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THE GENTLE LAXATIVE

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EARLY FRUITS

WITH gooseberries and Christmas plums coming to hand, we can begin making some nice fresh jams and jellies, and even chutney. Try these:—

Green Gooseberry and Mint Jelly

Serve this with roast mutton or poultry; it is extremely tasty, and you can make any quantity you like. Wash the green gooseberries; barely cover with cold water, and cook till pulpy. Strain through a sieve. Measure and add cup for cup of sugar, with some stalks of fresh mint tied in a bundle. Bring to boil, stirring till sugar is thoroughly dissolved. Test on a cold plate. When it will set, remove the mint, bottle and seal.

Green Gooseberry and Cherry Plum Jam

These combine to make a well-flavoured jam. Take equal weights of gooseberries and cherry plums, cover

sugar. Shred lemons as for marmalade. Cover with 2 cups boiling water, leave all night. Next day, boil up with gooseberries and another 3 cups cold water, for an hour. Add warmed sugar, stir till dissolved. Bring to boil, and boil hard for not more than 10 minutes. Delicious—green in colour.

Mock Raspberry or Strawberry Jam

For those people who like their gooseberry jam disguised, here is a pet recipe from Christchurch:—Three pounds green gooseberries, 3 pints water, 6 lb. sugar. Boil the sugar and water for about 10 minutes; then add the gooseberries and boil till thoroughly cooked and will set when tested on cold plate. Strain through coarse sieve to remove skins; and then add one dessertspoon or more of strawberry or raspberry essence according to taste.

Gooseberry Chutney

Top and tail 2 lb. green gooseberries; put into pan with 1 lb. chopped prunes, 1 lb. sultanas, 1 lb. sliced onions, 2 oz. ground ginger (or ginger essence to taste), a pinch of cayenne; a small teaspoon of salt; and 1 quart of vinegar. Boil till fruit is cooked and pulpy, then add 1 lb. brown sugar. Boil up, stirring till sugar has thoroughly dissolved. Bottle hot.

FROM THE MAILBAG

Pease Pudding

Dear Aunt Daisy,

Here is a very simple recipe for pease pudding—no soaking and no salt until cooked!

Put the peas in a saucepan and cover with plenty of cold water. Bring gently to the boil and simmer for one hour or until cooked—best to use an asbestos mat as they are likely to burn easily. When cooked beat up with a nice knob of butter, a little salt and pepper, but no mint. Put in a pie dish and keep hot until ready. This is usually served with corned beef, boiled pork or boiled bacon.

We used to buy it at home with faggots which I am sure most Londoners will remember—it is an unfailing recipe.
—Johnsonville Link

Thank you. The faggot loaves you speak of are very tasty, and being made with liver are quite nourishing as well as cheap. Here is the recipe:—FAGGOT LOAVES—Half a pound of raw liver; 2 medium onions; 2 rashers of bacon; 2 or 3 slices of bread; 1 or 2 eggs; 2 tablespoons flour; milk, seasoning, herbs if liked. Beat eggs and make into batter with flour and milk, adding seasoning and herbs. Mince liver, onion and bacon, catching juice; soak bread in milk. Mix all, blend with batter. Put into greased tins with covers, or in pie-dish. Cook in oven in pan of water. Serve hot or cold in slices.

The Missing Flavour

Dear Aunt Daisy,

Can you tell me if there is any special way to pulp tomatoes for bottling? I pulped and bottled two cases of tomatoes last season, and if they tasted as nice as they look they would be beautiful; but there is definitely something missing in their flavour. It is a mysterious something, because no one in our house seems to be able to put a finger on the missing taste. I've tried pepper, sugar, salt and baking soda, as additions, but to no avail.

I pulped them this way. First I boiled the tomatoes just as they were, then sieved them, and boiled the pulp up again; then put the pulp into heated bottles and sealed. Is there something that should go into them whilst they are being pulped? I would appreciate any help you can give as no one will eat the pulped tomatoes as they are, and I wouldn't like the same thing to happen again.

—A Wellington Link in the Daisy Chain.

I suppose the distinctive flavour you miss is that lovely professional one, which is the secret of each company which sells tomato soup. Your method of pulping was quite right; and many people prefer the pure flavour of the tomatoes. But you could try grating onion into the pulp when heating it, and also adding a dash of wholespice and a little root-geringer, removing these before serving. Then this season you could cook the ginger, spice and onion with the tomatoes before sieving them, if you find the family like the flavour. Add a little sugar, pepper, and salt, but no soda.

Orange Rind

These hints were issued by the Ministry of Food, London. I expect they would apply equally to the rind of grapefruit:—

Orange rind is rich in Vitamin C if grated and used uncooked or cooked very quickly. Don't grate the rind until you are ready to use it, and then serve it in one of the following ways:—

1. Sprinkle on raw vegetable salads.
2. Mix with raw shredded vegetables and salad dressing for sandwich fillings.
3. Sprinkle on stewed, fresh or dried fruit, milk puddings, custard and trifles just before serving.
4. Mix with creamed margarine and sugar to make a sweet sandwich filling or spread.
5. Sprinkle on potatoes for serving with veal, etc.
6. Add to your pancake, biscuit or scone mixture, just before cooking.

well with water, and boil till soft. Then add cup for cup of sugar (it is best to warm the sugar) and bring back to boil stirring until the sugar is thoroughly dissolved. Then boil fast till the jam will set when tested. May be sieved to strain out the tart skins and stones.

Gooseberry Jelly-Jam

This is a dark-red jam with plenty of jelly. Most people strain it through a coarse sieve to remove the tart skins. Boil together 2½ pints of water and 1 lb. sugar for about 10 minutes, then add 3 lb. of gooseberries and boil till they are soft and cooked, and the jam will set when tested.

Green Gooseberry Marmalade

Three lbs. green gooseberries, 2 lemons, 5 small breakfast cups water, 6 lb.



Aunt Daisy in Canada helps in the manufacture of a Beatty "Daisy" Churn