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through a fine sieve. There should be a teacupful of puree, not too thin. Add the gelatine, and stir over the fire till dissolved, and set aside to cool. Then add the grated cheese, the salt, and onion juice, and lastly the cream. Set in a flat dish, and cut into thin slices; or set in tiny moulds; and serve on plain crisp biscuits, buttered, and sprinkled with chopped parsley.

Tomato Dumpling

Cut a slice off the stalk end of the tomatoes, scoop out the centre. Mix together equal parts of grated cheese and cooked macaroni, pepper and salt to taste, and add the scooped out tomato pulp. Fill the tomatoes with this. Cut squares of short pastry, sit each tomato in the middle of one piece, and cover up, pinching the pastry to keep it together. Bake about 40 minutes, in a fairly hot oven.

(Recipes for bottling and preserving tomatoes, for making sauce and chutney, and jam, will be given on this page next week.)

ROSE HIP JAM

WILD rose hips are so rich in Vitamin C that much is left, even when they are made into jam. Hips are the red fruits or seed pods which form when the wild blooms have died off. Don't confuse them with haws, which are smaller, and are the fruit of the hawthorn (or May).

Gather the hips, and be sure to make the jam the same day, as they lose their vitamin value if stored. Don't let the hips come into contact with any metal (pan, spoon, or sieve) unless it is stainless.

Allow 1 1/4 pints of water to each 2 lbs. of rose hips, and boil till tender. Strain through a very fine sieve or flannel, to remove the seeds and sharp hairs. It is best to strain it twice. To each pound of puree allow 1/2 lb. sugar. Stir well, until thoroughly mixed, and quite smooth. Bring to the simmer carefully, cook for ten minutes, and then put into jam jars.

If you can spare it, a layer of sugar put on top of the jam when cool, helps to keep the flavour.

—From an English paper.

FROM THE MAIL BAG

Bottling Fruit Without Sugar

Dear Aunt Daisy,

Let me try to prove myself a good Link in the Daisy Chain, by giving you my way of bottling fruit. I never use sugar; and when anyone grows their own fruit, it makes a cheap winter dessert. I do all fruit alike. First, I get everything ready. I do four pots at a time in a preserving pan of water, to come to an inch of the jar ridge. I also have a little pot of half mutton and half beef fat (without salt), ready melted on the range. All the jars are in the oven warming, and I put a folded bag, or oven-cloth, between the jars when they are boiling in the pan. I fill a jar at a time with fruit to the top; then fill with boiling water, and put the lid lightly on. By the time the

fourth jar is in the pan of water, the first is nearly ready to come out. Just test with the finger. Take one jar out at a time, and have another ready to take its place. Run a knife round the side of the fruit gently, to release any air bubbles. Put on the rubbers. Then put into each jar, gently, 2 tablespoons of the melted fat, and screw down tightly and set aside where they won't be disturbed. Do not turn upside down as the fat on top keeps the jars airtight. I have never had one jar go wrong, and I have kept some for seven years. The longer it is kept the better the fruit seems to be flavoured. When wanted for use, it is a thick syrup, and some fruit does not need any sugar when opened! The fat is just lifted off the top with a knife. Tomatoes I do the same way, only I put in each jar 1 teaspoon salt, and they keep for years. Small sized tomatoes are best to fit into jars.

I hope I've made this clear. All kind thoughts from—Ruby S. (Washdyke).

Shortbread

Dear Aunt Daisy,

While the farmers' wives have butter to spare, it is nice to make plenty of biscuits and shortbread against the time when the cows "go off" and butter is scarce. Mine is a good recipe:—

1 lb. butter; 8 oz. icing sugar; pinch salt; 3 cups flour; 2 cups best cornflour. Try it, it is lovely.—R.S. (Timaru.)

The Fish Bone Nuisance

Dear Aunt Daisy,

Cod, as you know, is a very bony fish, especially if small. Well, to make these eatable without that trouble with the bones, try my way. Clean the fish, wash, and take out the backbone. Then put all the rest through the mincer, and add it to a batter. Fry in spoonfuls in hot fat, with salt and pepper added, of course. They are really delicious, and there is not a trace of bone to be felt. I know plenty of people who won't eat cod because it is so bony, but this is a good way to overcome that.

—"Listener" (Timaru).



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