



## PASSIONFRUIT

**P**ASSIONFRUIT are now plentiful, and make a delightful flavouring in jams, jellies and puddings, as well as being delicious eaten plain with a little sugar, even without cream.

### To Preserve

(Without Cooking)

Passionfruit can be boiled with sugar in the usual proportion ( $\frac{3}{4}$  cup sugar to 1 cup pulp), but it is then very like jam, even though boiled for only 10 minutes. It is much better to preserve it without cooking, and store in small jars, so that once opened it is used up quickly. Simply mix together the pulp and sugar in a big bowl ( $\frac{3}{4}$  cup sugar to each cup pulp) and put in pantry for 24 hours, stirring frequently to ensure that sugar dissolves properly and to get out air-bubbles. Then put in small jars and seal airtight. The old method of allowing  $\frac{3}{4}$  teaspoon of salicylic acid to a mixture of 5 cups pulp and 2  $\frac{1}{2}$  cups sugar, uncooked as above, is seldom used now, as the use of any preservative is discouraged.

### Passion and Apple Jam

Cut the passionfruit in half and scoop out the insides. Boil the skins till tender, and remove the soft pulp from them. Add this to the seeds, and add  $\frac{1}{2}$  lb. grated apple to every pound of fruit. Boil, and when apple is cooked add sugar— $\frac{3}{4}$  lb. to a pound of mixed fruit.

### Pear and Passionfruit Jam

Peel and slice 6 good, firm pears. Place them in a pan with 1 cup of water and  $\frac{3}{4}$  lb. sugar. Boil for 15 minutes. Then add pulp of 6 large passionfruit and  $\frac{3}{4}$  lb. more sugar. Boil rapidly till it jells.

### Peach and Passionfruit Jam

One dozen passionfruit, 2  $\frac{1}{2}$  lb. peaches, 2  $\frac{1}{2}$  lb. sugar, juice of a lemon. Peel and slice peaches and leave overnight with half the sugar sprinkled over. Next day boil till tender, adding the rest of the sugar. Then add the passionfruit (some of the seeds may be strained out if liked), and also the soft pulp scooped out from the passionfruit skins after boiling them. Bring back to boil, add the lemon juice, and cook fast till the jam will set when tested.

### Peach, Apple and Passionfruit Jam

Three pounds juicy peaches, 1 dozen or more passionfruit, juice 2 lemons, 4 large cooking apples, 3 lb. sugar, 1 oz. butter, pinch salt, 1 breakfast cup water. Wash fruit, peel, stone and core. Boil peels and cores in the cup of water. Cut up the peaches and apples and put in buttered pan, add the strained juice from the peels, and cook fruit till soft. Scoop out passionfruit seeds. Boil skins and scoop out soft pulp. Add to rest of fruit mixture, add warmed sugar and boil till it will set.

### Passionfruit and Tomato Jam

Fifteen to 20 passionfruit, 6 lb. tomatoes, 4  $\frac{1}{2}$  lb. sugar. Scoop out seeds from passionfruit, boil skins in water till soft, and add pulp from these to passionfruit seeds. Skin tomatoes by putting in hot water, cut up, and boil with sugar till melted. Add passionfruit pulp, and boil about 20 minutes till it will set.

### Passionfruit Syrup

Put the pulp of 12 or 14 passionfruit into large jug. Add 2 teaspoon citric acid or the juice of a lemon. Boil up a

pint of water with 2 small cups of sugar and pour it over. Stir well. Let stand till cold. Then heat up till warm enough to strain easily. Bottle when cold. Put a little in a glass, and fill up with plain or soda water.

### Passionfruit Skin Jam

Twelve skins make about 1 pint jam. Put skins in pan, cover with cold water. Add a few grapes, not too ripe, if you have them. Boil till skins are soft. Remove soft inside pulp. Drain the water carefully from the fruit, add the lining pulp and sugar in equal quantities. Boil rapidly till jam sets when tested. Lemon juice may be added if no grapes available.

### Passionfruit Shape

Two and a-half tablespoons cornflour, 1 pint milk, 1 egg, 2 tablespoons sugar, 1 dessertspoon butter, 4 passionfruit. Boil milk and sugar (keep a little milk to mix with cornflour), then add cornflour, and boil 3 minutes. Add beaten yolk of egg, boil 1 more minute. Fold in beaten white. Then add passionfruit pulp, and put to set.

## FROM THE MAILBAG

### Home-made Fly Spray

Dear Aunt Daisy,

Some time ago I think you gave over the air a recipe for fly-spray. Was it one part wintergreen and 99 parts water? Also, are home-made fly-papers any good? I would be most grateful to hear.—Seatoun.

The fly spray is oil of wintergreen one part, and kerosene (not water) the other 99 parts. In ordinary practice we used to mix a pint bottle of kerosene with sixpennyworth of wintergreen, and spray vigorously with that. To make the "tanglefoot mixture," melt a small quantity of resin and add sufficient castor oil to give it the consistency of honey when cold. Spread on sheets of parchment or other paper, or use on lengths of fencing wire and hang from ceiling. The wires can be cleaned by boiling, or soaking in boiling water, then used again.

*Delicious!*

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