

peas which have kept perfectly for 12 months and longer. Runner beans done in this manner keep perfectly also and do not taste salty like those done by the salt and sugar way.

To preserve Peas and Beans: To every quart of water add 1 tablespoon salt (not iodised), 1 tablespoon sugar and 2 tablespoons vinegar. Boil for at least 10 minutes, then add peas (shelled) and cook. Then put in preserving bottle, overflow with boiling brine that the peas were cooked in and seal immediately. Fill one bottle at a time. I have never had a failure with this method. Before sealing bottles remove air bubbles by running knife around inside of bottle. When ready to use pour off liquid, wash well, add sprig of mint and boil up.

Mrs. V.C.

Thank you very much. I am going to try your method myself. Of course I have to be very careful indeed, both in broadcasting and in publishing, to advise only such methods as are perfectly safe. The three-hours' processing for peas and beans and corn (non-acid vegetables), is the only safe method to guard against any possibility of Botulinus poisoning, which is always fatal. However, this form of food poisoning has not shown itself in New Zealand; and provided that the vegetables have acid added in the processing (vinegar or lemon-juice) and that they are boiled again for 10 minutes before eating, they really should be safe, although I may not recommend the method. Never taste preserved vegetables that seem the least bit doubtful; but throw them away. Factory-canned vegetables are safe because they are processed at so much greater heat that all bacteria are killed. When I try your method I shall boil the peas before eating, just to be consistent and safe.

Preserving Tomatoes

Dear Aunt Daisy,

This morning, while listening to you, I heard you tell us various ways of preserving tomatoes. I thought all except the first way sounded rather complicated, so I am writing to tell you how we have been doing tomatoes for years:

Wipe the tomatoes, and put them through the mincer—the tomatoes may be peeled first, but I don't bother. Then put them into either beer or soft-drink bottles, or any other bottle that will take a cap; and fill till about 2 inches from the top, then bang the caps on the bottles, put them in the copper, cover with cold water, bring to the boil, and boil for 20 minutes. Then leave till next day or until cold.

I was given this method by a friend who has done tomatoes this way for over 10 years. She has never had a failure, nor have I. It is such an easy way, too, and if when you open them you add milk to the juice, it makes the most delicious soup I have tasted. Hoping this may be useful. "V.C.", Auckland.

Meat Loaf

Dear Aunt Daisy,

Here is a recipe for meat loaf: One pound topside; 1 egg; ½ lb. bacon; half a nutmeg; 2 cups breadcrumbs; pepper and salt. Mince topside and bacon together and mix in breadcrumbs and beaten egg, the grated half nutmeg, pepper and salt to taste. Mix well. Press into basin and steam 2½ to 3 hours. Remove basin from saucepan and press loaf down with saucer, allowing fat to run off. Leave to cool with heavy weight on top to press. When cold turn out on to plate. This is a most delicious cold meat, so easy to make and no waste when cut. "E.J.M.", Auckland.

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