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THE EVER WELCOME APPLE

HOW glad we are when fresh apples come in every year.

They are a fruit of which we never tire. The skin should be eaten, but if you must peel your apple, at least do so as thinly as possible. Even very young children and very elderly people or invalids benefit from raw apple scraped from the skin with a teaspoon. An ideal packed lunch consists of wholemeal bread and butter and slices of cheese, with a couple of apples. If a glass of milk can be fitted in somehow, the meal is really complete.

Apple Pudding

One cup flour, 1 teaspoon baking powder, 1 tablespoon butter, $\frac{1}{4}$ cup milk, pinch salt. Mix all ingredients to a dough. Roll out, spread with apples, finely chopped, make into a roll and put into pie-dish with $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup butter, and 1 cup boiling water. Bake till crust is brown, basting frequently.

Frosted Apple Pie

Half fill a pie-dish with apples which have been stewed with no sugar and very little water. Then pour this mixture over the hot fruit: 1 breakfast cup flour, $1\frac{1}{2}$ teaspoons cream of tartar baking-powder (not phosphate), $\frac{1}{2}$ to $\frac{3}{4}$ breakfast cup shredded suet and a pinch of salt. Mix to a dough with 1 small cup of milk. Spread over apples, then shake 1 cup sugar over dough and pour 1 cup boiling water over the whole. Bake approximately half an hour in a good oven. Serve with cream or custard.

Apple Cake

Two and a-half cups flour (some wholemeal), $2\frac{1}{2}$ teaspoons baking powder, 1 cup sugar, $\frac{1}{2}$ cup butter or good shortening, 1 cup chopped nuts, $1\frac{1}{2}$ cups minced or finely chopped apple, 2 tablespoons cocoa, 1 cup raisins, 1 teaspoon spice, pinch salt. Cream shortening and sugar, add uncooked apple and a little vanilla. Mix in sifted dry ingredients with enough milk to make soft cake mixture. Bake in moderate oven $1\frac{1}{2}$ to 2 hours, according to depth of cake.

Apple Fruit Cake

This cake should be left 10 to 14 days before cutting. Have ready $1\frac{1}{2}$ cups stewed apple sweetened with $\frac{1}{2}$ cup sugar and with 1 tablespoon butter melted into it. Mix together 1 cup brown sugar, 1 tablespoon cocoa, 1 dessertspoon spice, $\frac{1}{2}$ teaspoon baking soda, 2 large cups flour, lemon peel and dried fruit to taste (about $1\frac{1}{2}$ to 2 cups). Add the apple mixture, and a little milk if necessary. Line tin with greased paper and bake in moderate oven about $1\frac{1}{2}$ hours.

Apple Cake Pudding

Fill well-buttered deep pie plate with any sponge-cake mixture. Into this drop peeled and quartered apples and bake as

for a sponge-cake. Serve tepid, or cold, sprinkled with a little sugar.

Apple Filling

Bake 4 large apples. Mix the pulp of the apples with juice of 1 orange, a little of the grated peel, $\frac{1}{2}$ cup brown sugar, 2 tablespoons melted butter or cream, and 2 tablespoons honey. Beat, and keep in little jars. A pinch of cinnamon may also be added.

Apple Sandwiches

Use brown bread spread with fresh butter. Slice crisp rather tart apples in thin slices and put between slices of bread, with a little thick mayonnaise. The apples may be coarsely grated and mixed with mayonnaise if preferred.

FROM THE MAILBAG

Another Sponge Cake

Dear Aunt Daisy,

Here is a sponge recipe someone may like. The lady who gave it to me declares she has never had a failure with it. For my own part, I was never able to turn out a good sponge until I tried this one. Believe me, it is really lovely. Two good heaped tablespoons butter; $\frac{3}{4}$ cup sugar; 3 eggs (beaten separately); 1 good breakfastcup of flour; 1 good teaspoon baking powder; 2 tablespoons of milk warmed to blood heat, flavouring as desired. Cream the sugar and butter very well; add the well-beaten eggs, and mix them with creamed sugar and butter. Add the flour and baking powder. Lastly, add the milk and essence. Bake 20 minutes (approximately).

"J.R.W." (Onehunga.)

Diabetic Jams

Several people have asked me for recipes for making jam and marmalade which will be safe for diabetics. A Link in our Chain very kindly sent me a recipe which included glycerine as well as saccharine tablets. It will be readily understood that I must be very careful indeed in publishing or broadcasting any recipes for sick people, even though different individuals have found them safe; and I always advise such people to submit the recipes to their own particular doctor, who is acquainted with their own particular condition. In this case, I submitted the recipe to Dr. Muriel Bell, Nutritionist to the Department of Health; and I quote from her reply—

"Diabetic jams should NOT be made with glycerine. The reason why glycerine should not be used is that it is converted by the body into glucose. The particular recipe which was sent to you ended up with $2\frac{1}{2}$ lb. of jam containing 1 pint of glycerine. Now, 1 pint of glycerine is equivalent in the body to just over $1\frac{1}{4}$ lb. of glucose, or of sugar. There is therefore no special advantage to a diabetic in making jam with glycerine instead of with sugar—they are both equally sugar-producing.

"Authentic recipes for diabetic jams are to be found in 'The Cookery Book for Diabetics' compiled by the Diabetic

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