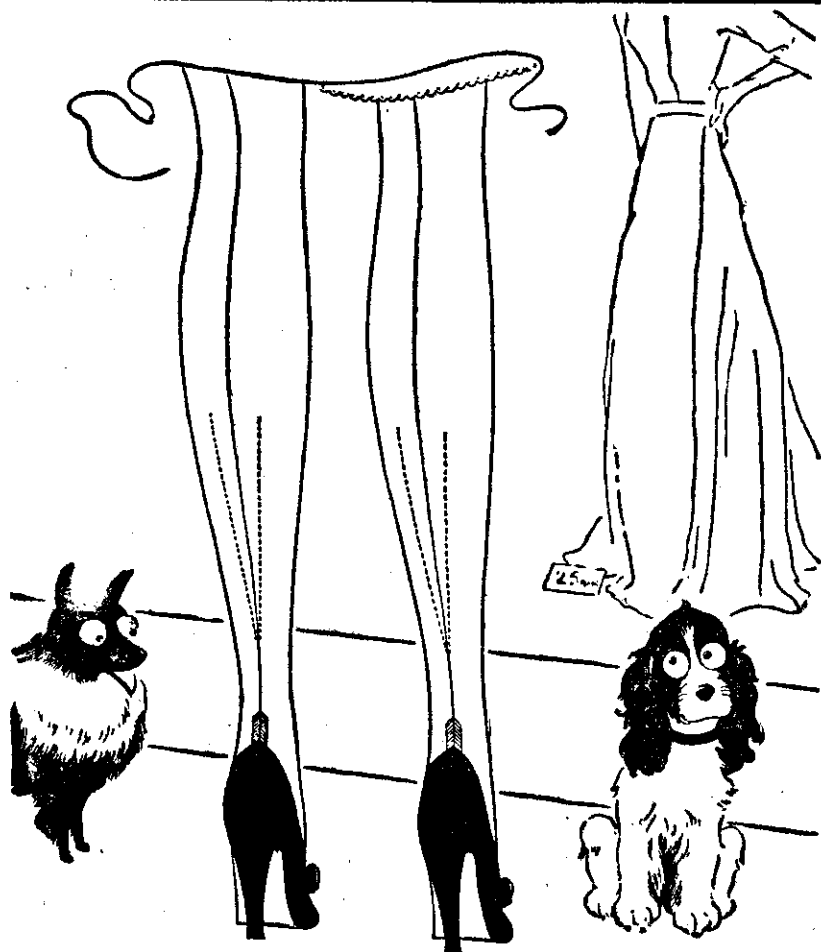




shop hounds

She has taste, this girl, don't you think, Pom?

Surely, Spannie. You see, her stockings have both the converging fashion marks *and* the taper heel, which means they *must* be

Bonds

SY-METRA Full Fashioned Hosiery



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The Mighty Atom for COLDS

Pulmonas

Stacey Bros. Ltd., 385 Khyber Pass, Auckland.



CAPE GOOSEBERRIES AND PASSIONFRUIT

THESE fruits are always welcomed because they add a luxury touch as well as a delicious flavour to cheaper and less flavoursome fruits, such as pineapple and apple. Both are excellent in fruit salad, especially now that tinned pineapple is not available. Try a fruit salad using apples, pears, peaches, and plums, all cut up roughly; then put the pulp of several passionfruit over the top, and a handful of shelled cape gooseberries. Sprinkle with a little sugar, and leave for an hour or two to blend the flavours. Make a juice to pour over all by boiling in a little water the apple and pear skins, and cores, and the passionfruit skins. The pulp may then be scraped out of the passion skins, which will be left as thin as paper. Strain this juice, sweeten a little, and add pineapple essence to taste.

To Preserve Passionfruit

This is uncooked, so has the real passionfruit flavour. It is a proved recipe. Just mix together equal parts of passionfruit pulp and sugar in a bowl. Leave for 24 hours, stirring frequently. Then, making sure that the sugar has thoroughly dissolved, seal it up airtight in small jars, so that each will be used up when opened. This should keep for a year.

Cape Gooseberry and Lemon Jam

Five pounds of cape gooseberries, 5lb. sugar, 1 pint water, and juice of 5 lemons. Put sugar and water in pan, bring to boil; add lemon juice, and, when syrup is quite clear, add gooseberries, which have been shelled, washed and pricked with a needle; boil for about 1½ hours, or until syrup is thick, and falls from a spoon. Do not bottle this jam until it is cold.

Cape Gooseberry and Apple Pie

Stew gently together first sufficient fruit—twice as much apple as cape gooseberry is the usual thing. Put into deep pie-dish, and when cold, cover with puff or short pastry. Hot oven to cook the pastry.

Cape Gooseberry and Apple Pudding (Steamed)

Line a basin with a good suet pastry and half-fill with shelled cape gooseberries. Put a good sprinkling of sugar and a dash of water, and then a good layer of sliced apples. Fill up the rest of the basin with more gooseberries; cover with a pastry top, put a butter paper over, and steam in a saucepan half-full of boiling water, with tightly-fitting lid, for about 2 hours. If preferred, the basin need not be lined with pastry, but simply filled with cape gooseberries and apples, with plenty of sugar and a little water, and just a pastry lid. Steam as before.

Cape Gooseberry Conserve

Four pounds apples, 8 cups water, 2lb. cape gooseberries. Boil the cut-up apples in the water till soft. Strain through a jelly bag all night, as for apple jelly. Next day, cook the prepared cape gooseberries in that juice till soft, then add cup for cup of sugar (warmed). Stir till the sugar is dissolved, bring to the

boil, and boil till it will set when tested. The juice of a lemon may be added if liked.

Passionfruit and Peach Jam

Three pounds of juicy peaches, 1 doz. or more passionfruit, juice of 2 lemons, 4 large cooking apples, 3lb. sugar, 1oz. butter, pinch salt, 1 breakfast cup water. Wash fruit, peel, stone, and core. Boil peels and cores in the cup of water. Cut up the peaches and apples, and put in buttered pan, add the strained juice from the peels, and cook fruit till soft. Scoop out passionfruit seeds. Boil skins and scoop out soft pulp. Add both these to rest of fruit mixture. Add warmed sugar, stir till dissolved, and boil till it will set.

Passionfruit Honey

Ten passionfruit, 1 tablespoon butter, 1 small cup sugar, 1 beaten egg. Heat all in basin over boiling water till thick, stirring with wooden spoon. A delicious filling.

Passionfruit Skin Jam

Twelve skins make about 1 pint jam. Put skins in pan, cover with cold water. Add a few grapes, not too ripe, if you have them. Boil till skins are soft. Remove soft inside pulp. Drain the water carefully from the fruit; add the lining pulp and sugar in equal quantities. Boil rapidly till jam sets when tested. Lemon juice may be added if no grapes available.

Passionfruit Jam

Wash passionfruit well, cut in halves, scoop out the pulp. Put skins on to boil in water, and boil about ½ hour, or until tender. Then scoop out the soft part, leaving the skins like thin paper, which may be discarded. Add the pulp to the seed pulp. To each cup of pulp add ¾ cup warmed sugar. Boil till it will set—about 1½ hours. Or this may be added to melon jam.

FROM THE MAILBAG

Salting Beans is Safe

Dear Aunt Daisy,

I have been preserving beans for some years by the method of cutting them up and placing them in a jar with salt and sugar alternately. When required for use I simply wash well and boil until tender. I have been told that I should not preserve beans without cooking them first as there is a chance of poisoning. We have never had any ill-effects from using them preserved in the manner described above. Will you kindly tell me if my method is safe.

L.P., Hamilton.

The method you describe is perfectly safe. It is only when beans are cut up and boiled as for dinner, and then put into jars without any further processing, that the bacteria which cause botulinus poisoning may develop. The old English method of preserving by salt is perhaps the oldest method of all. The addition of a little sugar is newer and adds to the flavour—5½lb. beans cut up as for table, 1lb. salt and ½lb. sugar. Mix the salt and sugar well, sprinkle over beans, and leave overnight. Next day pack into jars, cover with the brine which formed. Keep in a cool place. Don't screw airtight. Wash and cook as usual. If you