

place the jellied gravy in a
two meat extract cubes, one
one, and a flavouring of any
use. Dissolve, pour over the
the mould, and allow it to

BEETROOT.

fritters are very tasty and
make, and are delicious when
sausages. Cut some large
beetroot, make a batter, dip the
batter and fry them in boil-

HEALTHY SAUSAGES.

which are amongst our build-
are rather difficult to serve
in any way. Try them in saus-
and soak three-quarters of
lentils, chop an onion, and
boil until tender and all water
absorbed. Peel and slice a
potatoes, and boil four ounces
tender, as for curry. Mix
potatoes and rice with a
teaspoonful of curry powder,
mixed herbs, and salt and
pepper. Form the mixture into
sausages, rolling a few breadcrumbs to
them and fry brown.

HOTCH-POTCH.

meat and vegetables are re-
cooked than re-cooked they retain
more nourishment. Here is the recipe
for a lent hotch-potch that makes

four ounces of margarine in a
pan and drop into it a large sliced
carrot, and a sliced
potato till the vegetables are
cooked. Add an ounce of cornflour,
and stir till this is also
cooked. Have ready a pint of
meat extract dissolved in water,
the rest with pepper, salt,
parsley, and a sprig of rosemary.
Bring to the boil. Do not
add onion or parsley, but just pull
them from the stalks. Continue to
cook until the vegetables are cooked; then
add the meat and any cold veget-
ables you have. When these are
cooked hot serve the hotch-potch
on a slice of toast.

Vegetarian rice may also be
used in this dish, left-over macaroni
or almost any odds and ends.
The hotch-potch is put into a pie-
dish with suet crust and baked
until very good.

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(—)

OBITUARY

—00—

MR. E. RUTTLE, BALLYENGLAND, ASKEATON.

We regret to announce the death of
Mr. Edward Ruttle, Ballyengland, Aske-
aton, which took place on Sunday, 26th
May. The large attendance at the fune-
ral to Askeaton Church on the Monday
evening and at the interment the fol-
lowing day testified to the respect and
esteem in which the deceased was held
by all who knew him.

The chief mourners were: Mrs. E.
Ruttle (widow), William, Joseph and
Thomas (sons), Kathleen and Annie
(daughters), Ralph Drew (son-in-law),
and Mrs. G. Teskey (sister).

The wreaths were as follows:

In Loving Remembrance, from all at
home; In Loving Remembrance, from
Kathleen and Ralph; In Loving Remem-
brance, from Lizzie, May and Eddie;
To Ned, In Loving Memory, from all at
Killeheen; With Deepest Sympathy, to
uncle Ned, from Willie and family, Nan-
tenan; With Deepest Sympathy, from
Babs; With Deepest sympathy, from all
at Callow; With Deepest Sympathy,
from W. and E. Ruttle and family,
Clonrisk; With Deepest Sympathy, Rev.
F. and Mrs. White; In Affectionate
Memory, from all at Castlehewson.

the followers went on to
Concluding. Sergeant
led to the Board not to
those concerned, and
for what happened.

The Chairman said that
Kelleher did his best to try
as they should be. He
those present heard that
threatened by several
players. Things looked
on that occasion that he (cha-
rmen to enter the field
referee). He thought that
do was to summon the
in the report into the
answer for their conduc-

DELEGATE'S A

Sergeant Kelleher said
rather expensive on the
into the city specially
meeting. He apologised
for his conduct and he thought
the case.

Mr. M. O'Donoghue said
the game was in progress
and he did all in his power to
that nothing was carried out
properly. The Chairman said

GAELIC FO

—00—

CONTEST AT A

Abbeyfeale, 4-4; M

A great deal of interest
was shown in the meeting
at Mountcollins senior
and Mountcollins senior
on the Abbeyfeale Sport
day. In a clean, well-
the local combination of
tutors, although at times
appeared capable of pulling
odds, but accuracy in the
ward lines was too often
referee, Mr. James C
faction all round. Colbe
Riordan brothers scored
and Doherty and Jac
Mountcollins.

THE NEW IR

Small bodies of highly
strongly armed troops
"Ironsides," are being
home defence by Gen
Ironsides, General Officer
in-Chief, British Home
"Ironsides" he has sent
ing by Oliver Cromwell