

RECIPES ASK QUESTIONS Aunt Daisy ANSWERS

OVOLINE EGGS NOW

To-day's low egg prices make preserving wise; in fact, essential. Start right away. Buy your jar of Ovoline Paste Preservative or tin of Liquid Ovoline and commence putting down eggs for next winter's use.

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OVOLINE
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THE INDISPENSABLE LEMON

MAKE up your mind to have one or two lemons in your pantry always—not just sometimes—when you are going to make a special hot lemon drink sweetened with honey, for someone with a cold; or when you are having fried fish and need sections of unpeeled lemon to serve as a garnish to each serving; or when you are going to make a Lemon Meringue Pie. Lemons should be regarded not as "specials," but as everyday necessities, like salt or tea or soap!

Lemon-juice helps to purify the bloodstream, clear the skin of blemishes, and

tone up the whole system. It acts beneficially upon the liver and kidneys. It is safe to say that nearly everybody would benefit enormously by taking the juice of a lemon in a breakfast cup of hot water the first thing every morning. Begin with half a lemon if a whole one is too much. If you must have a little sweetening, use honey.

Lemons are particularly rich in Vitamin C, the "anti-scorbutic" vitamin, which cannot be stored in the body, so some food containing it must be taken every day, and lemons provide it in perfection.

Some Uses For Lemons

For the Hair.—Add the juice of a lemon to the last water when shampooing the hair. The acid removes all soap and makes the hair soft and fluffy.

For the Skin.—After washing the face with soap and water, rinse first with clear water, then with water to which a little lemon juice has been added.

For the Hands.—Mix well together the juice of two lemons, and sixpenny-worth of glycerine. Bottle this and rub into the hands after washing up. Or keep half a lemon on the sink bench, and rub your hands very frequently with it, to remove all stains, and to keep them soft and white. It also destroys any onion-y or fishy odours after cooking.

Tough Poultry.—If doubtful about the age of a fowl, rub it well with a cut lemon before cooking.

Fragrant Rooms.—Stick a large number of cloves into a lemon, and put it into an unseen corner of your sitting room; you will love the pleasant and refreshing fragrance.

Lemon Squash

For this you will need one quart of lemon juice, and 3lb. of sugar. Stand the jug containing these in a pan of hot water until the sugar is dissolved, but do not allow it to boil. Bottle. It should keep for months—a little water or soda water added to a small quantity makes a delicious drink. You may also make a hot lemon drink by adding hot water.

Lemon Marmalade

For each lemon allow one pint of boiling water, and ¾lb. sugar. Slice the lemons and remove the pips, as you would in making orange marmalade. Pour the boiling water over the sliced fruit, and leave all night. Next morning, boil until the slices of lemon are tender—about one hour. Then add the sugar, and boil quickly until it jellies—probably another hour.

To Preserve Lemon Juice

Fill small bottles with lemon juice, and put the lids on lightly. Sterilise at simmering point for thirty minutes. Then screw the lids on tightly, and make sure that they are airtight. If you are using corks, it is a good idea to dip the whole top of the bottle in hot wax. You may add sugar if you like, in the proportion of one cup of sugar to one gallon of juice.

Apricot and Lemon Jam

This is a favourite recipe. Take 1lb. of dried apricots, 1lb. of lemons, 5lb. of sugar and 5 pints of boiling water. Pour the boiling water over the apricots and let them stand all night. Next day, boil the lemons whole until tender. Drain them well, let them get cold, and then slice very thinly, removing the pips. Now boil up the apricots together with the water in which they have been soaking; when they are soft and pulpy, add the cut up lemons, and the warmed sugar; bring to the boil and then boil steadily until the jam will set when tested on a plate—probably about an hour.

Lemon Jelly

Wash and dry 12 lemons and 4 sweet oranges. Cut all the fruit up roughly, being careful not to lose any of the juice. Remove the pips and save them. Cover the fruit with 10 pints of cold water, and leave it to stand for 24 hours. Then boil steadily for two hours; strain through muslin. Boil this juice for 10 minutes or so, and then add sugar, allowing cup for cup. Have the pips soaked in a very little water, which should have been taken from the 10 pints, and add this strained water to the juice. Boil until the jelly will set when tested on a cold plate. Bottle and cover while hot.

Apple Marmalade

Six pounds of apples, not quite ripe; six lemons; 9½lb. of sugar; six pints of water. Slice the lemons finely, and soak them overnight in the water. Peel, core and cut the apples up, and weigh them after cutting up. Add to lemons the next day, and cook for an hour. Add the sugar and boil steadily for about two hours or until it will set when tested.

Lemon Cheese

(With Crushed Biscuits)

Four ounces of butter; 8oz. white sugar; juice and rind of three lemons; four eggs; and four wine or similar biscuits. Melt the butter and the sugar. Add the crushed biscuits, the grated lemon rind and the juice. Slightly cool, and add the well-eaten eggs. Cook the mixture until it thickens, stirring all the time. Do not let it boil, or it will spoil—a double saucepan is best.

Lemon Cheese For Tartlets

One cup of sugar; two tablespoons of butter; the rind and juice of four lemons; two eggs. Boil until thick in a double boiler.

Magic Lemon Cream Pie

The grated rind of one lemon; half-cup lemon juice; one and a-third cups sweetened condensed milk; two eggs; two tablespoons granulated sugar; and a baked pie shell. Mix the milk, lemon juice, lemon rind and egg yolks. Pour into the baked pie shell. Cover with meringue made with the two eggs whites beaten stiff, with sugar added, and a pinch of salt. Bake until brown in a moderate oven. Chill before serving.

As a variation, you can add 1½ cups of raisins, which have been softened in boiling water and strained. Add it to the filling, cover with meringue, and cook as before.

(Continued on next page)

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