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PINEAPPLES

FOR some time now we have been enjoying imported fresh pineapples. Like all fruits they are probably best eaten simply plain and raw. There is no doubt that they have a more delicious flavour when freshly cut, as those of us who have eaten them in Hawaii or Suva know. Nevertheless, they arrive here in excellent condition. Here are some suggestions for making use of them.

Pineapple Surprise

Cut a "lid" off the crown end of a fresh pineapple, about an inch down, so that you can reach inside easily to cut out the inside with a sharp knife. Chop this up quite finely and mix it with ice-cream. If you have a refrigerator, make your own ice-cream, using some of the juice you have been careful to save as you cut it up. Re-fill the pineapple now with the chopped fruit and ice-cream, replace the "crown," and send it to table on a pretty dish surrounded with glossy, dark-green leaves and colourful flower-heads to tone with the pineapple. Nasturtium flowers do nicely.

Pineapple and Crayfish Salad

Cut up the crayfish meat (especially the tasty meat in the claws) into small pieces, mix with celery, pineapple and some chopped almonds. Have enough nice mayonnaise to moisten. Serve in pieces of the shell, or on individual lettuce leaves.

Pineapple Rarebit

Toast slices of bread on one side only. Quickly spread the other side with butter, and a scrape of mustard; cover with a slice of cheese, and a slice of pineapple, and on top of all a slice of bacon. Cook in top of a hot oven or under a heated grill till the bacon is cooked—just a few minutes.

Pineapple Jam

Peel the pineapples and remove any specks. Put through the mincer or scrape on coarse grater, catching all the juice. Weigh the pulp, and allow one pound of sugar to each pound. Put into pan, with the juice, and the juice of 1 or 2 lemons. Put in the sugar also, and stir until it gradually comes to the boil and the sugar is thoroughly dissolved. Then boil fast till it will set when tested on a cold saucer—may take an hour.

Pineapple Jam (Suva recipe)

Peel and grate pineapple. To each cup of pineapple allow 1 cup of sugar. To 2 cups of sugar allow 1 teacup of water. To each pineapple allow grated rind and juice of 1 lemon. Put sugar and water into a saucepan. Boil until it is a thick syrup, then add pineapple and lemon. Boil about 15 minutes longer, skimming well, until it will set when tested.

Pineapple Honey (Suva recipe)

Two quarts of grated pineapple; twice the quantity of sugar and $\frac{1}{4}$ cup lemon juice. Put pineapple, sugar and lemon juice into saucepan and stir until dissolved, and allow to stand 8 hours. Put

over slow fire, bring to boil and simmer slowly until honey is transparent and thick.

Pineapple and Dried Apricot Jam

This is another Suva recipe. One pound of dried apricots; 2 cups grated pineapple; $2\frac{1}{2}$ pints of water; $2\frac{1}{2}$ lb. sugar. Soak the apricots in the water for 24 hours; boil the apricots and pineapple for $\frac{1}{2}$ hour, add the sugar and boil $\frac{1}{2}$ hour more or until it sets on a cold plate.

Pineapple Cup (for parties)

Cut up very finely, or grate, a fresh pineapple. Put into big serving bowl with 2 cups of orange-pulp and 1 cup of passionfruit pulp. A diced apple or two may be put in, and if liked, 1 or 2 mashed bananas; also a cucumber sliced up very finely, with the skin left on.

TOMATO JAM

Skin 7lb. of ripe tomatoes; cut them up into a preserving pan after removing cores. Boil till very soft, then add juice of 2 lemons. Now add 3lb. sugar, stir till dissolved and boil till it is nearly done; then tip in a packet of raspberry jelly crystals and a small piece of butter and stir till the jelly crystals are dissolved. Bottle and seal. This keeps well.

Cover the whole with a cup of sugar and the strained juice of 2 lemons. Prepare 4 cupfuls of fresh tea, strain, and while still hot pour over the above. Allow to stand on ice (if possible) for some hours, to blend the flavours. Just before serving add several bottles of ginger ale, and one or two of soda water.

Pineapple Fritters (Hawaii)

Cut slices of fresh pineapple in half. Roll each piece in beaten egg and then in fine breadcrumbs or cracker crumbs and fry in deep fat.

Pineapple Conserve

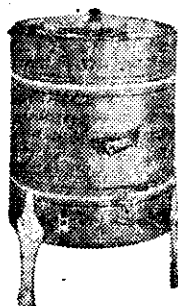
This is another Hawaiian recipe. Put fresh pineapple through the mincer; you require 2 cupfuls. Mince also 2 or 3 pieces of candied orange-peel. Have ready the juice of 3 medium-sized oranges, and a cupful of chopped walnuts; and 3 cups of sugar. Use the same measuring-cup all the time. Mix the pineapple, the orange-juice and sugar, and cook over slow heat until of the consistency of jam; test for setting. Let cool before adding the nuts and candied peel. Bottle and seal.

Pineapple Pickle (Hawaii)

This is for serving with curry, or with hot or cold meat. Four large cups of fresh pineapple cut into small pieces; 3 cups of brown sugar; 1 cup vinegar; a small handful of cloves. Use the same measuring cup all the time. Boil the vinegar, sugar and cloves for 20 minutes. Add the pineapple and boil until transparent. If the juice is not thick, remove the pineapple and put into the jars, and boil the juice longer. Pour over the fruit and seal while hot.

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