



YOU need SANATOGEN* nerve tonic food

Feeling tired, run-down, "Nervy", depressed? Your body is evidently unable to cope with the stress and strain of modern life. You need a course of the body-building, nerve-building Sanatogen.

What Sanatogen does



This famous tonic actually builds-up the body with protein and organic phosphorus, puts back into your system what the strain and stress of modern life has taken out. Your chemist stocks Sanatogen—why not start a course today?

*Registered Trade Mark of BENGERS-GENATOSAN PTY. LTD.
350 George Street, Sydney



obtainable in 14 delightful perfumes
HANSSELL LABORATORIES LIMITED, MASTERTON



TREE TOMATOES ARE POPULAR

EVERY year tree tomatoes gain in popularity. They may be used in both sweet and savoury dishes, which makes them especially useful. Be sure to skin them always (just as you do ordinary tomatoes) by pouring boiling water over them, and leaving them for a minute or two, which makes it easy to strip off the skins. Most people do not like them raw, although they actually are very nice, added to a mixed salad—cut in thin slices and salted a little. They may also be eaten plain with cream or top-milk—just cut them in halves and scoop out the pulp, sprinkle with sugar, and leave to stand an hour or so before eating with cream—much like passion-fruit.

As Breakfast Fruit

Skin the tomatoes, and put them either whole, halved or sliced, into a casserole. Sprinkle with sugar and lemon juice; barely cover with water, and bake with the lid on, slowly, till soft. Eat hot or cold. Alternatively, cook some diced rhubarb with the tree tomatoes.

Savoury with Kidneys and Bacon

Slice thickly the skinned tree-tomatoes and cook slowly in a small saucepan with a little chopped onion in a little fat (butter in former days). Add a seasoning of sugar, salt, and pepper, and when soft, a few spoonfuls of stock or gravy. Thicken with soft bread-crumbs and serve with fried kidneys and bacon, or liver and bacon, or sausages, or fried bread.

Tree Tomato and Apple Jam

This is the recipe which converted me from disliking tree-tomato jam into a devotee. It was given to me, on water biscuits, for afternoon tea. Skin and cut up 3 lbs. of tree tomatoes; peel and mince 1 lb. of green apples. Put these on to boil with 2 teacups of water. When boiling, add 4 lbs. of sugar, stir continually till properly dissolved, then boil fast for about an hour, or until it will set when tested. Add the juice of one or two lemons when nearly done. This adds piquancy to the flavour as well as helping it to set. Put in hot jars and seal at once.

Tree Tomato Chutney

This recipe came to me from a very expert housewife who loves preserving. She says it is the only chutney which is better with onions than with garlic! About three pounds of tree tomatoes skinned and cut up; 1 lb. onions; 1½ lbs. apples; a pint of vinegar; 2½ lbs. brown sugar; ½ packet of mixed spice; 1 tablespoon of salt and a scant half-teaspoon of cayenne. This should not need more than an hour's boiling, and makes 5½ lbs. of chutney.

Tree Tomato and Melon Jam

Two pounds of tree tomatoes; 4 lbs. of melon; 6 lbs. sugar; 2 pints boiling water; and 1 level teaspoon citric acid, or the juice of 2 or 3 lemons. Peel and cut the melon into dice. Pour the 2 pints of boiling water over the clean tomatoes. Stand in a hot place for 15 minutes, then skin the tomatoes and cut

them up. Pour the water they were soaked in over the melon and the cut-up tomatoes. Bring to the boil and boil for 5 minutes. Add the sugar, stir till dissolved, and then boil till nearly done. Add the acid, or lemon juice, and boil till it will set when tested. Pot hot, but seal cold.

Tree Tomato Jam

Wipe tree tomatoes, put in a basin, and cover with boiling water. Leave 1 hour. Lift out and skin them, slice, and put back in that same water. Leave 24 hours. Add ¾ lb. sugar to 1 lb. of fruit, and stir till well dissolved. Boil till it will set when tested. Add the juice of 1 or 2 lemons when nearly done.

Dried Apricot and Tree Tomato Jam

This is a for a "Link" at Pt. Chevalier. Wash 2 lbs. of dried apricots in hot water with a little baking soda. Rinse in clear water. Soak in 5 pints of water for 3 days. Then skin 2 lbs. of tree tomatoes, and boil together till all are soft. Add 7½ lbs. of sugar, stir till it is dissolved. Then boil ¾ hour or until it will set when tested. Watch this jam, as it burns easily.

FROM THE MAILBAG

Waterproofing Again

Dear Aunt Daisy,

Some time ago there appeared on your page a method for proofing rain-coats. Would it be possible for you to reprint this, for, unfortunately, my copy of that particular Listener is missing.

"A Student."

If only you had put your full name and address we could have posted this recipe back to you straight away—we will post recipes and hints to any reader who encloses a stamped and addressed envelope. However, here is the method for waterproofing materials—it would not do for a rubber-lined coat.

Into a pail of soft or rain water put ½ lb. of sugar of lead, and ½ lb. of powdered alum. Stir every now and then till the mixture becomes clear. When no more will dissolve, pour it off into another vessel, being careful not to disturb the sediment at the bottom. Put the coat into this and leave it for 24 hours. See that it is completely immersed, and if there is not enough liquid for this, you can add some more water. Then hang the coat out to dry without wringing—it may take 2 or 3 days to dry properly.

Spotted by the Rain

Dear Aunt Daisy,

I am a constant reader of The Listener, and am hoping that you will be able to advise me of the best way to clean a white felt hat that has been spotted by the rain. I have also a white table cloth that has been badly stained by tea. Could you tell me of some method of cleaning it?

"Constant Listener" (Wellington).

Try rubbing the felt hat gently with very fine emery or sand paper. Use an old soft pliable piece, and rub the whole hat, because you will find that it will clean the hat too, so you just make it