

Pour into hot, clean jars, cover and tie down. When cooking larger quantities than above recipe, only the same time is required.

Four-Fold S.O.S. From Apia

Dear Aunt Daisy,

First, have you a recipe for home-made fruit salts. We have to boil all our drinking water here, and boiled water is very uninteresting, isn't it? Second, tinned jam here is expensive, so can you give me a recipe using tropical fruit such as paw-paw or pineapple. Third, I should be very grateful for a recipe for ice-cream, using powdered milk. Lastly, most of my floors are covered with a cork-like composition, dark-brown, which is, I believe, made from a wood-pulp base. If unpolished, it shows every mark; but ordinary polish looks patchy when applied, due, I think, to the polish being thinned by the heat and penetrating into the flooring material. Do you know of anything I could use or do to overcome this patchy effect?

Best wishes and many thanks from
"Western Samoa."

I am very glad to help you. Take the last problem first. I consulted an expert on the subject and he suggests first washing over the floor with water containing a little washing soda, and afterwards, when dry, going over it with turps, to remove all the patchy polish. Now, having cleaned the flooring it must be sealed, by applying a shellac-varnish, or knotting varnish. This must not be too thick—thin it down with methylated spirits to the consistency of thin cream. Leave about 6 hours to soak in, then put on a second coating of this knotting. Now you can use a good reliable oil-varnish, and your floor should be fixed.

HOME-MADE FRUIT SALTS:—

2oz. tartaric acid, 2oz. bicarbonate soda, 2oz. cream of tartar, 6oz. castor sugar, 1oz. Epsom salts. Mix well, bottle, and keep in a dry place.

PINEAPPLE AND PAW PAW JAM:

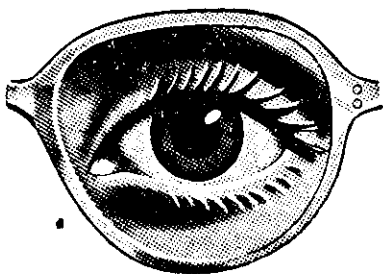
—5 medium paw-paws; 1 medium pineapple; peel both, cutting the core off the pineapple and removing seeds from the paw-paw. Shred the pineapple and dice the paw-paw. Weigh the fruit and allow ½lb. sugar to each pound of fruit. Sprinkle with sugar and allow the fruit to stand for several hours, then put into a preserving pan and bring slowly to the boil, stirring all the time. Add the rest of the sugar and boil until transparent and will jell when tested.

ICE-CREAM USING POWDERED MILK:—

One pint milk, 3 tablespoons full cream milk powder (beaten with a little extra milk); 2 dessertspoons custard powder; one or 2 tablespoons sugar to taste; 3 tablespoons sweetened condensed milk; vanilla. Bring this up to the boil in a double saucepan, but do not boil. Add 2 teaspoons gelatine dissolved in a little water. Put into freezer for one hour (full freeze). Take out and beat well again, and put back. Very rich.

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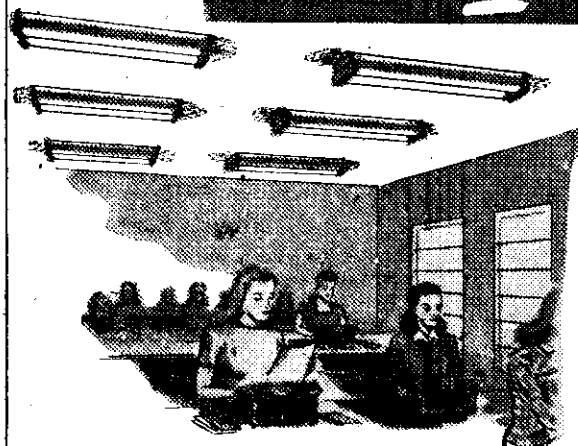
"And that's
that!"

—says Mrs. Rawlins

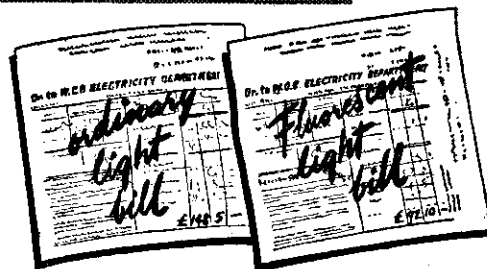
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