

# Bag of the month

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STRAND BAG COMPANY LIMITED, CHRISTCHURCH, AUGUST, 1946

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## MARMALADE

THIS is the time of the year when our thoughts go to marmalade. The fruit are beginning to come in well—and if we are not going to make the marmalade for a few weeks, well, we can put these recipes in a safe place till then. A lot of people will have accumulated a little sugar—it is some time since the jam season; but for those who find it difficult, I will start off with recipes using honey or golden syrup.

### Golden Syrup Marmalade

Five pounds of golden syrup;  $4\frac{1}{2}$  pints of water;  $\frac{1}{2}$  lemon;  $\frac{1}{2}$  oz. of gelatine; 4 oranges. Peel the oranges and lemon as finely as possible, then shred. Discard the pith from the fruit, then extract the pips and cut up the fruit fine. Put it in a preserving pan with the peel, add the water and boil about 40 minutes, till tender. Then add the syrup, stir well till dissolved, and boil till it will set when tested—about twenty minutes. Add the gelatine after taking the pan from the heat—just stir it in till dissolved. Then bottle the marmalade. Keep it gently stirred; and use more or less syrup according to the size of the oranges. It may need a little longer than 40 minutes' boiling the second time.

### Marmalade with Honey

Three grapefruit or poorman's oranges; 1 lemon; 4lb. of honey; 6 cups of water. Slice the fruit very thinly and pour the water over. Leave for 24 hours, then bring to the boil, and allow to boil fairly fast for 1 hour. Add the honey, and stir till dissolved thoroughly; then boil fast until it will set when tested.

### Professional Marmalade

This takes a little time and trouble, but is a lovely marmalade. Three large New Zealand grapefruit, as freshly picked as possible; 2 lemons; and 12 cups of cold water. Peel the yellow from the grapefruit and lemons as thinly as possible, cut it up finely, and put it in one pot. Peel all the white pith off the grapefruit and lemons and put it in another pot. Separate the flesh of the fruit, and the pips—put the flesh in the pot with the yellow skin, and the pips in the pot with the white pith. Add 6 cups of water to each pot. Boil the white mixture for one hour; and the yellow mixture for half an hour. Strain the white mixture through a strainer and add to the yellow mixture. Now add 1 cup of sugar to each cup of liquid and fruit, and boil briskly till it jells when tested—usually about 35 minutes. Bottle while hot.

### Easy Marmalade

To each pound of cut-up fruit add 3 pints of water. Let this stand for 24 hours, then boil for 1 hour. Put aside to cool, then weigh the pulp. To each pound add 1lb. of sugar—bring the fruit to the boil again before adding the sugar. Stir till dissolved, then boil all fairly quickly for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, till it will

set. It makes a lovely jellied marmalade; and a good proportion is 5lb. of poorman's oranges, and 1lb. of lemons.

### Dundee Marmalade

Three pounds of sweet oranges; 2 lemons; 12 large cups of water; and 9lb. of sugar. Slice or mince the fruit, and leave to soak in the water for 24 hours. Then boil for 20 minutes. Leave another 24 hours. Boil again, and add the warmed sugar. Stir till dissolved, and then boil till it will set—about 20 minutes. Bottle hot.

### Golden Shred Marmalade

Twelve oranges; but the peel of 9 only. Peel the oranges very thinly, as if they were apples. Discard the white pith. Slice the oranges and cover with water, as if making jelly. Bring to the boil, put in the skins, and boil  $\frac{1}{4}$  of an hour. Take out the skins, and cut into fine shreds with scissors. Strain the oranges through a colander lined with muslin, and measure the juice. Bring to the boil, boil for 10 minutes, add cup for cup of sugar. Boil hard, and when it is just ready to set, add the shredded peel—if possible, about 5 minutes before taking up. Do not bottle too hot.

### Henry's Marmalade

Six poorman oranges, or 5 large grapefruit; 11 cups of water; and 8lb. of sugar. Shred the skins of the oranges, and put the rest through the mincer. Soak it all in the water for 36 hours. Then boil for half an hour, and leave for another 24 hours. Bring to the boil, add the sugar, stir till dissolved, and then boil for about half an hour, or till it will set.

### Wartime Marmalade

Six smallish grapefruit; 1 large lemon; 2lb. of golden syrup; 3 large cups of sugar; and 6 cups of water. Cut up the fruit as usual, pour the water over, and boil till thoroughly tender. Add the golden syrup and boil  $\frac{3}{4}$  of an hour. Then stir in the sugar, and boil another  $\frac{1}{2}$  hour, or till it will set. It can be started and finished in one afternoon.

### Orange Peel Marmalade

One cup of cut-up orange peel; 1 whole lemon; and 3 cups of water. Cut up the lemon and mix with the peel. Soak for 24 hours in the water. Boil for half an hour. Leave for another 24 hours. Then add cup for cup of sugar, and boil till it will set.

### Lemon Marmalade

Allow 3 lemons and 3 oranges. Cut the fruit up finely, cover with water, and leave overnight. Boil till tender. Again leave overnight. Bring to the boil, add cup for cup of sugar, and boil till it will set when tested.

### French Marmalade

Six lemons; 4 large carrots, or 8 small ones;  $5\frac{1}{2}$ lb. of sugar; and 4 pints of water. Mince the carrots, cut the lemon rind finely, and soak overnight in the water. Boil for 1 hour. Then add the sugar and lemon juice, and boil till it will set when tested.