(Continued from previous page) pie." How did you get the blueberries to grow?

#### Green Peppers

The green peppers are now frequently seen in the greengrocers' shops; and we shall soon get used to using themeither cut up in salads, or in beef-stews, or stuffed like tomatoes, and baked. Cuta slice off the stem end, or cut them in two, lengthwise, and remove the inside seeds and fibre. Put them into boiling water, and let them just simmer for ten minutes; then drain. Fill with a mixture of any minced meat, or ham, with cooked rice or breadcrumbs, minced onions and so on, just as you would tomatoes. It should be highly seasoned; then bake them for about half an hour in a shallow pan with a little water or stock. One very nice filling is made of breadcrumbs and grated cheese mixed with melted butter and salt to taste. Serve these with the meat course. Here is a specially nice filling:

#### Sweetbread Stuffing

Prepare the sweetbreads in the usual way -- first soak in cold water for an hour, then par boil in salted water containing a few drops of vinegar for 20 minutes. Drain and plunge them again into cold water for a minute or two, to make them firm. Now make a rich sauce by melting 2 tablespoons of butter and stirring in 2 tablespoons of flour, and a seasoning of salt and pepper. Mix smooth, and add slowly half a cup of white stock and 2 tablespoons of cream. When thickened, stir in a cupful of cutup cooked sweetbreads, add half a cup of cut-up mushrooms, and a dash of Worcester sauce and paprika. Fill the prepared peppers with this mixture, cover the top with buttered crumbs, and bake for half an hour in a moderate oven--350 or Regulo 4. Very nice served with mushroom sauce.

#### Sour Milk

I believe that the thick sour milk you refer to is made by adding a very little sour cream or milk to the fresh milk. I haven't a special Danish recipe, but I am told that in Sweden the custom is to spread some sour milk in a deep earthenware pan, and pour over it the good milk. Cover the dish with a paper, and put it in a warm place in the kitchen, when the milk will quickly turn sour. Then cool it: and when needed for serving, whisk it up well and put some whipped cream on top. It is very often served with gingerbread.

## Pickled Onions With Honey

Dear Aunt Daisy,

You were speaking about using honey instead of sugar in preserves and jams. I have pickled some onions with honey, and find them very nice and crisp, and not strong. Just put the onions into jars, and pour over them the well-mixed honey and vinegar - a half-pound of honey to one quart of vinegar. I mixed it very gradually and thoroughly. The vinegar is not boiled. I found that one pint of vinegar did about four pounds of onions; and that they were both delicious and also digestible. Leave them for at least a week before using. " J.G.K." (Kaiwarra).

That is very interesting. I suppose one peach or apple they call a "deep apple could add a few peppercorns, according to taste. Here is another Pickled Onion recine-Irom Pukekohe

### Pickled Onions in Sauce

Cover 5 lbs. of pickling onions with salted water and leave overnight. Next morning, dry them and pack them into jars. Bring to the boil a quart of good vinegar and one pound of brown sugar. Have ready a mixture of 1/2 dessertspoon of mustard, 2 large tablespoons of flour, I large tablespoon of curry powder, 2 teaspoons of tumeric, ½ oz. of ground cloves, and 1/2 oz. of allspice, all mixed to a paste with a little cold vinegar. Add this to the boiling vinegar and sugar, and let boil until it thickens. Leave till nearly cool and then pour it over the onions. Do not use for three weeks.

## The Watery Pumpkin

Dear Aunt Daisy,

I heard you say in one of your broadcasts, that a lady asked if she could make jam out of watery pumpkins. Well, I say "No, they are then only fit for pigs." The seed has run out, and that is what is the cause of the pumpkins being watery. When people save seeds from pumpkins, Kumi-Kums, or marrows, they should save the seeds from the end of the half where the stalk grows, not from the flower end. Then they will never have watery pumpkins. We have proved this for years .- "White Cliffs" (Pukearuhe, Waitara).

Well, I didn't know that; and have often been disappointed in the pumpkins we have grown from the seeds of those we had enjoyed. We must remember your advice. Thank you very much.



Children Love its Nutty Flavour

Cereal foods can be robbed of vitamins through over-refining or drastic heating for quick convenience in serving, In VI-MAX THE NORMAL WHEAT GERM CON-TENT HAS NOT ONLY BEEN RETAINED BUT PRACTICALLY DOUBLED-AND WHEAT GERM IS RICH IN VITAMINS A, B1. B2 and E.

VI-MAX revolutionises cooking, too! New recipes in every packet. An approved first solid food for infants (see special instructions)

> 3lb. carton 1/8; or 71b. bag 2/10.

At your grocers (Freight towns slightly extra).

# THE ONLY . . . VITAMIN - PLUS BREAKFAST FOOD



