

RECIPES **ASK** Aunt Daisy **ANSWERS**

PRESERVED TOMATOES

TOMATOES, once considered a luxury and an "acquired taste," have now taken their place as one of the necessities of a proper diet. In America, that sensible, food-conscious country, tomato-juice shares only with orange-juice its position at the head of the daily breakfast menu; and, indeed, the habit of drinking tomato-juice has become so universal that in some parts it is delivered to the homes in bottles, in the same way as milk.

Tomatoes Preserved Whole

Select firm, just ripe tomatoes. Prick with a sharp fork. Place in rows on a baking dish, without any water, and cook in a moderate oven near the bottom, until just soft, not broken. By cooking at the lower part of the oven they will not brown or change colour. Then lift carefully into hot jars and overflow immediately with boiling water, sealing down at once. If preferred, this boiling water may be slightly salted for flavouring, but the boiling kettle will do just as well.

Another Method

Pack the tomatoes in jars, first pricking a little with a sharp fork. Grade them so that each jar contains those of practically the same size, for small ones, of course, cook more quickly than large ones, and if they are mixed some will be whole and some mushy. This applies to all fruit preserved whole. Fill up about half way with salted water. Adjust the rubber rings, put lid on jar loosely and sterilise in oven or water bath until cooked and the skin just cracking. Oven about 250 degrees or Regulo 1. Take out jars one by one and overflow with boiling water; screw down immediately. Have the kettle all ready boiling, and work fast.

Tomato Pulp for Soup

This is for tomato pulp, for using for soup during the winter months. You may use clean, dry golden syrup tins, too, so long as they have not previously been used for anything else except the syrup. Scald and remove the skins of the tomatoes. Butter the bottom of the pan. Slice the tomatoes into the pan and bring slowly to the boil. Boil gently for twenty minutes. Have the tins sterilised and fill to overflowing, being sure to run a spoon-handle around under the top edge to let any air caught under there escape. Then put on the lids and hammer down as tightly as possible. Seal with paraffin, and paste a piece of grease-proof paper over the top when cool, as you would over a pot of jam. Never use the tins a second time.

The secret in bottling tomatoes to keep properly is to have the bottles or tins overflowing with boiling juice or water when screwing down. The bottles or tins must be heated first, and the tomatoes must be ripe but firm. It is useless trying to bottle over-ripe fruit.

Tomato Juice

The Australian method is to slice the tomatoes, add very little water or none at all, boil for ten minutes, and strain. Fill up the bottles, adding a little salt, sterilise in oven or water bath for a further ten minutes, and screw down immediately.

Tomato Juice Cocktail

This is made with the preserved tomato juice, or when the tomatoes are in season, without the second sterilising—just put the tomato juice when first boiled and strained into the refrigerator, if you have one, or at any rate, let it get as cold as possible. Then add to one quart of tomato juice, ½ cup orange juice, 3 tablespoons lemon juice, 3 teaspoons of sugar, ¾ teaspoon of salt. Mix, chill, and serve ice cold. One teaspoon of Worcestershire sauce may be added if desired.

Cold Tomato Appetiser

Cut up 2 lbs. of ripe tomatoes with an onion (or if preferred, a clove of garlic). Sprinkle with salt and pour over 1½ pints of boiling water. Set it aside for a couple of hours. Pass through a very fine sieve, and flavour with pepper, salt, celery salt, sugar, lemon juice, and just two drops of almond essence. Bottle and put on ice. A little hock may be added if desired. Serve as cocktails with crushed ice. If the mixture is too thick a little iced soda water may be added. It is a most refreshing drink.

Pure Tomato Puree

For this, just cook the tomatoes whole, in shallow tins, in the oven, until very soft. They may be pricked first to let the juice flow freely, and they should be fully ripe and juicy. Then press the soft tomatoes through a sieve into a basin until nothing is left but the skins and seeds. Absolutely pure tomato puree will be in the basin. It should be quite thick. Bring it to the boil again, bottle, and seal.

If the tomatoes were extra juicy there may be a little juice on the top of the puree after straining. This can be poured off and used as pure tomato juice. If wanted to keep bring to boil also before bottling.

Apple and Tomato Chutney

This is an English recipe. One pound of apples, cut small; 1 lb. chopped onions; 1 lb. ripe tomatoes, skinned and

sliced; ½ pint best vinegar; ½ lb. dark brown sugar; a little pickling spice, tied in muslin, and afterwards taken out, and ¼ lb. sultanas. Simmer all for about four hours.

Tomato Chutney With Lime Juice

This is an Australian recipe sent to me from Point Chevalier.

Seven pounds of tomatoes, 1 lb. apples, 1 lb. onions, 1 lb. sultanas, 1 lb. brown sugar, 1½ tablespoons salt, 1 oz. ground ginger, 3 ozs. chillies, ¼ pint lime juice, 1 pint vinegar. Put all the solids through the mincer, and then with the liquids, bring slowly to the boil in the preserving pan. Boil slowly for 3 hours.

Date and Tomato Chutney

Six pounds of ripe tomatoes, 3lbs. of stoned dates, 4 good sized onions, 1 lb. preserved ginger, ½ oz. cayenne pepper,

2 ozs. salt, 1 lb. brown sugar, ½ oz. garlic, 4 pints vinegar.

Scald and peel the tomatoes, cut up the ginger, dates, garlic and onions, and place all together with vinegar in a pan and boil gently for four hours.

Bright Red Pure Tomato Sauce

Twelve pounds of ripe tomatoes, 3 lbs. brown sugar, 3 ozs. salt, 3 ozs. allspice, 1½ pints of vinegar. Wash and cut up

(Continued on next page)



Remove Callouses

Dr. Scholl's Zino-pads loosen callouses for easy safe removal. 1/6 per packet, from all chemists and Dr. Scholl dealers.

DR. SCHOLL'S ZINO-PADS

BANISH UGLY FAT

Gain new figure beauty NOW!

Without drugs, diet or exercise, YOU can get rid of those unsightly bulges... gain new, lasting figure beauty... simply by wearing the wonderful "Latex" Slimform Reducing Girdle which is guaranteed to give results.

REDUCES HIPS, WAIST AND BUST
3 inches in 10 DAYS... or costs you NOTHING!

Immediately you slip into your Slimform Reducing and Foundation Girdle, you LOOK and FEEL slimmer. And as you wear it, the scientifically perforated Latex material with every movement magically massages ugly unwanted fat away.

DOCTORS RECOMMEND THIS WAY to HEALTHFUL Slimness!

You can be sure of this guaranteed method of reducing because it's recommended by doctors. Besides moulding your figure in firm, smart lines, the Slimform Girdle massages away that ugly roll of fat around the waist-line... reduces waist and hips to suit modern slim fashions.

TAKE FAT OFF BUST, HIPS and STOMACH

Don't Delay... Send Now!

FREE!
THIS COUPON WILL BRING YOU DETAILS OF A WONDERFUL
FREE OFFER!

To the Manageress,
Slimform GIRDLE CO. LTD.
703L Dingwall Bldgs., Queen St., Auckland.
Please send me without obligation whatever, full details of your 10-Day Free Trial Offer, and your illustrated literature. I enclose 2d. in stamps to cover postage.
NAME.....
ADDRESS.....
.....L.17