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## MARMALADE

**T**HE New Zealand grapefruit, now in season, is a very luscious and valuable fruit—far ahead of the old Poorman orange, and often juicier than imported grapefruit. Their special flavour is delightful and different from that of overseas grapefruit. They can be bought quite cheaply by the case (by late July and early August), and I do urge people to eat them raw—as a breakfast-fruit with honey perhaps. For eating, they must be mature; for marmalade-making they are best early in the season. An odd greenish one in a batch of marmalade helps the setting and also the flavour.

The chief points to watch in making marmalade are the fine cutting of the peel, the soaking in water for the required time, and, as in all jam-making, the stirring in and thorough dissolving of the sugar before the final rolling boil. Test very often at this last stage, as even a few minutes over the correct setting stage will over-cook the marmalade and cause it to get sticky; while sugar not properly dissolved, or over-boiling, will cause crystallization.

### Hamilton Marmalade

Three and a-quarter pounds of New Zealand grapefruit (about 8); 8 pints water; 8lb. sugar. Cut up the fruit very finely indeed with a sharp knife and carefully conserving all the juice; cover with the water; soak at least 24 hours. Then simmer consistently until skins are quite tender (about 1½ hours). Leave standing another 24 hours. Bring to boil again and then add the warmed sugar gradually, stirring continuously. When you are sure that the sugar is really dissolved, turn up the heat and boil very fast until it will set when tested on a cold plate. It may take anything from 10 to 30 minutes according to the ripeness of the fruit. Test very often, so as not to overboil. Bottle in hot clean jars. Seal airtight. A round piece of white paper dipped in vinegar and laid on top of the marmalade before sealing helps to prevent mould.

### Prize Marmalade

This is the recipe we use at my home, and have done for years; 6 grapefruit, 9lb. sugar; 12 breakfast cups water. The recipe says 4 grapefruit and 2 sweet oranges; but we use all grapefruit. Still some people prefer the other way. Make as usual—cut up the fruit finely and leave soaking in the water all night; bring to boil and when tender after about ½-hour take off and leave again for 24 hours. Then bring to boil, and after ½-hour add the warmed sugar gradually and stirring thoroughly all the time till sugar is dissolved. Then boil fast till it will set when tested—probably about an hour. This is a lovely jelly-like marmalade, with the orange well divided, and neither too sweet nor too bitter.

### Marmalade with Honey

Take 3 good-sized New Zealand grapefruit and 1 lemon (or 4 grapefruit if no lemon); 4lb. honey; 6 cups of

water. Slice the fruit very thin and leave to soak in the water for 24 hours. Bring to boil, and boil steadily for 1 hour when the peel should be soft. Add the honey, stirring it in carefully and lifting it through and through until it is dissolved and blended properly. Then boil fast till the marmalade will set when tested, stirring very frequently.

### Grapefruit and Carrot

Finely shred, or mince, 5 medium-sized carrots, and thinly slice 2 large New Zealand grapefruit. Cover with 3 pints of water and leave soaking for 24 hours. Then bring to boil and simmer

### A LUNCH CAKE

Two cups flour, ½ cup vanilla custard powder, 1½ cups golden syrup or treacle, 1lb. any mixed fruit, 2 cups shredded suet, 1 teaspoon baking soda. Put flour, fruit and suet into basin. Warm the syrup or treacle and add one cup hot water. Dissolve soda in a little water. Mix as for a pudding. Put in a well greased, round cake-tin, and bake in a moderate oven till well cooked. Ice when cool, but not cold. This cake keeps for two or three weeks.

Icing: One cup full cream milk powder, mixed with 2 tablespoons of sweetened condensed milk and hot water, to make a nice spreading consistency; then cover with a good layer of desiccated coconut, well pressed on.

steadily till all is tender—about an hour. Stir in 4lb. of warmed sugar gradually, stir and stir till dissolved, and then boil fast till it will set when tested, stirring frequently.

### Lemon and Carrot

Grate finely 3 large carrots and finely slice 3 lemons. Cover with 3 pints of boiling water, and boil for 1½ hours when all should be tender. Then add 4lb. of sugar, stir till dissolved, and boil until it will set when tested, stirring frequently—about another 1½ hours.

### Five-Fruit Marmalade

One large cooking apple, 1 large sweet orange; 1 Poorman's orange, 1 large carrot, 1 lemon. Grate carrot, cut apple into cubes, cut oranges and lemon in usual way. To 1 cup mixed fruit add 3 cups cold water, let stand till next day, then boil 1 hour. Then add 1 cup sugar to 1 cup pulp, and boil 1 hour. Seems a lot of water, but is all right. It takes about 5lb. sugar, and makes quite a lot of marmalade.

### Easy Marmalade

To every orange, lemon or grapefruit allow 1lb. sugar and 1 pint water. Cut up fruit, cover with the correct amount of water. Leave 12 hours. Next day, boil slowly till soft, then add warmed sugar, and boil quickly till it sets.

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