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## MORE ABOUT BREAKFAST

**I**N winter we need more hot puddings, especially when it happens to be a cold-meat first course. With a large family, and particularly with men, a steamed pudding is probably the most popular; and it has the advantage of being just as good re-steamed the second day. Or you may have a different pudding on the second day for a change, and the re-steamed one the day after; for it tastes just as good as the first time—put into a greased basin, covered with a butter-paper, and steamed as for the first time, only not for so long.

For a quick pudding, there is always the chocolate surprise to fall back upon—just a slice of plain sponge cake, or madeira, in each dessert-plate; a good chocolate sauce poured over it, and a topping of sliced banana and chopped nuts; or even some stewed fruit placed on the cake, and a suitably flavoured custard poured over, and served either hot or cold. In America, they put a generous dab of ice cream between slices of cake, and then pour on the chocolate sauce, and so on.

### R.A.F. Pudding

This is a real standby; the sago can be left out.

One cup grated raw carrot, 1 cup grated raw potato, 1 cup grated raw apple, 1 cup sugar, 1 cup shredded suet, 1 cup flour, 1 cup breadcrumbs, 1 cup currants, 1 cup sultanas, 1 cup raisins, a piece of peel, 1 teaspoon mixed spice, 2 tablespoons sago, 1 teaspoon baking soda, 1 well beaten egg, 1 teaspoon almond essence, pinch salt (1 tablespoon brandy is optional), milk to mix. Boil 4 hours, or longer.

### Emergency Pudding

One breakfast cup flour, ½ breakfast cup sugar, ½ breakfast cup dates, 1 teaspoon milk, 1 tablespoon good cooking fat, 1 teaspoon baking soda dissolved in ½ teacup cold milk. Mix flour, sugar, and dates. Dissolve soda in the cold milk. Put the teacup of milk on to boil, and then drop in the cooking fat. When melted, pour slowly over the dry ingredients and add soda and milk. Steam 2 hours.

### Cold Water Pudding

Two cups flour, 1 cup sugar, 1 cup sultanas, 2 tablespoons good cooking fat, 1 teaspoon mixed spice, 1 teaspoon soda.

Mix flour, sugar, sultanas, spice and soda all together. Melt the 2 tablespoons fat in a breakfast cup of hot water, then take a cup of cold water and mix all together. Make overnight (important)—and let stand next day. Steam about 4 hours. Good.

### Economy Pudding

Six tablespoons flour, 3 tablespoons shredded suet, 2 tablespoons sugar, 4 tablespoons sultanas (not necessary), 2 tablespoons coconut, 2 tablespoons jam, ½ teaspoon baking powder, ½ teaspoon baking soda dissolved in ½ cup milk. Mix everything with the milk and soda.

Put in buttered basin, and steam. This could also be baked in a moderate oven, lining a dish with greased paper.

### Light Pudding

One cup shredded suet, 1 cup golden syrup, 1 cup milk, pinch salt. 1 teaspoon baking soda, 1 teaspoon ground ginger. Put these in a basin, and then stir in enough flour to make a stiff batter. Steam for 2 hours.

### Cold Tea Pudding

One and a-half cups flour, ½ cup sugar, 1 small cup shredded suet or dripping (suet is best), 1 cup mixed fruit, 1 dessertspoon jam, 1 cup cold tea, 1 large teaspoon baking soda. Mix soda through flour, add other ingredients. Lastly, add cold tea and mix. Boil or steam 2 hours or longer—the longer the better.

### Date Sultana Pudding

(The Pudding for the Bachelors)

Two cups flour, 1 cup sugar, 1 cup chopped suet, 1 teaspoon baking powder, ½ teaspoon baking soda, 1 cup dates, 1 cup sultanas, 1 tablespoon cinnamon. Mix all thoroughly with milk. Steam 3 hours.

### Nothing Pudding

One cup flour, 1 cup mixed fruit, ¼ cup sugar, 1 teaspoon spice, 1 cup boiling water in which is dissolved 1 teaspoon of soda, and 1 dessertspoon of butter. Mix well, and tie up in a cloth. Boil about two hours. This appears to be very sloppy, but turns out a lovely pudding.

### FROM THE MAILBAG

#### Jam Made With Honey

Dear Aunt Daisy,

Could you or one of the Daisy Chain give me a recipe for jam made with honey? I have preserved all my plums with honey, and they are delicious. Sugar is so scarce for us now, when there are so few in the family, that I would like to try making jam with honey. I take *The Listener* regularly and the first thing I look at are your recipes, so please try and oblige me and help me, as you have done in the past.—J.E.B., Eltham

I have never made jam with honey myself, but many of our Daisy Chain have done so, successfully, and here are their findings. I think the jam does not keep so long, perhaps:—Use ¾ cup honey to 1 cup fruit. Add half the honey to the fruit. Stir well, allow to stand for an hour. Heat rather slowly, stirring constantly; boil 10 minutes, then add the remainder of the honey, and cook till it will set when tested.

Here, also, is a recipe for making marmalade with honey:—Three grapefruit or poorman oranges, one lemon, 4lb. honey, 6 cups water. Slice the fruit very thinly and pour the water over. Leave for 24 hours. Then bring to boil and allow to boil fast for one hour. Add the honey, stir till thoroughly dissolved and mixed; then boil fast till it will set when tested.

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