

America's finest PRESSURE COOKER is here!

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NOW AVAILABLE IN TWO SIZES—
7 PINTS, 8½ PINTS

The Hawkins Universal is built under
License from Landers, Frary & Clark, of
New Britain, U.S.A., by L. G. Hawkins &
Co. Ltd., London.

Hawkins 'Universal' PRESSURE COOKER

Factory Representatives:

JONES, BEGG (N.Z.) LTD., BOX 152, WELLINGTON.

- **SAFE-T-SEAL COVER** is sealed by cooking pressure and cannot be opened until pressure is lowered and it is safe to open.
- **VENT-WEIGHT** maintains correct cooking pressure automatically.
- **'OVER-TEMPERATURE' PLUG** provides complete safety by releasing pressure automatically if, through serious inadvertence, simple instructions are not followed.

- **COVER LOCKING DEVICE** permits single-handed operation. Handles are made of bakelite, always cool to the touch.

Pressure Cooking gives Perfect and more Nutritious Cooking.



"Now, it's all right, Mummy, don't worry. Teacher bathed it and put on the *Dettol Ointment on; she said it's wonderful stuff."

"*DETTOL' OINTMENT is strongly recommended for the prevention and treatment of septic conditions of the skin which require a soothing, antiseptic cream to promote healing."

RECKITT & COLMAN (New Zealand) Ltd., Pharmaceutical Division, Bond Street, Dunedin.
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SUMMER FRUIT SEASON

THE summer-fruit season is nearing its close; our jams are made, our bottling is done. Here are some suggestions for the closing weeks, when small quantities of most fruits are still available.

Fruit Butters

In American recipes we often read of apple-butter, plum-butter, and so on, used as "spreads." They are very varied and popular. Actually, these "fruit-butters" consist of our old friend fruit-pulp, cooked with sugar until of a consistency soft and easily spread when cold.

I have often given you the fruit-pulp-idea, which is so useful for using slightly bruised or imperfect fruit, or windfalls. Simply cut off any damage, cut up and bring to boil slowly with as little water as possible—some fruits need none at all. Just crush them against the sides of the pan to start the juice flowing; the pan could be rubbed over with a butter paper to prevent burning. When the fruit is properly boiled to a pulp, fill it into hot, sterilised, jars while still boiling, and seal airtight immediately. This can be used for tarts, adding the sugar to taste; or for jam, adding cup for cup of sugar. For fruit-butter, however, cook the fruit to a pulp, then press through a sieve because the "butter" must be very smooth. Then add sugar to taste—usually half as much sugar as fruit-pulp. Add also ½ teaspoon salt to each big boiling, and then boil rapidly, stirring constantly. As the "butter" cooks down and becomes thicker, reduce the heat to prevent spattering. When fairly thick, test by pouring a small quantity on to a cold plate. It is done when no rim of liquid separates round the edge of the "butter." Bottle and seal while boiling hot. Here are some varieties and how to prepare the fruit.

Pear Butter

Quarter pears: remove stems but not cores and skins. Add half as much water as fruit and continue as above.

Quince Butter

Cut into small pieces. Leave cores and skins, but remove blossom-ends. Add water, using from half to equal quantities to fruit, according to the dryness of the quinces. Then proceed as usual.

Apple Butter

Pare and slice the apples; then continue as above.

Apricots and Peaches

Let stand in boiling water for a few minutes to loosen the skins; then skin and remove stones. Crush and cook in their own juice. Continue as above.

Plums

Crush them, remove stones, and cook in their own juice. Continue as above.

Grapes

Remove stems, crush, and cook in own juice.

Spices may be added as desired when bottling—say 1 to 2 teaspoons of mixed ground spice to a big boiling. Use only

enough spice to give a delicate suggestion without obscuring the natural fruit flavour. To avoid discolouring with ground spice, use whole spices tied loosely in butter muslin, and remove.

Apricot Blancmange

Stew gently a pound of apricots, cut in halves, with sugar to taste. Strain the juice off carefully, add the juice of a lemon, and if not quite a pint, make up with water. In this dissolve one ounce of gelatine (1oz. gelatine sets 2 pints of liquid). Push the apricots through a sieve and add their pulp to the liquid when cooling. There should be a breakfast-cupful of pulp at least. Prepare ½ pint of custard (either with eggs or custard-powder, but egg custard is richer), slightly sweetened and just flavoured delicately with almond essence. When both are cold, stir them together and pour into a mould. Leave to set. When turned out it should be served surrounded with halved apricots filled with whipped cream and topped with a glace cherry. The apricots may be ripe and raw, or preserved. But even served without this garnish the blancmange is delicious.

Passionfruit Flummery

Half an ounce of powdered gelatine; 1¼ cups hot water; ¾ cup sugar; 1 tablespoon flour; ½ cup orange-juice (or lemon juice); 6 or 8 passionfruit. Mix the flour to a smooth paste with a little cold water. Add the sugar to the hot water, and carefully stir in the flour; boil for 5 minutes, stirring. Now add the fruit-juice, and the gelatine which has been dissolved in ¼ cup hot water. Mix up well. Leave to cool, and when beginning to thicken or set, beat it up to a stiff cream. Then stir in the passionfruit. Turn it into a pretty serving-bowl and leave to set. Serve with cream or custard.

FROM THE MAILBAG

Bottling Without Sugar

Dear Aunt Daisy,

I am suffering from diabetes and would like to know how to bottle fruit with saccharine tablets, as I am not allowed sugar and would like to bottle some for the winter. I have tried the boiling water method, but find the fruit does not keep.

"A Whataupaka Link."

Try this recipe for bottling fruit without sugar, which is perfectly safe and quite reliable, and was used almost universally during the war, when sugar was so scarce. Then you can add your own saccharine, when you eat the fruit, according to taste. I think perhaps you did not thoroughly sterilise your fruit, and that would cause the deterioration. You may use either a "skin" or screw tops or the fat method to seal your preserves, so long as they are made properly airtight while the fruit and water are still as near boiling as possible.

Pack the fruit carefully into jars, fill up with boiled and cooled water, put the lid on loosely, and sterilise either in the oven or in the water-bath, till

(continued on next page)