

airtight immediately. Good for stone fruits. You can also make up syrup, pour on when cold, and sterilise in the usual way.

3. *With Sugar*.—This may be done in either of two ways.

(a) Make a syrup by boiling sugar and water together for 10 minutes, and then let it get cool. The proportion varies, according to whether you want a heavy or a light syrup; a fair thing is 6oz. of sugar to a pint of water. If the syrup is very strong the fruit is apt to rise to the top of the jar. Pack the fruit into the jars, put in the cooled syrup, put on the lids lightly, and sterilise in the usual manner, either in the oven or in the water-bath. Soft fruits, such as raspberries or red currants, need less syrup in the jars than

the harder fruits, as they contain so much moisture themselves. It is a safe plan to overflow the jars with boiling water, or boiling syrup, when screwing or pasting down, to make sure that no air can get in.

(b) Fill the jars with fruit and then put a dessertspoon, or a tablespoon, of sugar on top of each jar. Fill up nearly to the top with sterilised water (boiled and cooled) and put the lids loosely on as usual, then sterilise the fruit till it is soft, but not broken. This is an easy way, recommended by many experienced housewives, who find that the sugar dissolves quite properly and flavours the fruit.

Pulping Fruit (no sugar)

This is an excellent way of preserving fruit ready for making into jam, or

sauce, or for use in pies and tarts later on. No one has enough sugar to make up all the fruit which ripens at the same time. By pulping, it is preserved until you need it; and you can make up a little at a time, as sugar is available. Simply boil the fruit till soft and pulpy, using *only enough water to prevent the fruit from burning*. Soft berry fruit and tomatoes should be crushed against the side of the pan to draw sufficient juice to commence cooking, and no water will be needed at all. Harder fruits will need a little more or less according to the kind. When all is pulpy, fill hot sterilised jars to *overflowing* with the **BOILING** pulp and seal airtight *immediately*. When using, bring pulp to boil, add cup for cup of sugar, stir till dissolved and boil *fast* till the jam will set when tested.



Man at work

“GOODNESS, I’ve got a busy day ahead of me. Often wonder why somebody doesn’t put up a ‘Man at work’ sign when I’m around. I certainly use up heaps of energy building sandcastles and digging holes to catch crabs in; not to speak of paddling and playing chasing up ‘n down this lovely sandy beach. Gosh, it beats me what a fellow would do without that morning Weetbix to keep his strength up. In fact, now I come to think of it, I could do with a fistful of Weetbix ‘n honey right now. Hi, mummie!”

When you’ve got a man-sized job of work to do you need a good breakfast to start you off. And Weetbix is a fine breakfast for all the family. There’s a powerful lot of goodness in those crispy, crunchy malted whole wheat biscuits.

Weetbix are fine by themselves, better still with stewed fruit or junket and milk, or spread with butter and Marmite. And they’re just as delicious as can be for picnics, snacks or school lunches.

WEET-BIX

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