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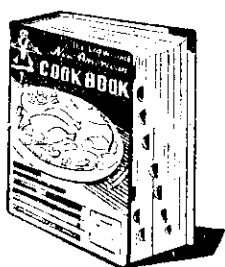


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BLACKBERRIES

TO most people, I suppose, the blackberry season means first a picnic and then jam-making, with a few pies and puddings thrown in for good measure. The berries are fairly expensive in the cities; but generally there are friends in the country who will send some. Blackberries and mushrooms are alike in that respect—free to country people. When picking for jam, or jelly, be sure to include a few half-ripe ones, as they help in the setting.

Blackberry Cobbler (sent by "Old Cook")

Cook 3 cups of blackberries in 1 cup of water, juice of 1 lemon, and sugar. When cold, put into a pie-dish, sprinkle with sugar and flour (about 2 tablespoons of each), and a dab or two of butter. Then cover with a good sheet of short pastry, or with crushed biscuits, or sponge cake crumbs; dab with a little more butter, and cook in a good oven for about half an hour.

Blackberry and Apple Jam (seedless)

Any quantity of blackberries, some red ones among them, and about one fourth the weight of apples. Simmer the berries to a pulp with just sufficient water to prevent burning at the start. Strain through muslin bag. Cut up the apples roughly, including peels and cores, and boil to a pulp. Strain through colander. Mix the two strainings and to every pint of juice add ¾ lb. of sugar. Stir until dissolved. Boil until it sets when tested.

Blackberry Jam (plain)

Simmer the washed berries till quite soft with just sufficient water to prevent burning at the start. Add ¾ lb. sugar to each pound of fruit. Stir till thoroughly dissolved. Then boil till it jells. If wanted with more jelly, add more water at the start, boil till soft, and add sugar in the proportion of cup for cup. If wanted seedless, strain before adding sugar.

Sponge Crust (with butter) for Blackberry Pie

One egg, pinch salt, 1oz. butter, 1 breakfast cup flour, 1 teacup or less of sugar, 3 tablespoons milk (or more), vanilla if liked. Beat egg and sugar; melt butter with milk and add. Sift in flour, etc. Pour over hot fruit. Hot oven, about 20 mins.

Sponge Crust (without butter) for Blackberry Pie

Beat an egg well, add ½ cup sugar, beat well. Add 1 cup flour, pinch salt, and 1 teaspoon baking powder. Enough milk to make a thin batter. Pour on hot fruit. Hot oven about 20 mins.

Blackberry and Apple Jelly

It is better to make up blackberry jelly in comparatively small lots, as it sets better. The juice of one or two lemons added during the last quick boil helps it to set, and gives you a lovely flavour. 6lbs. blackberries; 2lbs. apples; allow one cup sugar to each cup of juice. Chop up the apples, including

skins and cores, and place in a preserving pan with the blackberries and water to cover. Cook until soft. Strain through jelly bag. Measure juice and bring to the boil, stir in sugar gradually, and when you are sure that the sugar is thoroughly dissolved, boil fast till a little jellies when tested on a saucer—about half to ¾ of an hour.

Blackberry Surprise

Stew enough blackberries to almost fill a piedish. If they are the small, seedy kind, it is nicer to pass them through a sieve after they are cooked. Cream together 2oz. butter, and 2oz. sugar. Add 4oz. flour and ½ teaspoon baking powder. Mix well together, and sprinkle evenly over the top of the hot fruit and bake to a nice light brown. Serve with cream or custard.

Blackberry and Plum Jam

Five pounds of blackberries; 2lbs. plums; 1 pint water; 5lbs. sugar. Stew plums in water for a few minutes; add blackberries and boil together about 15 minutes. Stir occasionally. Heat sugar, stir in till dissolved, and boil about 1¼ hours, or till it will set. Add a small teaspoon citric or tartaric acid 10 minutes before taking up. Sour apples may be used instead of plums.

FROM THE MAILBAG

Dried Beans

A few days ago I received a little cardboard box beautifully packed with home-dried beans, very green and fresh-looking, but DRY. Here is the letter which accompanied it:

Dear Aunt Daisy,

These are for you to try. They are ordinary "string" beans which most home gardeners grow, and are simply sliced in the usual way, and dried in the sun. Spread a piece of kitchen paper on a tray and spread a layer of sliced beans on this. It may be necessary to anchor the paper, especially in windy Wellington. Take the trays in at night. Two or three days should be ample. The beans should be hard and crisp when finished. Store for the lean days when it is often impossible to get much variety. We put ours in clear glass preserving jars, so that we may watch their condition. Last year was our first attempt, and they kept beautifully till December—in fact are still good as ever. Soak for 24 hours with a tiny pinch of baking soda and cook for about an hour in the same water with the usual salt and perhaps a little sugar.

People here have been glad of this method, which requires no hot scalding bottles, etc., and uses nothing but patience, and takes up less room. I hope you will like these and find the idea useful for passing on. Yours,

Mary Jane.

P.S. Green peas are good dried in this way too. They take a little longer. The flavour keeps very well.

For Embroidery Designs

Dear Aunt Daisy,

I listen regularly to your morning session with much interest, and have gained much benefit from many of your hints. I felt very grateful to you when I was

EVEN YOUR BEST FRIEND WON'T TELL YOU

How's YOUR Breath To-day?

YOU may be guilty of halitosis (bad breath) this very moment and yet be unaware of it, the subject is so delicate that even your best friend won't tell you. That's the insidious thing about this offensive condition: you yourself never know when you have it, but others do and some may snub you unmercifully. Don't run this needless risk. You can be sure that your breath will not offend by merely using Listerine Antiseptic, the remarkable deodorant with the delightful taste. Rinse the mouth with it every morning and every night, and between times before business and social engagements. As it cleanses the entire oral cavity, Listerine Antiseptic kills

outright millions of odour-producing bacteria. At the same time it halts the fermentation of tiny food particles skipped by the tooth brush (a major cause of odours) then overcomes the odours themselves. Remember, when treating breath conditions you need a real deodorant that is also safe; ask for Listerine—and see that you get it.

If all men and women would take the delightful precaution of using Listerine, there would be fewer waning friendships in the social world—fewer curt rebuffs in this world of business. The Lambert Pharmacal Co. (N.Z.) Ltd., 64 Ghuznee Street, Wellington.



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