

## COOKERY PAGE

## FOR THE NURSES THEMSELVES

DEAR READERS,

This month I propose to devote the space at my disposal to some dishes for the nurses themselves. The recipes are all tried and I hope will appeal to all.

Nurses who devote so much time to thinking out their patients' diets often spend little on considering what they shall eat at their own meals; and diets in hospitals are not always as varied as they might be. If I hear that these recipes are appreciated I shall be encouraged to add more from time to time.

## LAYER CAKE

2 Eggs. 1 Cup of sugar. Butter the size of 2 eggs. Salt.

1 Cup of milk. 2 Cups of flour. 2 teaspoonsful of baking powder. Vanilla flavouring.

Beat the eggs. Beat up the butter and sugar, add the flour and milk, lastly the eggs and vanilla and last of all the baking powder. Bake in a flat tin in a quick oven.

## FROSTING FOR ABOVE

1 Cup of sugar. 1 Tablespoonful of golden syrup. 1 Tablespoonful of water boiled till it threads. Pour over the beaten white of 1 egg and add a few drops of vanilla.

"Threads" means when it forms a soft ball in water.

## SAGO PLUM PUDDING

1 Cup of bread crumbs. 1 Cup of sugar. 1 small cup of raisins. 4 Tablespoonfuls of sago which has been soaked in a cup of milk.  $\frac{1}{2}$  a Tablespoonful of butter. 1 Teaspoonful of soda. Lemon peel and essence.

Put breadcrumbs, sugar, raisins, butter and peel into a basin. Add a little salt. Stir in the soda with the milk and sago and then add to the dry ingredients. Mix altogether thoroughly and put into a buttered mould and boil for  $2\frac{1}{2}$  hours. Serve with sweet sauce.

## BEEF STEAK SMOTHERED IN ONIONS

Slice onions thin and drop in cold water. Sear the steak on both sides in a hot pan with a little ghi or suet. Add the onions and season with salt and pepper, cover tightly and simmer till done. Lay the steak on a hot dish and pour the onions over it.

## CREAMED CHICKEN AND PEAS

1 whole chicken, cooked and cold. 1 large cupful of cooked peas. 2 Tablespoonfuls of butter. 3 Tablespoonfuls of flour. 1 Cup of rich milk. A spoonful of cream if available.  $\frac{1}{4}$  Teaspoonful of salt. Pepper to taste.

Put the butter in a chafing dish or small pan, stir till melted and bubbling. Add flour mixed with seasoning, and stir till thoroughly blended. Pour on gradually the milk, adding about one-third at a time. Stirring till well mixed, then beating till smooth and glassy. Cook on a slow fire and add shredded chicken and peas.

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