



TOMATO TIME IS ANY TIME

TOMATOES are one of the richest sources of vitamin C. It is said that one good-sized, vine-ripened tomato will give you about half your day's quota of vitamin C and also a fair amount of vitamin A. Moreover, tomatoes keep a large part of their vitamin-value even when cooked or preserved, so you only need to eat a bit extra then to get your vitamins as before. When you have a quantity in the house, whether off your own vines or not, keep them spread out in a cool place. Try not to peel or cut them until just before you are ready to either cook them or serve them raw in salad.

Green Tomato Pie

Wash and slice 6 to 8 medium-sized green tomatoes and cook for 15 minutes with 2 tablespoons of lemon juice and a little grated lemon (or orange) rind, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon cinnamon, stirring frequently. Mix together $\frac{3}{4}$ cup sugar and 2 tablespoons cornflour, add it to the tomato mixture and cook all together until clear, stirring all the time. Add a tablespoon of butter and cool slightly. Pour out mixture into a pastry-lined plate, cover with more pastry, seal the edges and bake in hot oven (425 degrees) about 50 minutes.

Cream of Tomato Soup

Cook together $3\frac{1}{2}$ cups of cut-up tomatoes and $\frac{1}{4}$ cup chopped onion for about 20 minutes. Press through a sieve. Melt 2 tablespoons of butter (or fat) in a saucepan, and blend in 3 tablespoons of flour and $\frac{1}{2}$ teaspoon sugar. Gradually add the cooled sieved tomatoes, and cook over low heat, stirring constantly, until thickened. Gradually add this tomato mixture to 3 cupfuls of milk in another pan, stirring constantly. Heat slowly to serving temperature. Add a teaspoon of salt, and serve at once.

Spanish Sauce

Cook 2 tablespoons chopped onion in 2 tablespoons fat until lightly browned. Blend in 1 tablespoon flour. Add $2\frac{1}{2}$ cups of cut-up tomatoes, $\frac{1}{2}$ cup each of chopped celery and green pepper (if available), 1 tablespoon chopped parsley, 1 teaspoon salt, and a little pepper. Cook 15 to 20 minutes, stirring frequently. Serve over meat loaf, fried or baked fish, cooked cabbage or omelet.

Tomato-Apple Butter

About 12 to 14 medium-sized sliced tomatoes, about 6 medium-sized sliced apples, $\frac{1}{4}$ cup lemon juice, 4 cups sugar, $\frac{1}{4}$ teaspoon ground cloves, $\frac{1}{4}$ teaspoon ground allspice, $\frac{1}{2}$ teaspoon ground cinnamon, 1 cup water. Cook tomatoes 20 to 30 minutes. Press through a sieve and measure out 4 cups. Cook apples in water until very tender. Press through a sieve and measure out 2 cups. Combine sieved tomatoes and apples, lemon juice, sugar and spices. Cook mixture rapidly about 25 minutes or until thickened and clear. Stir frequently to prevent sticking. Pour

into hot, sterile jars. Seal. Store in a cool, dry, dark place. Makes about 3 pints.

Fried Tomatoes

Slice 6 medium-sized ripe or green tomatoes about $\frac{1}{2}$ inch thick. Dip in mixture of $\frac{1}{4}$ cup fine, dry breadcrumbs or flour, $\frac{1}{2}$ teaspoon salt and a little pepper. Fry in a small amount of fat till brown on both sides. Alternatively, dip the tomatoes in beaten egg, then in flour or breadcrumbs before cooking.

Chicken Creole

Cut up into serving pieces a 4 to 5lb. chicken. Roll them in seasoned flour ($\frac{1}{4}$ cup flour, 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika, dash of black pepper). Brown in hot fat, add $\frac{1}{2}$ cup chopped onion, and cook 2 or 3 minutes. Then add $\frac{1}{2}$ cup water. Cover lightly, and simmer until nearly tender (about an hour), adding more water if necessary. Stir occasionally to keep from sticking. Add $2\frac{1}{2}$ cups of cut-up tomatoes, and $\frac{1}{4}$ cup chopped green peppers, if available. Simmer about 30 minutes longer. Serve on hot seasoned rice.

Fish-Tomato Stew

Cook 3 cupfuls of cubed potatoes (raw) in 3 tablespoons of fat, until lightly browned. Add $\frac{1}{2}$ cup chopped onion, $\frac{1}{4}$ cup chopped green pepper, and $3\frac{1}{2}$ cups of cut-up tomatoes. Cover and cook till potatoes are tender. Add a pound of cooked fish, cut in about 2in. pieces. Season with pepper and salt to taste. Cook about 5 minutes longer.

Beef, Tomato and Cabbage Scallop

Brown in hot fat a pound of minced beef, add $\frac{1}{4}$ cup chopped onion and 1 cup chopped celery, and cook for 5 minutes. Add $2\frac{1}{2}$ cups of cut-up fresh tomatoes, season with pepper and salt, and bring to the boil. Now place alternate layers of chopped or coarsely-shredded raw cabbage and the meat-mixture in a pie-dish or casserole, top with a cup-full of soft breadcrumbs, dot with butter and bake in a moderate oven (375 degrees) for about 45 minutes.

With Pot-Roast

Pour $2\frac{1}{2}$ cups of stewed tomatoes over a pot-roast the last hour of cooking. It makes a delicious gravy, especially if a clove of garlic and a little thyme have been cooked with the meat.

Tomato Rarebit

Fry in hot fat for about 10 minutes, $\frac{1}{2}$ cup finely-chopped celery, $\frac{1}{4}$ cup chopped green peppers, $\frac{1}{4}$ cup chopped onion, stirring frequently. Blend in 2 tablespoons of flour. Add $2\frac{1}{2}$ cups of cut-up tomatoes, 1 cup grated cheese, and 1 teaspoon salt. Cook over low heat. Stir constantly until mixture thickens and cheese melts. Have ready 2 eggs well-beaten, and to this add gradually some of the tomato-mixture. Stir well, then pour all back into the tomato-mixture. Continue to cook over low heat, stirring constantly till thickened and creamy (2 or 3 minutes). Serve on toast or "crackers."

DID YOU PROTEX YOURSELF THIS MORNING?



PROTEX
THE ANTISEPTIC GERMICIDAL
SOAP

With the fragrance of the Bush

COLGATE-PALMOLIVE LTD., PETONE.



PR44

HANSELL'S
"CLOUDY for strength"
FOOD FLAVOURINGS
"The Essence of Success"