

Revised Sept. 1941

NEW YORK CHAPTER, AMERICAN RED CROSS
315 LEXINGTON AVENUE, NEW YORK CITY

LARGE SWEATER

Needles - 2 needles to fit New York Chapter needle gauge for sweaters.
Needles slightly smaller may be used to advantage for ribbing.

Approximate quantity of sweater wool required - $1\frac{1}{4}$ lb.

Always join new yarn at end of row. Never knot or splice yarn in middle of row. When garment is finished, kindly return all left-over wool. Bind off all knitting and purling loosely.

Body of sweater

Cast on 88 stitches.

Knit 2, purl 2 for 4 inches.

Knit across, purl back for 10 inches.

A - Starting on the purled side, knit first 5 stitches, purl 78 stitches
knit last 5 stitches on end of needle.

B - Knit all the way across.

Repeat A and B until there are 30 ridges of last 5 stitches on each end of needle. (One ridge equals two rows.)

Knit across and back for 5 ridges. Knit 27 stitches, bind off 34 stitches for neck. Knit the remaining 27 stitches on end of needle for 6 ridges, ending at neck, (1st shoulder). Break off wool and knit the other 27 stitches for 6 ridges, ending at neck, (2nd shoulder).

Cast on 34 stitches for neck and knit stitches from 1st shoulder. Continue knitting for 5 ridges.

C - Starting on the purled side, knit first 5 stitches, purl 78 stitches
knit last 5 stitches on end of needle.

D - Knit all the way across.

Repeat C and D until there are 30 ridges of last 5 stitches on each end of needle, ending on purled side. Knit across and purl back for 10 inches.

Knit 2, purl 2 for 4 inches.

Sleeves

Pick up 76 stitches (one for each ridge). Knit across, purl back for $1\frac{1}{2}$ inches. Begin to narrow sleeve by knitting 2 stitches together at each end of needle every $1\frac{1}{2}$ inch 8 times (60 stitches on needle and sleeve measures 5 inches.) Knit across, purl back for 8 inches. Narrow again every inch 6 times (48 stitches on needle and sleeve measures 18 inches). For cuff knit 2, purl 2 for 4 inches.

Sew up sides and sleeves of sweater with medium loose stitch.

Finish neck with two rows of single crochet.

Neck should measure $11\frac{1}{2}$ - $12\frac{1}{2}$ inches when stretched double.

Weyland Gorge, 1941

THE YEAR OF THE GREAT DRY
THE DRYEST YEAR SINCE 1850

WATER RESOURCES

Weyland Gorge is one of the few remaining natural oases in the region. It is a beautiful spot and should be preserved for the benefit of future generations.

The water resources of Weyland Gorge are being rapidly depleted. It is estimated that the water table has fallen 100 feet since 1900. This is due to the excessive use of water for irrigation and domestic purposes.

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 *Maersdorff*

ANLEITUNG No. 367

3



Ensemble (Jäckli und Pullover)

Material: 450 g Spinnerin-Wolle «Donna» beige-braun meliert, je ein Paar Stricknadeln «Rhodo-Vedette» Nr. 2 und 2½, 8 große und 6 kleine Knöpfe.

Maße:	Jacke	Pullover
Oberweite	88 cm	88 cm
Taille	68 cm	68 cm
Rückenbreite	35 cm	35 cm
Länge	47 cm	45 cm
Aermellänge	59 cm	28 cm

Abkürzungen: M = Masche, N = Nadel, r = rechts, l = Links, anschl = anschlagen, abk = abketten, aufn = aufnehmen, abn = abnehmen, vert = verteilt, str = stricken, zus = zusammen, arb = arbeiten.

Strickmuster: Glatt: 1. N r, 2. N l.
Man achte darauf, daß 20 M mit N Nr. 2½, 4 cm hoch glatt gestrickt, eine Breite von 7 cm ergeben.

Jacke

Rücken: Mit N Nr. 2 96 M anschl. Das Bord 8 cm hoch 2 M r, 2 M l str. Mit N Nr. 2½ weiterarb und einteilen wie folgt: 31 M glatt, 2 M l, 2 M r, 2 M l, 22 M glatt, 2 M l, 2 M r, 2 M l, 31 M glatt. Sind die M eingeteilt, so werden auf der nächsten N in den 22 M glatt der Mitte 4 M vert aufgenommen. Nach 3 cm nochmals 4 M aufn, darauf noch 4 mal nach 3 cm, je 5 M in den mittleren glatten M vert aufn. Vom Bord an 18 mal alle 2 cm vor der 1. Reihe (2 M l, 2 M r, 2 M l), 2 M r zu str und nach der Reihe 1 M aufn. Vor der zweiten Reihe (2 M l, 2 M r, 2 M l), 1 M aufn und nach der Reihe ein überzogenes Abn str (1 M abheben, 1 M str und die abgehobene M überziehen). Bei diesem Auf und Abn werden die beiden seitlichen glatten

Teile immer um 1 M schmaler, währenddem der mittlere glatte Teil um 2 M breiter wird. Mißt der ganze Teil 28 cm, so kettet man für die Ärmelöcher beidseitig 9, 1, 1, 1 M ab. Bis 18 cm Ärmlochhöhe str. Die Achseln in 7, 7, 7, 6, 6 M und die bleibenden 34 M abk.

Linker Vorderteil: Mit N Nr. 2 50 M anschl. 8 cm hoch 2 M r, 2 M l str. Mit N Nr. 2½ in folgender Einteilung weiter arb: Randmasche, 32 M glatt, 2 M l, 2 M r, 2 M l, 2 M glatt, 2 M l, 2 M r, 2 M l, 2 M r, Randmasche. Nach dieser Einteilung in den 2 M glatt 4 M aufn, so daß nun 6 M glatt sind. Noch 4 mal nach 2 cm, in diesen 6 M glatt 2 M aufn. Vom Bord an, wie im Rücken vor und nach der Reihe (2 M l, 2 M r, 2 M l) 18 mal nach 2 cm auf und abn. Es ist auch

hier darauf zu achten, daß im glatten Seitenteil abgenommen und im glatten Teil der vorderen Mitte aufgenommen wird. Von 16 cm ganzer Länge an sind 15 mal alle 2 cm vor den 8 M des Bördlis 2 M zu str. Bis 28 cm Gesamtlänge str. Für das Ärmloch 10, 1, 1, 1, 1 M abk. Str bis 19 cm Ärmlochhöhe und die Achsel in 7, 7, 7, 6, 6 M abk.

Rechter Vorderteil: Dieser Teil ist gegengleich dem linken Vorderteil zu str. Es sind aber im Bördchen 8 Knopflöcher einzustricken. Bei 1 cm Höhe die Randmasche und 2 M r vom Bördchen str, 3 M für das Knopfloch

abk. In der nächsten N die 3 M wieder anschl und 2 cm darüber str, wieder ein Knopfloch einstr. So sind immer nach 2 cm ein Knopfloch einzustr, bis im ganzen 8 sind.

Aermel: Der ganze Aermel ist bis zum Bördchen mit N Nr. 2½ glatt zu str. Oben 20 M anschl. Beidseitig am Ende jeder N 2 M anschl bis 40 M und beidseitig je eine M anschl, bis 96 M sind. Auf beiden Seiten 18 mal nach 2 cm 1 M abk. Bei 54 cm Aermellänge auf einer N vert 14 M abn. Mit N Nr. 2 noch 5 cm 2 M r, 2 M l anstr und abk.

Pullover

Rücken: Mit N Nr. 2 92 M anschl. Das Bord 8 cm hoch 2 M l, 2 M r str. Mit N Nr. 2½ weiter arb. Einteilung: 29 M glatt, 2 M l, 2 M r, 2 M l, 22 M glatt, 2 M l, 2 M r, 2 M l, 29 M glatt. Die Aufn im mittleren glatten Teil und die Auf- und Abn beidseitig der beiden Reihen 2 M l, 2 M r, 2 M l genau wie im Rückenteil der Jacke arb. Bis 26 cm Länge str. Für die Ärmelöcher beidseitig 9, 1, 1, 1 M abk. Bei 5 cm Ärmlochhöhe die Arbeit in der Mitte teilen und jeden Teil für sich fertig str. Mißt das Ärmloch 17 cm, so kettet man die Achsel in 7, 7, 7, 6, 6 M ab. Die restlichen 17 M zus abk.

Vorderteil: Bis 26 cm Gesamtlänge genau wie Rückenteil der Jacke str. Für die Ärmelöcher beidseitig 10, 1, 1, 1, 1 M abk. Bei 13 cm Ärmlochhöhe von der Mitte der Arbeit aus beid-

seitig für den Halsausschnitt 5, 4, 3, 2, 1, 1 M abk. Str bis 18 cm Ärmlochhöhe und die Achsel in 7, 7, 6, 6, 6 M abk.

Aermel: 20 M anschl. Beidseitig am Ende jeder N 2 M anschl bis 40 M und je 1 M anschl bis 96 M. 10 cm gerade weiter str. Auf einer N vert 20 M abn. Mit N Nr. 2 3 cm 2 M r, 2 M l anstr und abk.

Ausarbeiten: Die zus gehörenden Teile zus nähen. Die Jacke mit einer Tour festen M umhäkeln. Am Pullover die M rund um den Hals auffassen und mit N Nr. 2 2½ cm 2 M r, 2 M l anstr. Den Schlitz mit 3 Touren festen M abhäkeln. Am rechten Teil Knopflöcher einhäkeln. Die linken Bahnen am Pullover und Jäckli im Kästchenstich mit dunkelbrauner Wolle besticken. Die Nähte und Flächen sorgfältig dämpfen. Die Knöpfe annähen.

29-6-22-6-29
41-6-34-6-41

Moersdorff

ANLEITUNG No. 367

Measurements for
sweater
this sweater



HOT puddings are first favourites for the sweets course these cool nights. Here are recipes for baked or steamed puddings of the "more, please" variety.

Dried fruits—sultanas, raisins, peaches, apricots—fresh fruits and jam are used for flavouring in the recipes given here.

Baked puddings suggested may be cooked in the oven at the same time as meat and vegetables.

If a steamer is not available, place the pudding basin in a saucepan with sufficient boiling water to come half way up the sides of the basin.

The water should boil gently all the time the pudding is cooking.

Saucepan lid should fit tightly to prevent steam escaping.

ORANGE AND RAISIN PUDDING

Two ounces butter, 2oz. sugar, grated rind 1 orange, 2 eggs, 6oz. seeded raisins, 6oz. self-raising flour, pinch salt, 4 tablespoons orange juice, 2 tablespoons milk.

Grease pudding mould thickly; press half the raisins on to sides of mould. Cream shortening, sugar, orange rind.

Add beaten eggs a little at a time. Fold in balance of raisins, then sifted flour and salt. Add orange juice, then milk.

Fill carefully into prepared mould. Cover with greased paper, steam 2 hours. Serve hot with fruit sauce.

Fruit Sauce: Half cup water, 1/2 cup orange juice, 1/4 cup lemon juice, 1/4 cup sugar, 2 teaspoons arrowroot or cornflour.

Combine water, fruit juices and sugar. Blend arrowroot or cornflour with a little extra water. When fruit juices are almost boiling stir in blended arrowroot or cornflour, simmer 3 or 4 minutes.

BAKED RASPBERRY PUDDING OR CAKE

Three ounces butter, 3oz. sugar, 1 teaspoon grated lemon rind, 3 eggs, 6oz. self-raising flour, 1/4 teaspoon salt, 4 tablespoons milk, pink colouring, raspberry jam.

Cream shortening, sugar and lemon rind. Add eggs one at a time, beat well. Fold in sifted flour and salt alternately with milk. Colour half mixture pink.



STEAMED OR BAKED PUDDINGS are satisfying fare for chilly days. The ones illustrated are flavoured with fruit or jam, and two of them may be served as cakes if preferred.

SPICED APRICOT PUDDING

(This may be served cold as a delicious cake.)

One and a half cups self-raising flour, 1/4 teaspoon salt, 1/2 teaspoon each nutmeg and cinnamon, 2oz. good shortening, 2 tablespoons sugar, 1/2 teaspoon grated lemon rind, 1 egg, 1/2 cup milk, apricot halves (tinned or cooked dried apricots may be used), cherries, 2 tablespoons brown sugar mixed with 1 extra teaspoon cinnamon.

Sift flour, salt, nutmeg, and cinnamon. Rub in shortening, add sugar and lemon rind. Mix to a soft dough with beaten egg and milk.

Turn into well-greased 8in. sandwich-tin or flan-ring. Arrange apricot halves on top of mixture with cherries, sprinkle with brown sugar and cinnamon.

Bake in hot oven (400 deg. F. gas, 450 deg. F. electric) 30 to 40 minutes.

Remove carefully from tin, serve hot with custard or with apricot syrup thickened with cornflour or arrowroot.

Sweet Treats

Place alternate spoonfuls of pink and white mixtures in greased loaf-tin, 7in. x 3in. When tin is half full, add dabs of raspberry jam. Add balance of mixtures in alternate spoonfuls as before.

Bake in moderate oven (375deg. F. gas, 425deg. F. electric) 30 to 40 minutes. Serve hot or cold, cut into slices, with jam sauce, custard, cream, or cream substitute.

Jam Sauce: Half pint water, 1 tablespoon sugar, 2 tablespoons raspberry jam, 1 teaspoon lemon juice, 3 teaspoons arrowroot, pink colouring.

Blend arrowroot with a little water. Put remainder of water on to boil with sugar and jam. Just before mixture boils stir in blended arrowroot. Simmer 3 or 4 minutes. Add lemon juice and pink colouring.

DATE AND APPLE PUDDING

Two cups well-drained stewed apple pulp, 4oz. chopped dates, 2 tablespoons water, 1 teaspoon lemon juice, 1/2 teaspoon grated lemon rind, 1 tablespoon butter, 2 tablespoons sugar, 1/2 teaspoon vanilla, 1 egg, 4oz. self-raising flour, pinch salt, 1/2 cup milk.

Spread apple pulp over bottom of greased ovenware dish. Place dates, water, lemon juice and lemon rind into small saucepan. Stir over low heat until sufficiently soft to beat to a pulp.

Place on apple mixture a teaspoonful at a time. Cream shortening, sugar, and vanilla. Add egg, beat well. Fold in sifted flour and salt alternately with milk. Pour over fruit mixture.

Bake in moderate oven (375deg. F. gas, 425deg. F. electric) 25 to 30 minutes. Serve hot with custard.

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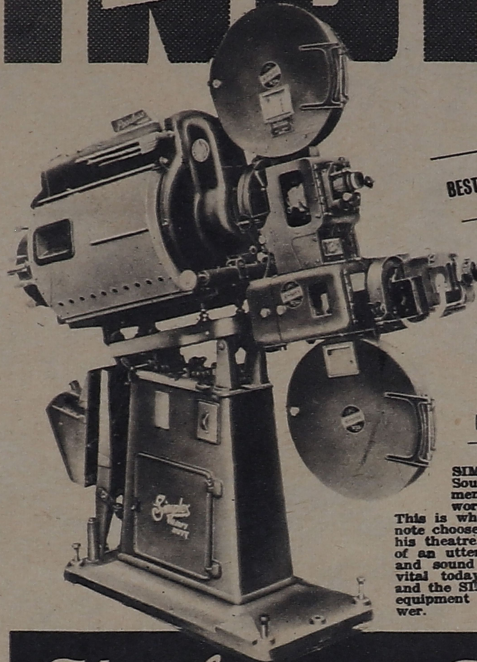


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Informal

Appetising hot savoury dishes or hearty salads are ideal fare for luncheon guests.

GUESTS for luncheon can be fun. Choose foods which can be prepared in advance, heated at the last moment, and then served informally.

RAMEKIN dishes or cocottes of ovenproof china, pottery, or glass make it possible to serve individual portions in an attractive fashion.

If they are not available, one large dish may be prepared.

Keep the party informal by allowing guests to serve themselves, buffet style.

Any one of the savoury dishes suggested here will pair well with a fruit-flavoured chiffon tart, baked or stewed fruit with ice-cream or custard, or you may prefer to omit sweets altogether and serve biscuits and cheese, followed by fresh fruit.

Have a plentiful supply of freshly made black coffee, and serve it steaming hot to round off the meal.

FISH A LA KING

Two tablespoons butter, 4 tablespoons flour, 1 pint milk, 1 teaspoon salt, pinch cayenne pepper, 2½ cups flaked cooked fish (fresh or tinned), ½ cup diced cooked celery, 2 tablespoons diced parboiled red

pepper, 1 tablespoon lemon juice, 5 or 6 chopped, stuffed olives (may be omitted).

Melt butter, add flour, cook 2 or 3 minutes without browning. Stir in milk, salt, and cayenne pepper. Continue stirring until sauce boils and thickens. Fold in fish and all other ingredients.

Turn into greased ovenware dish, reheat in moderate oven, but do not allow to boil. Garnish with parsley, serve piping hot with Melba toast or rolled brown bread and butter. Serves 5 or 6.

If liked, 2 or 3 chopped hard-boiled eggs may be used in place of olives.

SCRAMBLED CORN AND BACON

One dessertspoon butter, 2 eggs, 3 tablespoons milk, 1 small tin sweet corn, ½ teaspoon very finely minced onion or shallot, 2 tablespoons diced bacon, salt, pepper, 2 tablespoons grated cheese, 4 tablespoons soft breadcrumbs, tomato slices, bacon rolls, and parsley to garnish.

Melt butter, add beaten eggs and milk, corn, onion, bacon, salt and pepper. Stir with wooden spoon over low heat until thickened. Fold in crumbs.

Turn into greased ramekin dishes, top with grated cheese, tomato slices, and bacon rolls. Place in hot oven until bacon and tomato are cooked. Garnish with parsley. Serve hot. Three or 4 servings.

CREAMED CORNED BEEF

One and a half cups white sauce, 1½ cups diced cold corned beef, 1 teaspoon chopped onion, 1 cup diced cooked carrot, few slices of cooked carrot to garnish, 1 cup cooked peas, salt and cayenne pepper to taste, small quantity bacon fat, parsley, toast fingers.

Fold meat, onion, diced carrot, peas, salt and cayenne into white sauce. Fill into greased ramekin dishes, top with carrot slices brushed with melted bacon fat. Reheat in moderate oven. Garnish with parsley. Serve at once with toast fingers. Serves 5 or 6.

SHERRIED KIDNEYS

Six lambs' kidneys, 1 tablespoon bacon fat, 1 dessertspoon chopped onion, 3 tablespoons stock or water, 1 medium tomato (skinned and chopped), 1 teaspoon chopped

parsley, salt and cayenne pepper to taste, 2 tablespoons sherry.

Soak kidneys ½-hour in salted water. Remove skin and core, cut into dice. Melt bacon fat, add kidneys and onion, brown lightly. Add all other ingredients, except sherry. Cover closely.

Simmer very gently 20 to 30 minutes until kidneys are tender. Add sherry, simmer 2 or 3 minutes longer. Fill into ramekin dishes, serve piping hot. For 3.

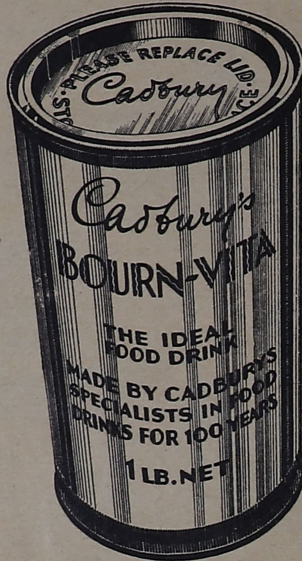
SCALLOPED TONGUES

One tin sheep's tongues, 1½ cups white sauce, 1 cup cooked green peas, 1 dessertspoon diced, parboiled red pepper, parsley, toast fingers or rolled brown bread and butter or Melba toast.

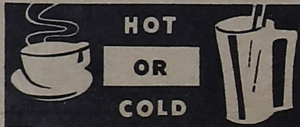
Skin tongues, cut into cubes or slice thinly. Fold into white sauce (seasoned with salt and cayenne pepper). Add peas and diced red pepper.

Fill into greased ramekin dishes, re-heat in moderate oven. Garnish with parsley, serve hot with toast fingers, rolled bread and butter, or Melba toast. For 4 or 5.

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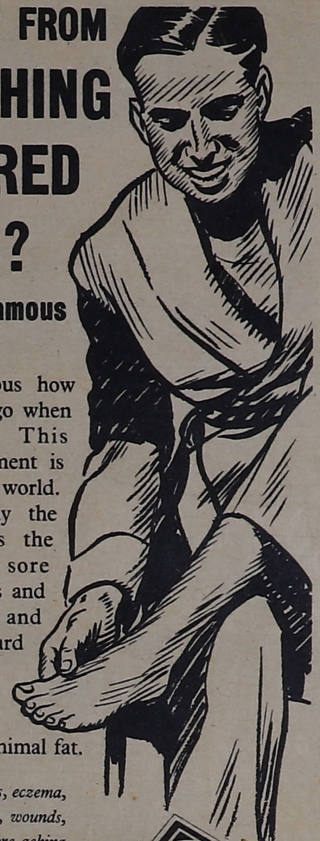
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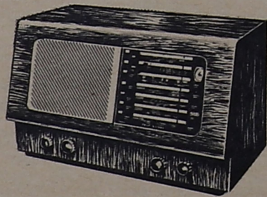
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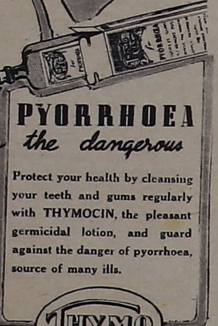
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