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ger's Food is sold by Chemists and Stores everywhere.

Recipe Contest Free to Lady Readers Six Prizes Each Week

First Prize.

Pirst prize is awarded to Mrs. O. arris, 73 Peninsula-road, Maylands,

for recipe for

A READY CUT WEDDING CAKE.

This is a most convenient style of cake, in that it is both attractive and yet easily served. The cake mixture itself is baked in a large sheet pan, about lipin, deep. When the cake is cooled it is out into squares. The individual pieces are then leed on all sides with almond icing, and then with white royal icing, and some other form of decoration is put on one side of each block (the corner pieces, however, must be decorated on two sides). When the icing is dry the squares of the cake are then arranged to form a big square pyramid-like cake. The first tier is formed usually of 25 individual blocks of cake, sixteen squares form the second tier, the third is composed of nine squares, the next of four, the top one or two (one on top of the other). The upper square (or squares) must be decorated on all four sides, and also on the top surface. Wedding Cake: 5th four, 4th fresh butter, 38th caster sugar, 4th currants, 3th. raisins, 1th. mixed peel, 1th almonds, 1 pkt. mixed spice, 24 eggs, 3 pint brandy, 1 tablespoonful essence lemon. The flour must be sifted and well dried, raisins stoned and cut in pieces, currants well washed and dried, peel shredded finely, almonds blanched and chopped. Beat butter to a cream, work in the sugar, then the eggs one at a time. Beat well for 20 minutes, then add flour, fruit, peel and spice, lastly add the brandy. Line the mixture and bake in a mode-A READY CUT WEDDING CAKE. the mould with buttered paper, put in the mixture and bake in a mode-

the mould with buttered paper, put in the mixture and bake in a moderate oven.

Almond Icing: 11b, awest almonds, 11b, icing sugar, the whites of two eggs, Pour boiling water over the almonds to remove skins, cut in pieces and pound in a mortar with one teaspoonful of orange flower water, which keeps them from oiling. Sift sugar to remove lumps, and mix with almonds and use enough of beaten whites of eggs to make a stiff paste.

Royal Icing: Put 11b, icing sugar into a bowl, and work into it the whites of two eggs—or as many whites as necessary—sometimes three or four are required. The whites must not be whisted, but just thrown in as they are. Work the mixture to a stiff shiny paste, and whilst working it add an occasional drop of lemon juice. If a drop of liquid blue is added, it will make the icing look very white—Mre. O. Harris, 73 Peninsularoad, Maylands.

Second Prize.

Second prize is swarded to Mrz. Thompson, Denmark, for DISHES FOR INVALIDS.

DISHES FOR INVALIDS.

Beef Tea Jelly.—Soak 30s. of gelatine in water. Heat up nearly a pint of strong beef tea or mix a small pot of bovril with § of a pint of hot water. Drain the gelatine, melt in a small stewpan, and add to the beef tea when quite dissolved. Strain into a wetted mould and stand in a cool place till set.

Chicken Cream.—Put lb. raw chicken or veal through the mineing machine, and then pound it well in a basin, adding one egg and seasoning. Rut through a sieve and then stir in the white of an egg and half a gill of orcam, both of which must be stiffly whipped. Fut in a buttered mould and steam gently for three-quarters of an beaut.

oream, both of which must be aimly whipped. Put in a buttered mould and steam gently for three-quarters of an hour. Serve with white sauce.

Stewed Caif's Foot.—Procure a prepared caif's foot from the butcher, joint it, and place it in a saucepun with enough milk and water to cover it. Add an onion and a little celery, a small strip of lemon poel, popper and sait. Cook very gently till the meat is tender enough for the bone to be removed. Place it on a dish and keep warm. Strain and thicken the liquor, pour over and serve. Garnish with alices of lemon and strew a little chepped paraley over the meal, Baked Milk.—Put a pint or more of milk into an earthenware jar, cover it closely, and let it bake very slowly for some hours h a moderately hot oven. It should be thick and creamy. Serve with fresh or atewed fruit. This is very nourishing for invalids.

berve with ress of active relations are in serve nourishing for invalids.

Barley Milk.—Boil jib, patent barley in a pint of milk and half pint of water, for two hours. Sweeten it with one dessertspoonful sugar, and serve it while it is just warm.

Third Prize.

Third prize is awarded to Mrs. A.

Third prize is awarded to Mrs. A. Murray, 36 Curedele-street, Beaconsfield, Fremantie, for SOME SAVORY VEGETAPLE DISHES.

French Carrots.—Place four or five medium-sized carrots, thinly sliced, in a double-saucepan with one gill of hot milk (stock or water) and lox. butter, steam for about one hour, add seasoning and chopped parsiey and thicken with two teaspoon/lus flour mixed to a cream with cold milk.

Paranip Pie.—Ilb. paranips, los. butter and flour, ilb. cheese, some milk, and seasoning. Boll paranips till tender, then slice them into a piedish. Make a sauce with butter, flour and milk with half pint of the water used for boiling the paranips. Cut up three-quarters of the cheese and melt in this. Season well and pour over the parenips, grate the rest of the cheese on top and bake in a hot even until a nice brown color.

Lentil Pie.—Half-pint lentils, 2 eggs, half-gill milk, half-teaspoonful dried mint, salt and popper. Simmer the seaked lentils for one hour in water to cover them, drain off water and rub through wire stova. Mix with them the butter, milk, dried mint, pepper and salt, and two beaten eggs. Pour line a shallow dish and cover with short grast and bake for 30 minutes.

Fourth Prize.

Fourth prize is awarded to Mrs. K. Hudson, Portland-street, Holly-wood, for Boston Beans and Bacon.—1 pint

Boston Beans and Bacon.—1 pint haricot beans, 4 rashers of bacon, 3 small boiled onlones, sait and pepper, 1 dessertspoonful golden syrup and one or twe spoenfuls of tomato sauce. Wash and soak the beans overnight in cold water, then put beans and water into a caserole; add more cold water and cook slowly for 23 to 3 hours. Cut the bacon into strips and try, add the shredded enion, and stir over the fire for a few minutes. Add onion, bacon, golden syrup and tomato sauce to beans, sesson with pepper and cook slowly till tender, stirring occasionally. Serve in the casserole and only about twenty minutes before add the sait.

Fifth Prize.

Fifth prize is awarded to Mrs. W. Flugge, Rockwell, East Katanning

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Name (Mrs. or Miss)

Recipes may be taken from any cookery book or news-paper, or, better still, may be the invention of the sender. Each recipe must be accompanied by the coupen printed above to show that the competitor is a bona-fide reader. Any

whites of eggs one at a time, beat till creamy. Put a little raspberry jam at bottom of each pastry case, then some almond mixture. Cut thin strips of pastry and cress over top of each. Dredge with easter sugar and bale for half an hour or until pastry is cooked. These may be varied by substituting two eggs well beaten with one cupful sugar and poured over raspberry jam in cases instead of almond mixture.

Eggs that are covered with boiling water and allowed to stand for five minutes are more nourishing than an egg boiled for three and a half min-utes. As they are more easily digested, this method is good for invalids and



"The children **ALWAYS** back me up."

Rhubarb Compote with Rice.—Place half a large cupful of well-drained rice into a quart of boiling water, to which has been added 1 teaspoonful of salt. Boll rapidly for 26 minutes, then drain, and place in a double boiles with 1 large cupful of milk and 1 tablespoonful of sugar. Cook until the rice is tender; add more milk if necessary; all the milk should be absorbed when it is done; place this in a border mould; if you have not a mould a small bowl or casserole; when cool and firm turn rice out on to a shallow dish. Boll one large cupful of sugar and half a large cupful of sugar and half a large cupful of water to a thick syrup; adf 11b. of rhubarb; cut into two-in-h lengths after washing, add a little cinnamon to flavor, also a little cochines! to color; simmer until thick, and when

cool place in the centre of rice, top with cream. Simple, but delicious.—Mrs. E. John, "Grendon," Amhurst-street, off

High-street, Fremanie.

Onions and Kidneya.—Take 2 large onions, peel, cut off tops, and remove the hearts; place a sheepy kidney in the middle of each; melt, a little dripping in a baking tin; mu'n the önions. dredge a little four ever éach, and add pepper und sait te taste. Bate in a moderate oven for two hours. Baste well with the juice and a little dripping. Tasty Onion Dish: Cut up 3 large onions; boil in salted water until tender; pour off the water, and cover with milk. Bring to the boil, and put in two ounces of cheese, cut into small pieces. Stir until the cheese is soft, and acason with pepper and sait; add a small piece of margarine and serve on hot plate. Tripe and Onions: Stew lib. of tripe in a quart of water for two hours, when the water will be reduced to a pint; have ready lib. ef onions, nicely belied; put them in the saucepan with the tripe; add a pint of milk, sait and pepper to taste, and thicken with a teasponful of cernifour.—Mrs. Penalum, Railway-avenue, Bassendean.

One Day Marmialas.—Here is a perfectly simple way of making marmalade quickly. Most recipes drag the proceedings over two days, which is not really necessary. Follow these directions, and success is yours—but you, must follow them exactly. Among the ingredients you will notice salt—and be surprised. The salt ensures a delicious favor. Be sure not to leave if out. Take six Seville oranges, one lemon, three sweet oranges, and for every pound of fruit, weighed whole, use lath, sugar, I pint water, and I level teaspoonful common salt—not table salt, or the preserve will be cloudy. Put the fruit, whole, with the water and salt, into a preserving pan. Bring to boil quickly, then simmer slowly until the peel can be pierced with a match, in about an hour, they must be equally cooked but not broken. Strain the water into a large earthenware asseroje and set aside. Cut the fruit into quarters, remove pips, and put them into the same vessel, cover, and put on to simmer slowly, while you remove the pulpfrom the peel, and silce it finsip with a very sharp knife. Strain pits from the orange water, then put water, pulp, peel and sugar all together into the preserving pan, and simmer gently until a little sets on a cold plate—

the preserving pan, and simmer gently until a little sets on a cold plate— about an hour. Pour into hot jars and cover—while hot—with greasproof paper, using white of egg pasted all

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Peanut Muffins.—Add one table-spoonful of butter to two tablespoon-fuls of aught and add one cuptul cooked catmeal; then beat in one egg and half a cupful of milk. Sift to-gether one cupful four, two table-spoonfuls of baking powder, half tea-spoonful salt and add to catmeal. Beat will, then sifr in half a cupful of chopped peanuts. Bake in buttered tins about 20 minutes in a fairly hot oven.—Miss J. Brunton, Group 29, via Mundijong.

Recipes Supplied.

CHOCOLATE ECLAIRS.

CHOCOLATE ECLAIRS.

lor. butter, \$ gill water, 1 egs. plach castor sugar, 1;0x. flour, vanilla essance, whipped cream for filling. Meit butter in a saucepan, add water and sugar. Boil well, then add the flour, stiering quickly over the fire for ten minutes. Remove to side of fire. When cool beat in the egg and add the flavoring. Put this mixture into an icing bag with a round screw fixed on the end of it. Force the mixture through this on to a greased baking dish into little sausage-shapes about lin. in length. Leave space between each for rising. Bake in moderately hot oven for 20 minutes till just pair brown. Place on sieve to cool, split open along one side. Fill with cream which has been whipped, sweetened, and flavored with vanilia. Then coat the top of each with chocolate icing.

CANDIED ROSE LEAVES. Kindly supplied by Miss Gwen White, Mt. Helena:—

Honorable Mention. Pork and Apple Pie.—11b. fresh pork, \$1b. short crust or flaky pastry, 11b. cooking apples, sugar, salt and pepper. Cut the pork into neat pieces, simmer gently with sufficient water to cover for half an hour. Peel and slice the apples, place pork and apples in predge with castor sugar and bale for a Dredge with castor sugar such bale for the port with castor sugar and bale for the port with the predge with castor sugar and bale for the port with sufficient water to cover for half an hour or until pastry is cooked. These may be varied by substituting the proper of the port with sufficient water to cover for half an hour. Peel and slice to cover for half an hour.

race, South Perth.

Gateau-au-Cafe.—Make a light sandwich mixture and bake in two tins Turn on to a wire slide until cold. Have ready some blanched and shreddled limonds (which have been fired a pale gold before being shredded). Make some coffee icing with jib. of teing sugar, I tablespoonful of strong black coffee, and a very little hot water. Beat this until smooth at the side of the stove until just slightly warm. Whisk up some cream and favor with a little chopped nut, and spread between the layers. Then mask the cake all over with the icing, and just before it sets sprinkle the surface with shredded simonds, and a little chopped crystallised fruit.—Miss M. Mortimer, 51 Woodbridge-terrace, Midland Junction.

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