to control an outbreak, intermittent medication through the drinking water is preferred. A sick bird will usually drink, but will rarely eat.

Good management plays an important part in preventing and helping poultry to recover from most diseases and in no other disease is this better illustrated than in the disease coccidiosis.

Reference has already been made to the importance of good sanitation in preventing the coccidia from building up to lethal concentrations in the ground and litter.

Once the chickens become affected, medication of the drinking water should commence and care must be taken to see that the chickens are comfortable at night. If the disease strikes at about the six-week-old stage when the heat of the brooder is usually taken away, artificial heat should be maintained or returned for a few days until the chickens have recovered. The chickens should then be taught to perch as soon as possible using a perching platform. The longer they are allowed to congregate together and sweat on the litter after the brooder is dispensed with, the greater the possibility of coccidiosis causing serious trouble and of healthy chickens becoming unthrifty.

If newly-purchased, started chickens have not been taught to perch by their previous owner, the householder should concentrate on this important aspect of management until all the birds are perching. The first step is to make the chickens sleep on a slatted platform which is raised a few inches from the litter. If low perches are then placed above the platform, the chickens will usually move on to them. All chickens should be perching by the nine-week-old stage.

FOWL POX

This is a disease that can be disastrous, causing mortality sometimes as high as 75 per cent. Not only does it cause heavy mortality but birds affected with fowl-pox are slowed down in reaching the lay, sometimes by as much as eight weeks and if laying birds become severely affected egg production will cease.

Fowl pox manifests itself in three ways viz:

1. **Eruptive Type.** This is indicated by sores and wart-like growths which appear on the face, comb and wattles.
2. **Diphtheritic Type (Canker).** In this type of fowl-pox yellow sores form in the mouth and throat, and may reach down to the wind pipe, in which case birds may die of suffocation.
3. **Oculo-Nasal Type.** The nostrils and eyes discharge a yellow pus and in severe cases the eyes may become greatly distended.

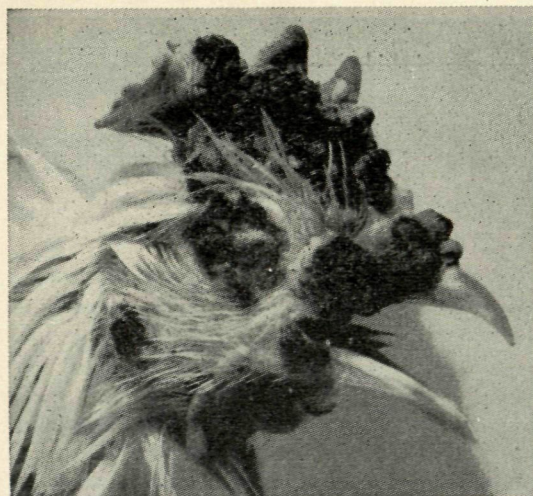


Fig. 11.—A severe case of the eruptive form of fowl-pox.

Fowl-pox can be prevented by vaccination in the 12th week of the bird's life. The method of vaccination is quite simple; a two-pronged needle being supplied with the vaccine. After following the mixing instruction given on the packet, the needle is dipped into the vaccine and is then pushed through the web of the bird's wing care being taken not to rupture any of the small veins in that area. The vaccination can also be given on the outside of the bird's thigh.

Approximately ten days after vaccination, a check should be made for "takes" which show as eruptive scabs that form around the site of the vaccination. Successfully vaccinated birds have a life-long immunity to the disease.

If the birds have not been vaccinated and an outbreak of fowl-pox occurs, the following corrective measures should be taken.

- (1) Isolate all affected birds.
- (2) Treat birds with closed-up eyes by bathing with a dilute solution of boracic acid powder until open, and place one drop of a 10 per cent. solution of argyrol in each affected eye daily.
- (3) Paint the lesions on the comb and wattles with tincture of iodine daily, avoiding the eyes.

The treatment of birds that have fowl-pox is a heartbreaking task, as at its best, it is only partly successful. Therefore the householder is strongly advised to vac-

inate his growing stock. Fowl-pox vaccine can be obtained quite cheaply from most poultry requisite stores.

ROUNDWORMS

Roundworms are the main internal parasite affecting poultry, and unsanitary conditions are favourable for a quick build-up of these pests.

Control of roundworms is relatively simple, as many reliable de-worming agents are now on the market.

One very satisfactory vermifuge is tetrachlorethylene, and gelatine capsules containing this drug can be obtained at local poultry requisite stores. The chickens should be de-wormed at ten weeks of age, using a 1 cc. capsule of tetrachlorethylene and at 18 weeks of age using a 2 cc. capsule or two 1 cc. capsules. The capsules are administered on an empty crop by opening the bird's mouth and manipulating the capsule down the gullet with the fingers. This treatment is carried out just before the pullets go to roost, and the droppings are cleaned up the following morning.

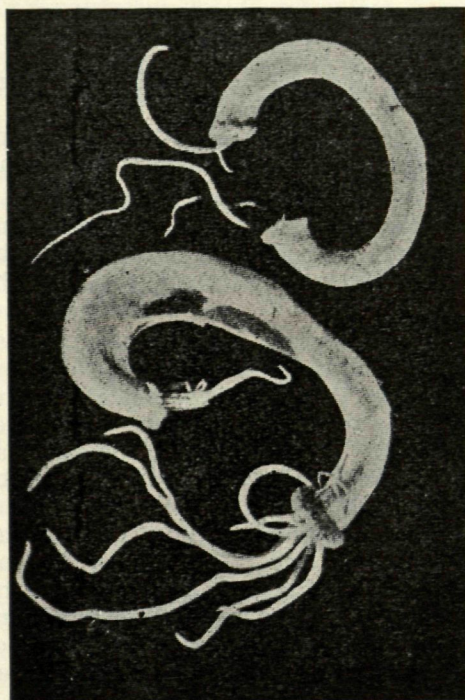
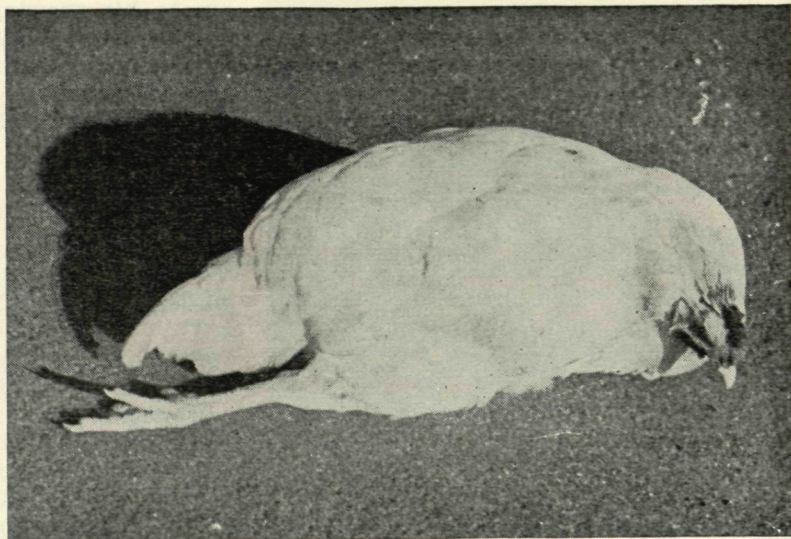


Fig. 12.—Portions of the intestines of a bird that was infested with roundworms.

Fig. 13.—A bird suffering from neural leucosis or "fowl paralysis."



There are, of course, other poultry deworming methods, and literature on these methods can be obtained from the Department of Agriculture. Whichever method is used, the growing stock should always be treated at 10 weeks and again at 18 weeks of age as a routine procedure.

LEUCOSIS

One of the most important poultry diseases in the world today is leucosis, a transmissible disease affecting all breeds of poultry in both commercial and small household flocks.

The exact cause of the disease is unknown, but it is thought to be caused by a virus. Unfortunately no cure can be guaranteed.

There are several forms of the disease and the various forms are typified by loss of appetite, the birds wasting away and the passing of fluid droppings. Sometimes a dropsical condition develops and at other times a bird which appears to be quite healthy just dies. On post-mortem examination, a greatly enlarged liver may be seen. Cysts and tumours may develop in the ovaries and with one form of the disease it is common for birds on the point of lay to suddenly show a paralysis of the leg, wing or neck from which they rarely recover.

One leg is sometimes drawn along behind the bird or is extended at right

angles to the body. Sometimes the use of both legs is completely lost and the bird wastes away and dies.

A comparatively rare form of the disease affects the eye. The pupil becomes distorted and the eye takes on a pearl-like appearance. Hence the name "pearly-eye."

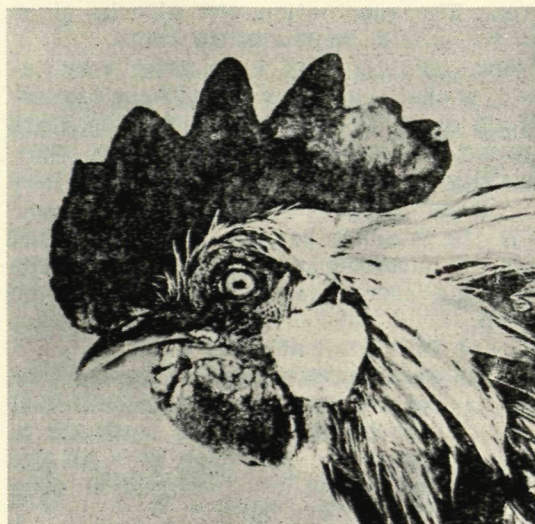


Fig. 14.—Ocular leucosis or "pearly eye." The bird is blind in this eye.

In odd birds, particularly cockerels, the shank becomes very much thickened sometimes to about three times its normal size.

The best we can hope to do in controlling leucosis is to keep the disease at a low level and one of the most effective ways of doing this is to make sure that each year's chickens are reared on clean ground, in clean quarters and in isolation from adult stock. When buying six-week-old started chickens you should be sure

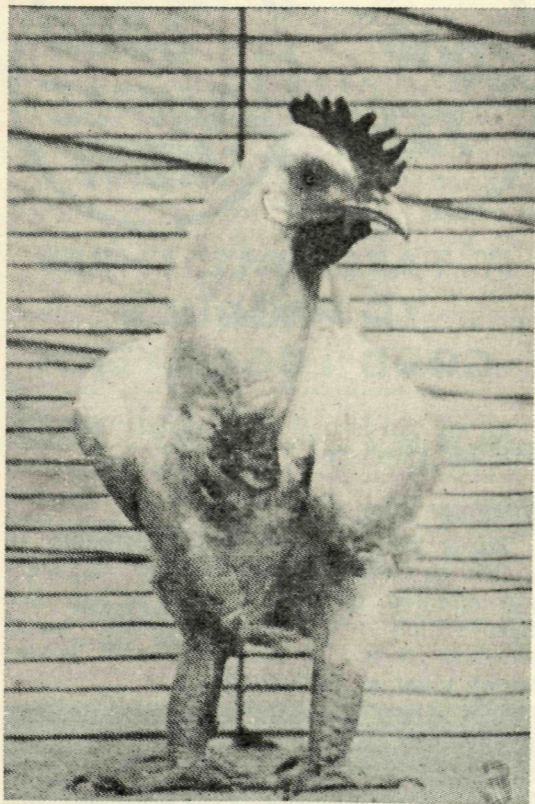


Fig. 15.—This bird is suffering from another rare form of leucosis. Note the thickened legs.

that they come from a started chick establishment where the management and general conditions are not conducive to a build-up of the disease.

The stocking programme and management practices recommended in this article will help in keeping this insidious disease at bay. The proper use of the poultry house will enable each year's chickens to be housed as a separate unit throughout life and it will be noted that during the time in which the chickens have the use of the outside run, the older birds in the next door compartment are confined within the shed and separated from the chickens by a solid partition. The longer a chicken is kept from contacting adult stock, the greater the possibility of it building up a natural resistance to this disease which in some local household flocks have been responsible for mortalities ranging up to 50 per cent.

BUMBLEFOOT

Odd birds may develop lameness and when the foot is examined, the ball of the foot will appear enlarged and inflamed. This condition, which resembles a boil in appearance, should be given similar treatment in that it should not be opened until it is ripe as indicated by the degree of swelling. When this stage is reached, the core on the ball of the foot should be lifted out with a pen-knife, the contents squeezed out thoroughly, and the cavity liberally treated with flavine. The foot with the toes spread, should then be firmly bound up to prevent dirt from entering the wound.

POULTRY PESTS

OF the external poultry parasites, probably the most devastating are the poultry red mite and the fowl tick. Both these parasites are of the blood-sucking type, hiding by day in cracks and crevices in the shed and emerging at night to gorge themselves with blood from the unfortunate bird.

Poultry Red Mite.

Because of their small size these mites which are smaller than a pin's head and grey in colour (they only turn red when they have engorged on the blood of the fowl) are difficult to see, but fortunately their presence can be detected by their

excreta which is whitish-grey in colour and which is deposited around the outside of their hiding place. Red mite although not the host of the disease organism which causes tick fever can serve to spread the disease from one bird to another. They are most commonly found on the underside of the perches.

Fowl Tick.

Fowl ticks are considerably larger than red mite, and apart from their blood-sucking activities which weaken the birds, they act as an intermediate host to a disease organism, namely the spirochaete, (*Treponema. anserinum*) which causes tick fever. There is no known cure for this disease, but vaccination against tick fever is now possible. However, as vaccination will not stop the tick from annoying the birds and from sucking their blood, eradication of this pest is the only safe and sure method of control.

To eradicate both red mite and tick, a preparation of 50 per cent. creosote and 50 per cent. power kerosene can be sprayed or painted on the perches and into crevices which may be harbouring the parasites. Care should be taken to see that the spray does not spill or contact the birds in any way. If it does, the birds may suffer severe burning. DDT sprays and those containing benzene hexachloride are also effective.

Scaly-Leg Mite.

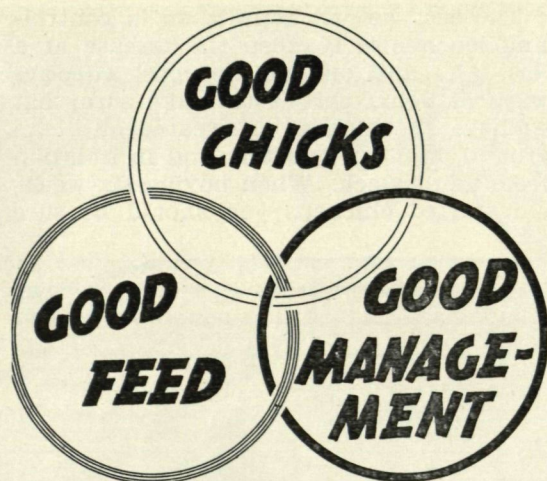
This mite burrows beneath the scales of the bird's legs thus causing the scales to protrude and giving the legs a horny appearance. This rough and horny appearance is thought by some people to be due to old age, but this is not so.

Control of scaly-leg mite is relatively simple; first soak the legs in warm soapy water and scrub with a hard brush to soften the encrustations, then apply an ointment of 7 parts of lard to 3 parts sulphur and 1 part kerosene. The treatment should be repeated until all traces of the mite have vanished.

The perches should be sprayed or painted with the preparations mentioned for the control of tick.

Body Lice.

These parasites are small, yellowish, elongated pests that congregate beneath the wings and around the vent of the bird. Control is simple. A thin line of nicotine sulphate (Black Leaf 40) is run along the perches at the rate of 5 oz. to every 100 ft. of perching space, approximately half an hour before the birds go to roost. The treatment should be repeated in ten day's time.



**IT TAKES ALL THREE
TO PRODUCE
GOOD EGG-LAYERS**

An oil-can is handy for distributing the nicotine sulphate.

Stickfast Flea.

These parasites are most difficult to eradicate from domestic poultry, as treating affected birds can only destroy the fleas which are actually on the birds, whereas it is the flea eggs and larvae which must be destroyed.

The adult fleas attach themselves to the comb, wattles and the bare skin around the eyes of the bird, and the female fleas lay their eggs while in this position.

The larvae which emerge from the eggs develop in the litter and there pupate to emerge as adults.

The eradication of the fleas from a deep litter house involves destruction of the litter, which is most undesirable. Every care should therefore be taken to avoid introducing infested birds.

Where introduction has occurred the following programme is suggested to eradicate the pests:—

- (1) Be sure that the poultry house has a cement floor.
- (2) Be sure that the sun can penetrate any shaded spots in the yard at some time during the day.

- (3) Be sure that the yard is free from rubbish.
- (4) Remove all manure from the poultry shed at frequent intervals until the pest has been eradicated.
- (5) Smear the heads of infested birds with a non-irritant oil, (Castor oil, etc.).
- (6) Pour a little sump oil around the perimeter of the poultry shed. About a six-inch strip should be sufficient.
- (7) Be sure that all birds roost above the cement floor, as fleas infesting a single bird which may be sleeping on a gate post or up a tree may lay sufficient eggs to re-infest the whole flock.

CULLING THE "PASSENGERS"

WHETHER it be in large-scale commercial poultry-farming or in the small backyard flock, it obviously does not pay to keep unproductive birds. The commercial poultry-farmer who is consistently receiving less from the sale of eggs and birds than he is paying for poultry-feed, labour and other outlay, can hardly be expected to stay in business indefinitely. In the case of the backyard poultry keeper, while the net loss may not be sufficient to cause any serious financial embarrassment, the continued feeding of birds which fail to "pay their way" is obviously unsatisfactory.

In general, if the small flock has been selected from good stock, little or no culling should be necessary for the first six months of lay. Should any birds moult during the March-May period which is the normal "off period," their egg production will cease but they should be retained as they will probably commence to lay well as the hours of daylight increase.

During the second six months of lay one can expect to find one or two birds which

are "passengers" and following on 12 months of continuous laying the rate of culling can be stepped up so that all the birds are disposed of by the 15th or 16th month.

LAYERS AND NON-LAYERS

By observing and handling the birds it is possible to determine, with a fair degree of accuracy which are the layers and which are the "passengers."

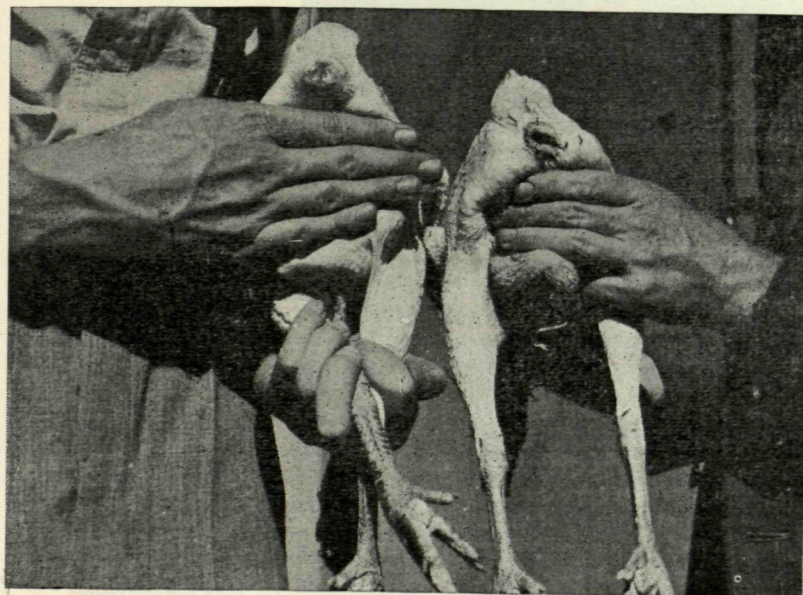
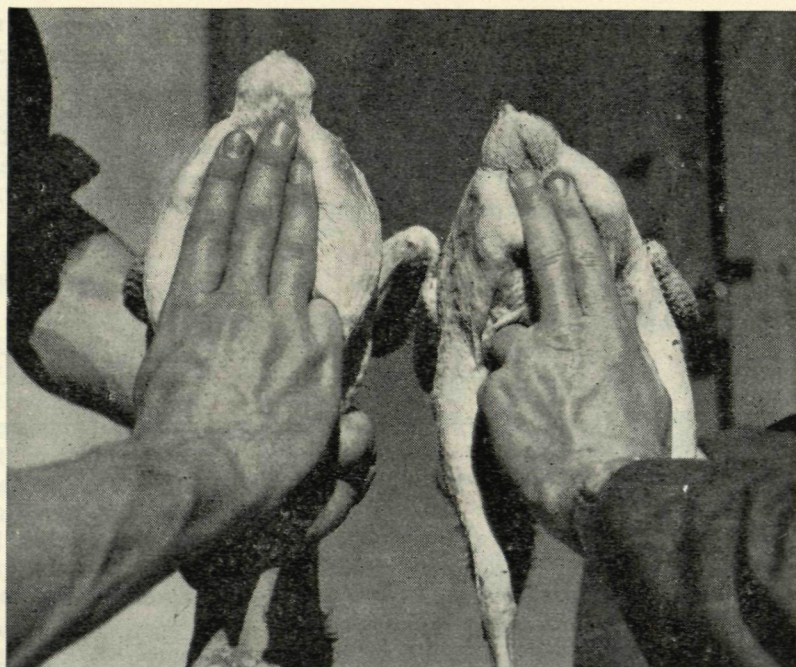


Fig. 16.—The bird on the left was in lay. Note the full moist vent and the four-finger capacity between pelvic bones and keel. The bird on the right was out of lay and the vent is dry and contracted. The three-finger capacity of this bird is somewhat deceptive and is due to the presence of surplus fat in the abdomen. This has prevented the abdominal muscles from drawing the breast closer to the pelvic bones. Normally a bird in non-laying condition shows only a one or two-finger capacity.

Fig. 17.—Note the flexible pelvic bones of the layer on the left and the three-finger width between them. The pelvic bones of the non-layer (right) are rigid and only two fingers width apart.



The laying bird usually has a bright red comb, and an alert appearance. When handled, the abdomen feels soft and pliable and the pelvic bones are flexible and wide enough apart to admit three fingers between them. The vent is large and moist, and the body is deep from back to keel. The skin is pliable and soft-

handling without the heavy "rubbery" texture which indicates surplus fat.

The bird which is "off the lay" often has a shrivelled lifeless comb. Its abdomen will be hard with the pelvic bones rigid and close together (only one or two fingers width apart). The vent of such a bird is usually dry and contracted,

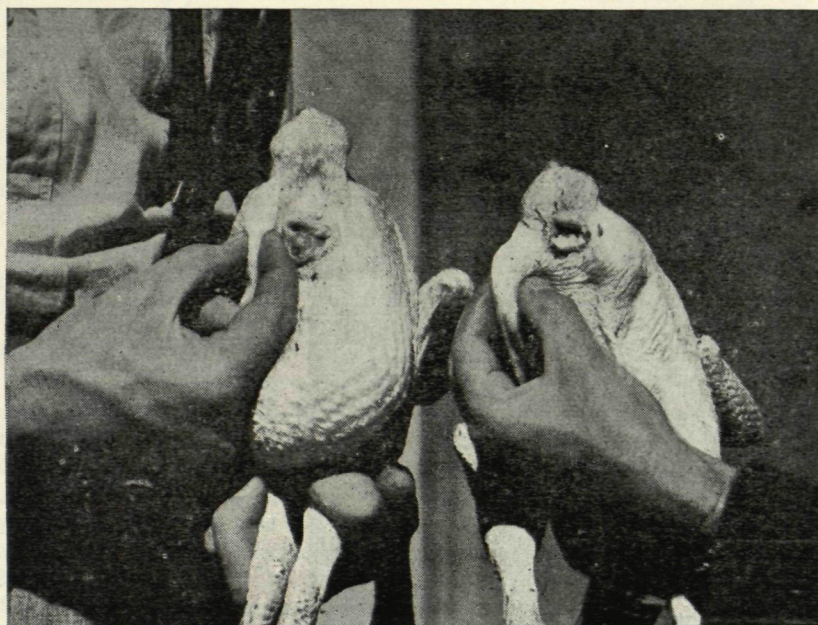
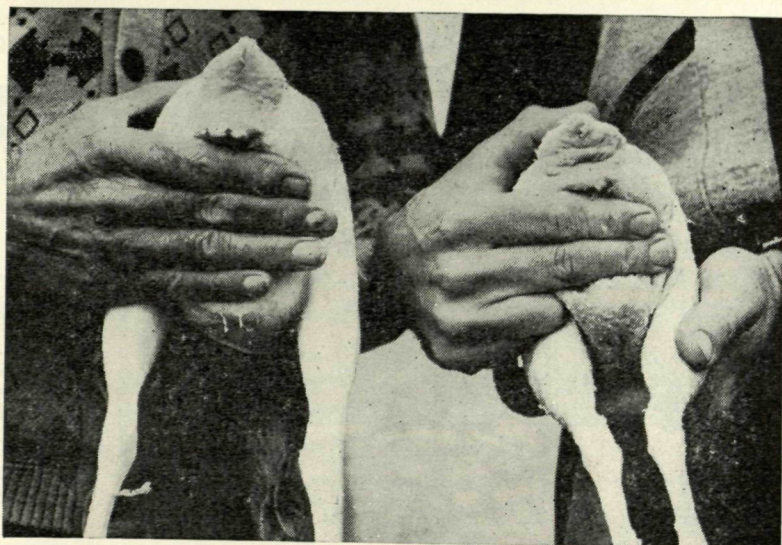


Fig. 18.—Here again we see the thin, flexible pelvic bones and full moist vent of the layer (left) compared with the thick, rigid bones and dry contracted vent of the non-layer (right). The right-hand bird shows the typical "rubbery" condition due to fat accumulations on the pelvic area.

Fig. 19.—Another excellent illustration of body capacity. The layer on the left has a capacious abdomen with a full four-finger spacing between keel and pelvic bones. The non-layer (right) has a contracted abdomen with the keel drawn upward to give barely two fingers' spacing.



and the body shallow from back to keel. Where over-fatness is the cause of non-laying there will be a typical "rubbery" accumulation of fat around the pelvic bones.

In the accompanying photographs dead, plucked birds have been used to demonstrate these points.

OVER-FAT BIRDS

A good layer is invariably a ravenous eater as egg formation makes heavy demands upon the system. If for any reason, the food eaten is utilised for the laying

on of fat, the egg production suffers and the bird becomes a "passenger." A ration which is low in animal protein—in other words one which consists mainly of grain with insufficient whalmeal or meatmeal—tends to produce over-fatness. Correctly-fed birds which develop layers of thick, rubbery fat in the abdomen should be culled.

BROODINESS

Broodiness, is another cause of decreased egg production but prompt treatment of broody hens will reduce the non-productive period.

The earlier a "broody" is detected and segregated, the earlier it can be brought back into lay. A bird which has been allowed to sit on the nest for a week may take six weeks to return to production. If handled promptly, it can be laying again within two weeks.

The simplest and best method of counteracting broodiness is to place the offender in a "broody coop"—a cage with a slatted floor which prevents the bird from sitting and compels it to perch. (See illustration). The cage should be hung clear of the floor to allow free air circulation round the bird, but if the coop is inside the poultry shed the space between the slats and the litter should not be sufficient to allow other birds to get underneath.

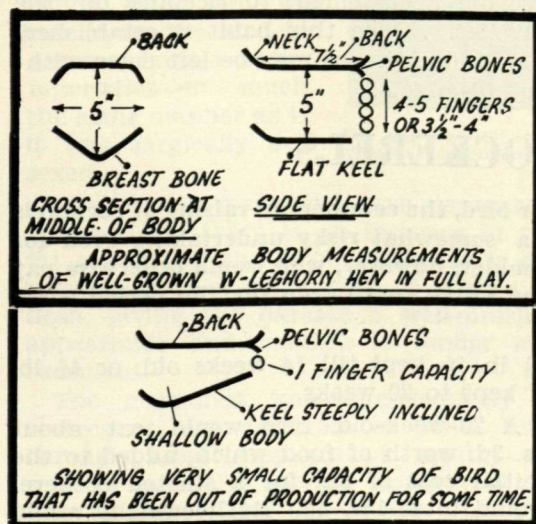


Fig. 20.—Diagrams showing the differences in body conformation of a layer and a non-layer.

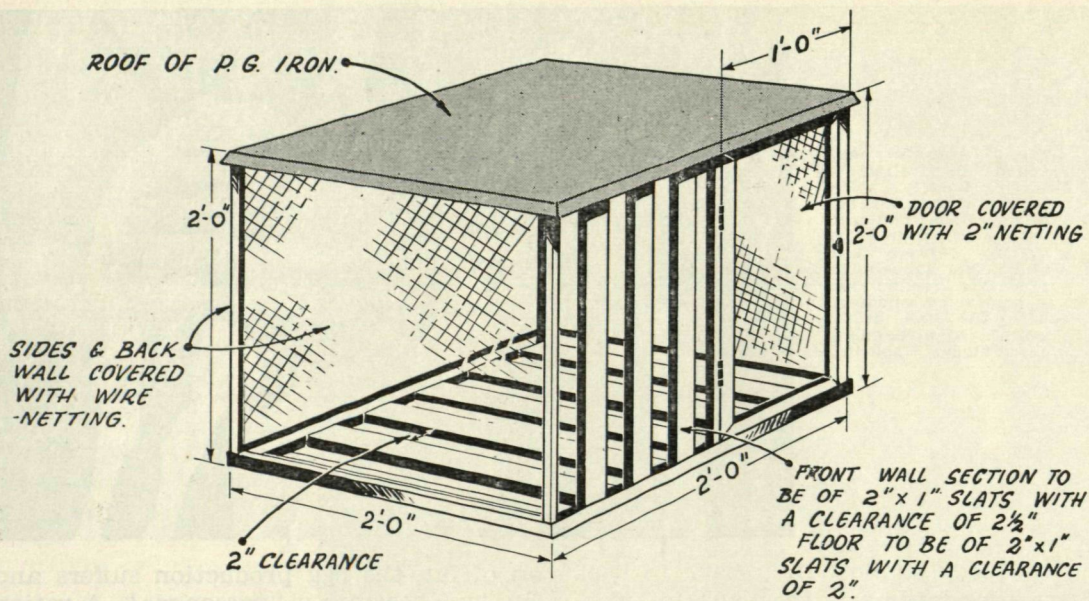


Fig. 21.—Constructional details of a broody coop. Provision should be made for food and water, and a suitable method would be to have small troughs hooked outside the slatted front wall section.

If the bird in the “broody coop” lays an egg in the early or later stages of broodiness and this egg can be reached by the other birds, it may encourage the vice of egg-eating. Egg-eating can only be cured effectively by killing the culprit before it has time to teach the other birds.

Always provide the broody hens with adequate feed and water while in the coop. Never subject them to starvation, or other ill-treatment in an attempt to send them “off the brood.” Broodiness is a natural condition, and despite all attempts to eradicate it by selective breed-

ing from birds which show little or no broody tendencies, it still persists, particularly in the heavy breeds.

Do not confuse a bird which has developed the habit of sleeping on the nest with a broody bird. Make sure that the hens cannot sleep in the nest by raising the hinged landing-board of the nest each night for a few weeks until the hens all become accustomed to sleeping on the perches. Once this habit is established, the landing-board may be left down without ill-effects.

RAISING COCKERELS

BECAUSE of the small margin of profit per bird, the commercial raising of cockerels for sale as poultry meat is apt to be a somewhat risky undertaking even for experienced poultry-farmers. For the householder, however, who would otherwise pay retail prices for poultry, a few cockerels may be worth rearing during the period when the second shed compartment is not in use.

The purchase of “started” cockerels—six to eight weeks old—adds to the initial outlay but may be advisable for the same reasons as those given in advocating started pullets.

Six-week-old cockerels purchased for about 5s. each during the last week in May should reach a liveweight of about

3½ lb. if kept till 14 weeks old or 4¾ lb. if kept to 20 weeks.

A 20-week-old bird would eat about 8s. 3d. worth of food which, added to the initial cost of 5s., for a started cockerel would total 13s. 3d. Its liveweight would be about 4¾ lb. and dressed weight about 3½ lb.

In other words, the home-produced poultry meat would cost the grower about 4s. per lb. in actual cash expended, as against the normal retail price of about 6s. per lb.

CAPONISING

There are few finer dishes than a well-cooked capon. A capon is a castrated cockerel and for many centuries, such birds were produced by surgical removal of the testes.

The testes in the male, and the ovaries in the female secrete chemical substances which are responsible for many of the sexual characteristics. Chemists have isolated these hormones as they are called and reproduced them synthetically.

To-day by inserting a pellet containing female sex hormones under the skin of a young male bird we can cause the bird to assume female characteristics—in much the same manner as if it was surgically de-sexed.

The treated male bird loses its aggressiveness and there is an increase in the fat content of the blood. This fat is deposited between the layers of muscle or flesh, giving the carcass a well-finished appearance and making it tender and succulent.

The hormones, known collectively as oestrogens, are available in pellet form through most suppliers of poultry requisites and the special implanters are also on sale. The pellets are implanted under the skin high up on the back of the neck.

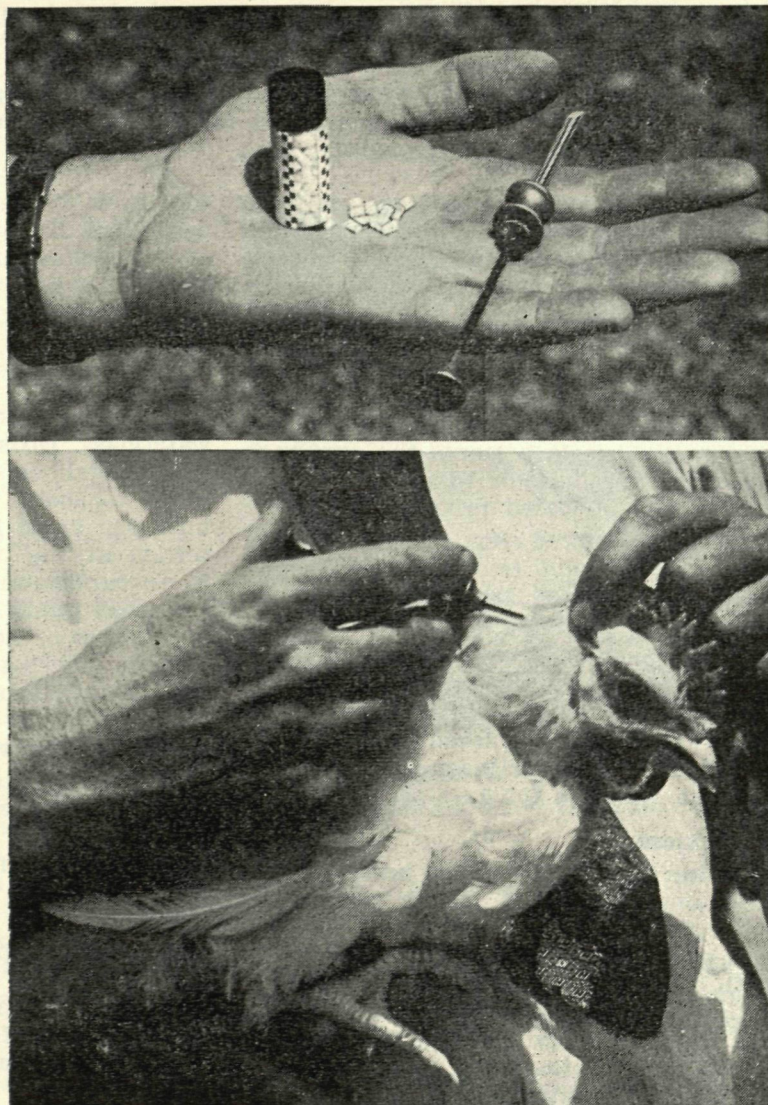


Fig. 22.—The top picture shows the oestrogen pellets and implanter used in chemical caponising. Below, the pellet is being inserted beneath the skin of the neck.

While under the influence of the oestrogen the cockerels do not crow—and this is an advantage in closely-populated areas.

The effect of the oestrogen is not permanent and most of the birds will re-assume their normal male characteristics if not re-treated.

It is usual to implant the pellets when the birds are about eight weeks old and to kill them at 12 weeks. If they are to be held longer than the 14th week, a second injection should be given at this age.

HOME PRESERVATION OF EGGS

DURING the flush period when the hens are producing eggs in excess of the household requirements, it is a good idea to preserve the surplus in order to ensure supplies during the "lean periods."

When large quantities of eggs are to be stored, the best and most efficient system is cold storage. Such facilities however are not available to the domestic producer, and although the home refrigerator can be used for short periods, there is always a possibility that the eggs will absorb flavours from other food stuffs. When long periods of storage are desired, the best method is to preserve the eggs with waterglass or lime, or to use one of the commercial oil-based preparations.

Eggs to be stored should be well-shaped with sound shells, free from cracks and blemishes. Never attempt to preserve fertile eggs or those with thin shells.

The principle of egg preserving is to seal the pores of the egg-shell so that the contents are enclosed in an airtight container. If this is achieved and they are stored in a cool dark place they will keep in good condition for long periods.

Waterglass.

Obtain two clean 4-gallon kerosene tins. Into one, dissolve 2 lb. of commercial waterglass (sodium silicate) in four gallons of boiling water, and mix thoroughly until dissolved. When cool, divide so that both tins contain two gallons. Each tin will hold 15 dozen eggs, and the eggs should displace the water so that at least two inches of waterglass liquid covers the

top layer of eggs. This will prevent the eggs from drying out, which is the secret of successful preservation. Cover and store in a cool place and "top up" the liquid from time to time with a reserve of waterglass.

Lime.

The same system is adopted as with waterglass. Dissolve 2 lb. of unslaked lime in four gallons of water (boiled and allowed to cool). The mixture must stand until the liquid is clear and the lime has settled at the bottom. Place fresh eggs in an earthenware jar or crock and pour the clear liquid over them until at least two inches of liquid covers the top layer of eggs. Cover and store away. "Top up" from time to time.

Oil-Based Preservatives.

There are many proprietary brands of egg preservatives on the market and these are particularly convenient to use where only small quantities of eggs are "put down."

Most of them are oil-based and require the egg to be dipped into or smeared with the preparation to seal the pores. The eggs are then placed in cardboard "egg fillers" as used for packing eggs in crates and the fillers are stored in a dark cool place such as a cupboard.

THE EGG—AN ALL-ROUND FOOD

AN egg is a rich storehouse of valuable nutrients, for it contains everything necessary for the developing embryo. Man soon realised that many of the dietary requirements of the human body were readily available in a compact easily-digested form and eggs play an important role in human diet throughout the world. The following analysis shows what a valuable contribution an egg can make towards supplying our bodily needs.

It can be seen why eggs should be a "must" in most domestic cookery recipes and the following recipes are included to help the housewife utilise eggs to advantage.

Apart from the usual methods of frying, poaching, boiling and scrambling the recipes detailed below are selected to add variety to the menu.

Nutrients	Daily Requirements for an Adult	Percentage one egg will supply
Protein	70 grams	10
Calcium	0.8 grams	4
Iron	12 milligrams	13
Phosphorus	750 milligrams	15
Iodine	0.1 milligrams	5
Vitamin A	5,000 international units	4 to 16
Vitamin B1	2 milligrams	3 to 6
Riboflavin	3 milligrams	3 to 7
Nicotinic Acid	20 milligrams	3½
Vitamin D	400 international units	3 to 12

CREAMED EGGS

On Toast.

- ¼ cup flour.
- ¼ cup butter or margarine melted.
- 6 hard-cooked eggs, quartered.
- Salt and pepper.
- 2 cups milk.

Method.

Blend flour thoroughly with melted butter. Add milk and cook over low heat, stirring constantly until thickened. Add eggs to sauce, season, heat and serve on toast. If desired, add to the butter two teaspoons Worcestershire sauce or grated onion, or ¼ to ½ teaspoon curry powder.

With Fish, Poultry or Meat.

Make a thin white sauce by reducing the butter and flour in the above recipe to 2 tablespoons each. Use fewer eggs, if desired, and add 1 to 2 cups flaked cooked fish, chopped cooked meat or poultry.

As an Egg Sauce for Fish.

Add 3 finely chopped hard-cooked eggs to the thin white sauce, and serve hot over fried or baked fish.

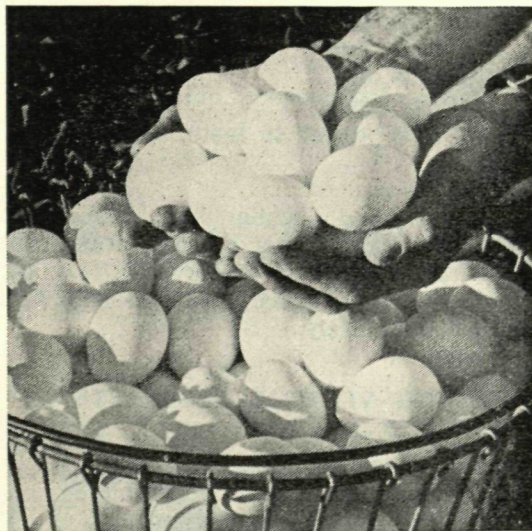
FLUFFY OMELET

Use 3 Eggs to 2 Serves.

Separate the eggs and beat the yolks thoroughly. Add 1 tablespoon milk for each egg. Beat together the egg whites and a little salt until stiff but not dry. Gradually fold in the egg-yolk mixture. Pour into a frying pan containing melted butter. Cook over a low heat until the omelet is lightly browned on the bottom. Cover and cook until set.

Or, when it is lightly browned on the bottom, finish cooking the omelet by baking in a moderate oven (350° F.) for 10 to 15 minutes, or until browned on top.

Crease through the centre, fold over, and roll the omelet on to a hot platter.



FISH SOUFFLES

- 2 cups flaked salmon or tinned lobster.
- 1½ cups white sauce.
- 3 eggs.
- Pepper and salt.

Method.

Add the fish to the hot sauce. Beat in the egg yolks one at a time. Flavour with pepper and salt, and a little finely chopped parsley, if liked. Let it cool. Then fold in the stiffly beaten whites of eggs, and bake 20 to 30 minutes in a fairly hot oven. Serve with hot tomato sauce.

FISH SALAD

- 1 cup tinned salmon or any cold boiled fish.
- 2 cups cold boiled rice.
- 3 hard-boiled eggs.
- Lettuce, salt, pepper.
- 1 tablespoon finely-chopped parsley.
- 1 teaspoon lemon juice.
- Mayonnaise.

Method.

Flake the fish, removing skin and bone. Chop the eggs roughly. Mix with the fish, add the rice, lemon juice and salt and

pepper to taste, and toss all lightly and thoroughly. Place in the centre of the dish, surround with finely shredded lettuce, and pour mayonnaise over.

EGGS AND ANCHOVY

2 eggs.
2 slices of toast.
1 oz. butter.
Anchovy paste.
Salt and pepper to taste.

Method.

Toast bread, while hot spread on anchovy. Make butter hot and break eggs into it, add salt and pepper. Quickly stir to a soft frothy mass. Heap on toast and serve immediately.

EGG VEGETABLE CUTLETS

3 or 4 eggs, beaten.
 $\frac{3}{4}$ cup uncooked oatmeal.
3 cups mixed cooked vegetables.
1 tablespoon chopped onion.
1 teaspoon salt.
Pepper.
2 tablespoons fat.

Method.

To the beaten eggs, add the vegetables, oatmeal, onion, salt and pepper. Melt the fat in a frying pan and drop in the vegetable mixture by spoonfuls. Brown on both sides. Makes 12 cutlets.

POTATO AND CHEESE PIE

3 cups mashed potato.
 $\frac{1}{2}$ cup hot milk.
4 oz. finely-grated cheese.
2 eggs.
1 tablespoon finely-chopped parsley.
Salt and pepper.

Method.

Separate the eggs. Beat the yolks, and add them, with the milk, parsley and cheese, to the potato. Season with pepper and salt, and beat all together. Whip the whites of eggs to a stiff froth, and fold them into the potato. Bake in a buttered pie-dish, in a good oven for about 30 minutes.

BAKED CUSTARD

3 cups milk.
 $\frac{1}{4}$ teaspoon salt.
6 tablespoons sugar.
3 or 4 eggs, beaten.
1 teaspoon vanilla.
Nutmeg.

Method.

Heat the milk over boiling water. Add salt and sugar to beaten eggs. Gradually add the milk to the egg mixture. Add the vanilla and pour into custard cups. Sprinkle lightly with nutmeg. Place custard cups, in a rack if you have one, in a pan of hot water, and bake in a moderate oven (350° F.) for 25 to 35 minutes or until the custards are set (when the point of a silver knife comes out clean). Serve either hot or cold in the custard cups. If desired, top each custard with a spoonful of jelly just before serving.

PAVLOVA

This is a very popular party sweet that is easy to prepare.

6 egg whites.
6 tablespoons castor sugar.
 $\frac{1}{2}$ teaspoon salt.
2 teaspoon vinegar.
1 teaspoon cornflour.

Method.

Beat egg whites with salt stiffly. Add sugar gradually and continue to beat until sugar is completely dissolved. Add vinegar and cornflour gradually. Pipe onto a flat tin covered with well-greased paper. Pipe roses around edge to make wall. Bake in very slow oven for 2-3 hours when Pavlova should be firm on top and slightly soft underneath.

Fill with fruit salad and cream.

GOLDEN ROLL

(For using up egg yolks from Pavlova recipe.)

6 egg yolks.
1 cup castor sugar.
 $\frac{1}{2}$ cup boiling water.
 $1\frac{1}{2}$ cups of self-raising flour.

Method.

Beat egg yolks lightly. Add sugar gradually and beat until dissolved, then add water gradually. Fold in sifted flour. Bake in a greased swiss roll tin in a moderate oven for 12-15 minutes. Turn on to sugared paper and cut off edges. Roll and allow to cool. Fill with jam or lemon cheese.

LEMON SWEET

This is an economical and palatable dessert.

3 eggs.

2 lemons.

1 cup sugar.

1 dessertspoon gelatine dissolved in cup hot water.

Method.

Beat egg whites. Beat yolks and sugar, then add gelatine and water. Add juice and rind of lemons. Fold beaten egg whites into mixture and leave to set.

CHOCOLATE EGG NOG

1 cup milk.

1 teaspoon cocoa.

1 egg.

1 dessertspoon evaporated milk or cream.

Sugar to taste.

Method.

Blend cocoa with milk and boil 2-3 minutes. Beat egg yolk and gradually add cocoa mixture. Beat in cream and stiffly beaten egg white—serve immediately.



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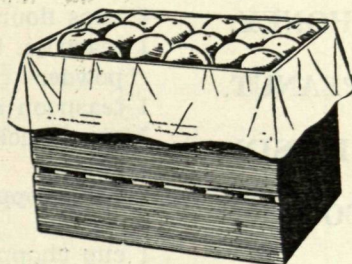
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- 1 cup margarine
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{3}$ cup milk
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- 2 cups quick cook oats
- 1 cup chopped raisins
- 1 cup chopped peanuts

METHOD:

Cream butter, add honey and brown sugar, then add remainder of ingredients in order given.

Roll a teaspoon of dough in the hands, place on an ungreased baking sheet, flattening a little. Bake in a medium oven for 15-20 minutes.

This recipe makes about 50-60 cookies.

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