

(continued from previous page)

to ask your advice. It is all right for hen eggs, as I often do them. I have never tried the method but some reader of your page who has tried them may be able to help.—"M.K." (Tolaga Bay).

Duck eggs will keep quite well in the Liquid Preservative, which is used for hen eggs. I have never had any difficulty in preserving them—and I used to keep lots of dates. It is better to preserve the whole eggs and many people prefer to have separate tins for duck and hen eggs. See that the eggs are 24 hours old before preserving, to be sure that they are thoroughly cold.

Preserved Beans

Dear Aunt Daisy,

Would you please help me, through *The Listener*, in the following difficulty?

Last summer I preserved a large quantity of young scarlet runner beans, by the "water and salt" method. I have found that after hours of boiling, they are still as hard as when first put on to cook, and it is impossible to use them. I have tried all methods of cooking them—soaking them overnight in hot water, putting a pinch of soda in when boiling, but of no avail. I have preserved the beans the same way for several years, but have put them in preserving jars, and the beans have been fine, firm, plump ones. This season, I preserved them in a stone jar, and I am wondering if that stone jar may have something to do with the hardness of the beans, as a friend of mine had the same trouble, and her beans were also preserved in a stone jar. I used iodised salt, and wonder if it may be the iodine in the salt that has caused the hardness.—"Worried" (Te Awamutu).

I think the trouble is the iodised salt. I have had many letters, insisting that it won't do at all for preserving, and since you have always been successful in the past, you are sure to have done them the proper way—except for the iodised salt. The stone jar would not be the trouble—nearly everybody to-day does use a stone jar for preserving beans. Some people have found it best to use "butcher's salt," but the ordinary "kitchen salt" is the usual thing. However, the important thing now is to find out how to use these beans. Try putting some baking soda in the water they are soaked in, as well as putting a little in the water when you boil them. Let them boil for a good while before you add the soda; and add also a little butter as well as a little sugar, and no salt.

Here is a letter from Ohinewai which will help to re-assure you.

Dear Aunt Daisy,

We just heard you mention that a member of your Chain is having trouble with her preserved beans. Perhaps this method may be of use to her. Wash the beans thoroughly and then soak them in a basin of water, which has a good pinch of bicarbonate of soda in it. Leave to stand overnight, and all day if possible; and when ready to cook, wash them again and boil, add another pinch of soda when they are nearly cooked. I have found this way very successful.

Another good hint is a method of cooking dried peas. Soak the peas in carbonate of soda water all night, or all day. When ready to cook, place the peas in a piece of greased butter paper, and add a piece of butter, a pinch of soda, salt, and then tie the paper securely, and lower it into the boiling water. The

peas will cook without squashing. Fresh broad beans cooked in paper keep their colour, and are delicious.—"Waiterimu," (via Ohinewai).

Potato Plum Cake

Dear Aunt Daisy,

I am wondering if you could procure for me a recipe for Potato Plum Cake. It has mashed potatoes and fruit (raisins and sultanas) in it. I should very much like to get it.

Now to pass on some of my recipes which may be handy, as they are economical, and perhaps "Joyce" of the Reporua Native School, Ruatoria, may be able to use them—I saw in *The Listener* where she asked for some. I kept all the recipes you put in for her.—"Joyce" (Haast Pass, via Cromwell).

Steamed Bread Pudding

Soak some stale bread in cold water; when soaked through, squeeze all the water out, so that it looks dry. Take 3 cups of this soaked bread, 1 cup of raisins, ½ nutmeg, 1 cup of sugar, 2 tablespoons of melted butter, spice to taste, 1 good teaspoon of bicarbonate of soda dissolved in 1 tablespoon of cold tea. Mix in the order given, and steam not less than four hours. Any fruit may be substituted for raisins. An Australian lady gave me this recipe. She called it "Dole Pudding." I named it as above, as it did not sound so cheap. It is a nice pudding.

Variety Pudding

One breakfast cup of flour, ½ cup of milk, ½ breakfast cup of sugar, 2oz. of butter, and 1 teaspoon of baking powder. Rub the butter into the flour, add the other dry ingredients, then the milk. Steam for about 1¼ hours.

SYRUP PUDDING.—First put some syrup in the bottom of the basin, and pour in the above pudding.

JAM PUDDING.—Put the same batter in the basin, and put some jam on top.

FIG PUDDING.—Add chopped figs to the mixture.

DATE PUDDING.—Add chopped dates to the mixture.

APPLE PUDDING.—Put stewed apples in the bottom of the basin, and the batter on top.

RHUBARB PUDDING.—Put stewed rhubarb, or any fruit, at the bottom of the bowl.

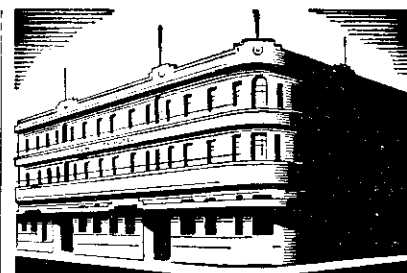
GINGER PUDDING.—Add ginger to the pudding—just a pinch, and some chopped preserved ginger. This is a recipe to which you can add just whatever you like; but those are some of the ways in which you can "ring changes." I hope these recipes may be useful.

Thank you very much for your good recipes, "from one Joyce to another." I hope she will see them in the Page. Here is the Potato Cake you want—at least, I hope it is.

Potato Caramel Cake

One cup of cold mashed potatoes, 1 small cup of milk, 1 large cup of butter, 1½ cups of brown sugar, 2 cups of flour, 1½ teaspoons of baking powder, 1 cup of walnuts, 4 eggs, 1 tablespoon of cocoa, 1 teaspoon of cinnamon, a little nutmeg, 1 cup of raisins. Beat the butter and sugar to a cream, add the mashed potatoes, then the whipped eggs, milk, flour and other ingredients sifted together, and lastly the walnuts.

Bake 1 hour, and ice with chocolate icing, and decorate with walnuts.



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