



# Aerofos

## THE MODERN EFFICIENT RISING AGENT

As every housewife knows, baking powder contains two elements — bicarbonate of soda and a rising agent or aerator. But often in a recipe it is necessary to measure them out separately, so much of one and so much of the other.

That is where Aerofos comes in. Aerofos, the food phosphate rising agent, is superior to all other rising ingredients. It is a scientifically perfect aerator which, mixed in the correct proportion with bicarbonate of soda, ensures fine even texture to cakes and scones. And remember, the phosphate content of Aerofos gives an added nutritional value to your cooking. Ask your grocer for Aerofos.



# Aerofos

Used in conjunction with bicarbonate of soda

SOLD ONLY IN THIS PACKET

FOR WOMEN WHO MIX THEIR OWN AERATOR

Aerofos is made from a special blend of Albright & Wilson's Pure Food Phosphates, and is distributed in New Zealand by Imperial Chemical Industries (N.Z.) Ltd., 16 The Terrace, Wellington, and Maritime Buildings, Quay Street, Auckland.

## If Your Nose Fills Up-

### Spoils Sleep Tonight

Get to sleep faster, and sleep better, thanks to Va-tro-nol! A few drops up each nostril relieves nasal stuffiness in seconds — makes breathing easier. Use it whenever head-colds stuff up your nose!

## VICKS VA-TRO-NOL

Vick Products Inc., 122E 42nd Street, New York.



## USING UP GREEN TOMATOES

At this time of the year there are always large quantities of green tomatoes which will not ripen properly so late in the season. So true to our policy of allowing no waste, we must set to work to preserve them in various ways. These are all tried recipes.

### Green Tomato Jam with Lemons

Six pounds of green tomatoes; 6 lemons minced, skins and all; and 6lb. of sugar. Slice the tomatoes, add the lemons and a very little water to prevent it from sticking. Cook for five minutes. Stir in the warmed sugar, stir till it is dissolved, and then boil till it will set when tested.

### Green Tomato Jam with Apples

Six pounds of green tomatoes; 2lb. of apples; ½lb. of preserved ginger; 8lb. of sugar; and 1 cup of water. Cut up the fruit and ginger, put in a pan with the water and boil, stirring frequently for about half an hour. Add the sugar, stir till it is dissolved, then boil till it will set—about ¾ of an hour.

### Green Tomato Preserve

Four pounds of tomatoes; 3lb. of sugar, and 2 sliced lemons. Cut the tomatoes in quarters if small, and shape the larger ones similarly. Put the sugar on with just enough water to melt it, add the very thin lemon slices, and cook these for a time. Then add the tomatoes and cook till transparent and tender.

### Green Tomato Chutney

Cut up small enough green tomatoes to fill a one-gallon jar. Put them into a china bowl and sprinkle with about half a pound of common salt. Leave 24 hours. Wash in a colander under water. Put them in a preserving pan with 3 pints of vinegar, 3 cups of sugar, 2 tablespoons or less of mustard, 2 tablespoons or less of curry powder; 3 large apples cut up; and in a muslin bag 1 teaspoon of whole spice; 1 tablespoon of cloves; 1 tablespoon of whole pepper. Boil well about 2 hours, till of chutney consistency.

### Green Tomato Jam with Lime Juice

Six pounds of green tomatoes; 6lb. of sugar; ¼lb. of preserved ginger; and 1½ cups of pure lime juice. Slice the tomatoes. Sprinkle with half the sugar and stand all night. Next day, add the chopped ginger, boil one hour, add the remaining sugar and the lime juice, and boil quickly until it will jelly.

### Green Tomato Mustard Pickle

Four cups each of cut-up green tomatoes; cucumbers and small onions; and one large cauliflower broken into sprigs. Put all in the usual brine and let stand for 24 hours. Then heat through and strain. Mix together 1 cup of flour; 4 to 6 tablespoons of mustard to taste; 1½ tablespoons turmeric; ½ teaspoon cayenne; sufficient vinegar to make a

smooth paste. Add a cup or more of sugar and mix with sufficient spiced vinegar to make 2 quarts altogether. Boil till this thickens, add the strained vegetables, and heat thoroughly. Bottle and cork tightly.

### Whole Green Tomato Pickle

This is a sweet one, and very nice. Choose 6lb. of green tomatoes of even size as far as possible, so that they will all be cooked at the same time. Pierce them all over with a silver fork, sprinkle well with salt, and leave standing on a large dish overnight. Next day, drain through a colander, and put into a pan with 3 pints of vinegar, 4 level breakfast cups of brown sugar; a small teaspoon of cayenne, and a large tablespoon of cloves and allspice. Boil until tender enough to probe with a straw. Bottle when cold, and screw down in glass jars. These must be simmered slowly for perhaps four hours or even longer. They do not keep if boiled rapidly. It is important to use brown sugar.

### Pickle with Golden Syrup

Into an enamelled dish slice 6lb. of green tomatoes, and put a sprinkling of salt on each layer. Let it stand for 12 hours. Then drain off the liquid. Put into a preserving pan 2 quarts of vinegar; 2 tablespoons of mustard; 1 teaspoon of allspice; 1 teaspoon cloves; 1 teaspoon red pepper; 1lb. of treacle or golden syrup. When it comes to the boil, put in the drained tomatoes, with 3lb. of thinly sliced onions, and boil gently for 15 minutes—no longer. Put in jars, and when cold, cork down.

### Green Tomato Relish

Six pounds of green tomatoes; 3lb. of apples; 3lb. of onions; 2 quarts of vinegar; 3lb. of sugar; 3 tablespoons of curry powder (or to taste); 2 teaspoons of white pepper; 4 heaped teaspoons of flour; 2 heaped teaspoons of dry mustard; and 2 dessertspoons of salt. Slice the tomatoes and apples, and onions. Sprinkle with salt and let stand overnight. Then boil for half-an-hour with vinegar. When soft, mix other ingredients with a little vinegar, pour in, and boil till it thickens.

### FROM THE MAILBAG

#### The Basin Cracked

Dear Aunt Daisy,

Can you possibly help me in this difficulty? My son dropped a bottle of hair oil into the wash-basin in the bathroom, and though it didn't break the bottle, it badly cracked the basin. I seem to remember hearing you give a remedy for this a good while ago, and should be much obliged if you could let me have it, per *The Listener*.—With many thanks, "Doris."

Isn't that the way—the damage is to the more important article. We have had various remedies from time to time, but this is the best method, really. First of all clean the basin round the crack with methylated spirits. Then get about three pennyworth of white lead. If the shops have only large tins, you could perhaps get some from a painter who had a tin