

Wool gathering?



Copley's Knitting Instruction Leaflets and Copley's Wools are available at better stores throughout New Zealand.



THEN ASK FOR

KNITTING WOOLS

When you seek English Knitting Wool of quality, ask and search for Copley's. The supply of Copley's to New Zealand is limited but it comes regularly, and Copley's is well worth waiting for.

If you can't obtain Copley's Wools write to: "Copley's," P.O. Box 828, Wellington, for name of your nearest stockist.

L. COPLEY-SMITH & SONS LIMITED, MANCHESTER, ENGLAND.

When tongue is white

tummy CAN'T be right

When your child develops a whitish tongue and becomes restless and irritable, you suspect constipation. A question or two confirms your suspicion. Then a dose of Calig, the pleasant natural laxative, given at bedtime will make things right by morning. Be wise—always have Calig ready—the gentle laxative especially made for children.

Have Calig handy

N.Z. Distributors: Fassett & Johnson Ltd., Levy Building, Manners St., Wellington.



MORE APPLE SUGGESTIONS

APPLES eaten raw are, of course, best of all from the point of view of health; even invalids and young children can be given raw apple scraped from the fruit with a teaspoon, if they are unable to chew them. To eat a raw apple, unpeeled, after dinner, is good for both teeth and tummy, while to eat a raw apple and drink a large glass of milk together every morning has been found to relieve rheumatism. Here are a few of the scores of other ways in which apples may be used:

Apple Stuffing

This is good for pork, or duck, or veal. Fry a small minced onion in a little butter (or fat) until light brown; add 3 sour apples, chopped or grated, and fry a little more; then stir in pepper and salt to taste, a dessertspoon of sugar and one of grated lemon rind, and a breakfast cup of breadcrumbs. Mix well, and moisten with a beaten egg—or milk—or vegetable stock.

Orchard Pudding

This is a glorified apple pudding, steamed. Make a good suet paste with 8oz. flour sifted with 1½ teaspoons baking powder and ¼ teaspoon salt; 4oz. finely shredded suet, and mixed with milk and water. Roll out and divide into 3 parts. Grease a pudding basin and cover the bottom with strawberry or raspberry jam before lining it with paste up to not quite the top. Now fill up with sliced apples, sprinkle with sugar and about ½ cup of water flavoured with lemon juice; cover with a thin layer of paste and spread on top of it a layer of black currant jam. Finish with a third layer of thin paste, cover with buttered paper, and steam for 2 to 2½ hours. Serve with hot custard (or cream).

Devon Apple Curranty

Sift ¾lb. flour with a teaspoon of baking powder and ½ teaspoon salt, into a mixing bowl. Add ½lb. of finely shredded suet, 2 tablespoons sugar, 4 large, sour apples peeled and chopped into pieces about the size of lump sugar; and a few sultanas or currants. Stir all well together and mix with a beaten egg and sufficient milk to make a cake-like mixture. Steam in a greased basin for 2 to 2½ hours; or bake in pie-dish, moderate oven, about 1¼ hours.

Tenterden Apple Pie

This is the traditional apple pie of the County of Kent. Two pounds of cooking apples; ¼lb. sugar; ¼lb. cheese; some cloves, and some short pastry. Peel, core and cut the apples in thick slices. Place a layer in a pie-dish. Sprinkle on a tablespoon of sugar then add the remainder of the fruit and sugar, and the cloves. Pour in ½ teacup of water. Cut the cheese in thin slices, and cover the apples with them. Sprinkle with the merest suggestion of pepper, and a little nutmeg, and 1 teaspoon sugar. Roll out the pastry, line the edge of the pie-dish with a strip of pastry, put on the pastry cover. Press

the edges together, raise them slightly with a knife, and sprinkle on a little sugar, and bake in a good oven 40 to 50 minutes.

Dutch Apple Pie

Pastry: ¼lb. shortening; ½lb. flour; ½ teaspoon baking powder, salt to taste, milk to mix. Use a sponge tin for this pie. Line sponge tin with pastry, spread with raspberry jam. Sprinkle jam with desiccated coconut. Chop up sufficient apples and sprinkle with spice and sugar, mixed together. Place on top of coconut. Wet edges and put on pastry top. Brush over with milk, sprinkle with sugar. Bake in good oven ½ to ¾ hour. Delicious.

Apple Chutney

Four pounds of apples; 2lb. tomatoes; 2 large onions; 1lb. sugar; ¼lb. salt; ½oz. ground ginger; ¼ teaspoon cayenne; ¼oz. allspice; 1 quart vinegar; 1lb. seedless raisins. Skin tomatoes,

TO FROST WINDOWS

1. Dissolve as much Epsom salts as possible in hot water. While still hot, brush over glass. Do not let liquid run. It will soon cool and deposit crystals on the window; these show in pretty figures and designs.

2. Paint with white paint and dab with nail brush, to give stippled effect.

mince apples and peel onions. Tie spices in a muslin bag. Boil all together in saucepan 1 or more hours, till brown and cooked. Half a cup of finely chopped mint added makes an interesting flavour.

Apple and Bacon Pudding

This makes a savoury, tasty meal—and needs no meat coupons. Make a suet crust with 2 large breakfast cups of flour, 1 cup shredded suet, 2 teaspoons baking powder; 1 teaspoon salt and water to mix. Roll out into an oblong, cover with slices of bacon, then slices of onion, and slices of apple, sprinkling with chopped parsley between each and a very little powdered sage and thyme if liked, just to give a delicate flavour. Roll up as for jam roll, enclose in greased paper and then a pudding cloth, and boil for 2 hours. Serve with 2 or 3 vegetables.

Apple and Fig Pudding

One cup flour; 1 cup breadcrumbs; ¾ cup shredded suet; salt; 1 cup diced apples; 1 cup chopped figs or dates; 2 level teaspoons baking powder; ½ cup sugar. Mix with milk, but do not make too wet. Steam 2½ to 3 hours.

FROM THE MAILBAG

Fruit and Nut Loaf

Dear Aunt Daisy,

As eggs are not so readily available in the bigger cities, I thought that the following recipe may be of help to many "Daisy-Chainers." It is eggless, requires little or no butter and makes a really

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