Farm and Home - A tasty poultry dish - Simply-made accessories for the ball frock

Helen M. Gloster

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A TASTY POULTRY DISH

By HELEN M. GLOSTER.

Even an elderly "boiler" can provide a tasty and enjoyable dish if cooked "en casserole." A further advantage of this method, which will appeal to the party hostess, is that all preparations can be completed well before the arrival of the guests so that a minimum of time and effort is required for serving.

Ingredients.

To each lb. of boiling fowl allow—
1 rasher of bacon or some pieces of chopped ham.
1 small onion or a few shallots (with stalks).
1 tablespoon chopped parsley.
1 little grated lemon rind.
Pepper, salt, pinch of mace.
3 level tablespoons flour.
Stock, vegetable water or water.
½ teaspoon mixed herbs (if liked).
(A tomato may also be added).

Method.

1. Place flour, flavourings and seasoning in a casserole and blend with liquid.
2. Dice onion and bacon, stir into casserole mixture.
3. Joint the fowl and cut into convenient serving portions.
4. Stir all ingredients well together.
5. Put lid on casserole and cook slowly in oven for about 3 hours or until poultry is tender.
   Do not use too much liquid in casserole.
6. Serve with baked jacket potatoes and green peas, or other green vegetables.
   A yellow vegetable should also be served with this dish.

BAKED JACKET POTATOES

Select well-shaped tubes from old potatoes, one for each serving portion.
Wash and scrub well.
Prick well all over.
Grease by rubbing with used butter paper.
Place in oven 1½ to 2 hours before serving. Test with a skewer.

To Serve.

Cut through skin on top of potato in the shape of a cross.
Squeeze the potato and the cooked floury potato will fluff between the cut skin.
Add a small piece of butter to each potato and sprinkle with salt and pepper.
Sprinkle a little chopped parsley on top or decorate with a fresh mint leaf.

VEGETABLE WATER

This is the water in which root or green vegetables have been cooked. Don't throw this water down the sink. It contains minerals, vitamins and flavourings which have been extracted from the vegetables. Save all vegetable water. It may be kept in the refrigerator by placing in a jar with a lid.

Use vegetable water when making soups, stews and gravies. It will give added flavour and nourishment.
WITH the dancing season here again, the question of finding suitable accessories for ball frocks is causing many frowns. Why not make this attractive stole and handbag set? It will solve the problem of finding accessories to tone in with your new frock or alternatively will help give the "new look" to one that has already given good service.

The set illustrated was made from 2½ yds. of shot taffeta. Apart from the material used, you will need a dozen rings (brass curtain rings or coloured plastic rings); a reel of sewing silk to match the material; some lengths of thick knitting wool; a 6 in. x 8 in. piece of strawboard such as the lid of a cardboard box, and some suitable fringe.

The Handbag.

Make this first, cutting the material as economically as possible and using the remainder for the stole.

Cut paper patterns—one a 5½ in. x 7½ in. oval, the other a long strip 7½ in. wide and 24 in. long, or more if the material allows.
Cut two oval pieces of material, allowing for turnings, and cut the strawboard oval (used to stiffen the bottom of the bag) the exact size of the pattern.

Place ends of long strip together and machine, then open out and press flat. Join one of the sides of the long material to one of the ovals, easing the long piece where necessary so that the oval is the exact size of the strawboard oval.

Turn the bag to the wrong side and place the second piece of oval material over the strawboard base, turn in the edges and pin into position, then neatly hand-hem the turned-in edge to the base of the bag.

Turn the bag to the right side and turn a hem (1 1/4 in. wide when finished) at the top of the bag. Machine the hem, then attach the 12 rings at equally-spaced intervals along the machine-line on the inside of the bag. The rings may be covered with crochet if desired.

For the handle, take a strip of material 1 1/4 in. wide, from selvedge to selvedge of the main piece of material. Care must be taken not to cut into the main length of material when doing this.

Fold the strip double with the right side inward and machine the edges together to make a tube. Turn to bring the right side outward, then pad the tube by threading through a number of strands of thick knitting wool. Thread the handle tube twice through the rings and then join the ends neatly together.

The Stole.

Take the remainder of the material and see that the ends are trimmed straight. Fringe the ends to any desired depth (about 3 in. makes a good fringe).

Fold with right side inward and selvedges together and join by machining, press the join and turn to the right side.

**ESPERANCE PLAINS PROGRESS**

Although the original development of the Esperance coastal plain was mainly related to wool and meat production, it is now evident that there are good prospects of grain becoming an important addition to the farming economy of the area, especially as Esperance is a natural port for the export of cereal grains.

This was stressed recently by the Minister for Agriculture, (Mr. C. D. Nalder), in releasing reports of results achieved at the Esperance Plains Research Station.

He pointed out that it is less than ten years since the area was taken over as an undeveloped block. The first pastures and experiments were sown in 1950 and the sown areas were increased to the present 1,140 acres over the following six years.

Procedures used at the Station were the same as those recommended to farmers for the development of the plain country and in the main were based on subterranean clover—Wimmera ryegrass pastures. Superphosphate has been applied at the rate of 150 lb. per acre with copper and zinc being used in the first year.

The stock-carrying capacity of the property has now reached the stage where 2,200 sheep, of which two-thirds are mated ewes, and 75 head of beef cattle are being maintained. The pasture growth of the past season was sufficient to enable 100 tons of pasture hay to be conserved.

In the 1958 season, 145 acres of pasture were ploughed for the cropping and experimental programme. Oats constituted the main crops and 53 bushels per acre were harvested. The portion cut for hay produced 117 tons from 47 acres. A small area of wheat yielded 24 bushels per acre. Barley was not included in last season's cropping but has been grown successfully in previous years.

Trials with linseed and flax were also of interest. A small area of linseed yielded about 16 bushels per acre of seed. Flax yields were high but the fibre obtained was coarse and of poor quality. Further investigations of both these crops is needed before their value can be determined.

The yields of the 1958 season demonstrated very emphatically the improvement in the fertility of the soil which results from the annual pastures used as the basis for stock-raising, and which makes it so suitable for subsequent cropping.

Mr. Nalder concluded by saying that if there were ever any doubts concerning the productive capacity of the Esperance district the results obtained on the research station constituted a convincing reply. Admittedly, he said, the season had been a very good one but it had previously been shown that with normal farming practices, including fodder conservation, there was no difficulty in maintaining stock numbers from year to year and in producing high grade wool, lambs and cattle.
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