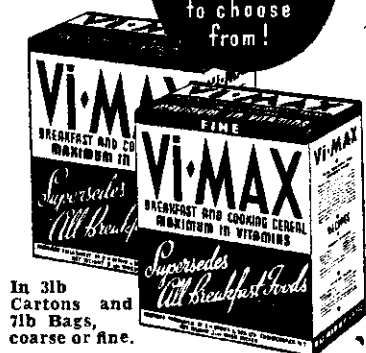


RECIPES **ASK** Aunt Daisy **ANSWERS**



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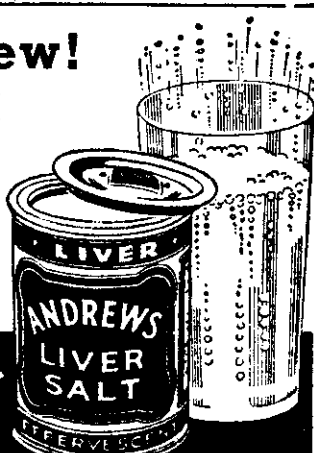
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SWEET DESSERTS WITH PLUMS, PEACHES AND APRICOTS

HAVING made our plum and peach preserves from last week's recipes, and thus provided, as far as we are able, for the fruitless months, we may now eat up all the fruit we can, either fresh or cooked, enjoying it to the utmost.

Peach Shortcake (No. 1)

Two level breakfast cups of flour; 2 large tablespoons sugar; pinch salt; 2 level teaspoons baking powder; 3 full tablespoons butter; 1 egg; and milk to mix.

Rub the butter into the sifted dry ingredients, mix with the egg and milk. Roll out, and put half in a tin. Brush over with softened butter, and lay on the other half of the dough. Bake in a hot oven. Split it while hot—it will split easily where the butter was spread between. Spread with cut up peaches, and whipped cream; put the top half on, and spread that too, with cut up fresh peaches, and whipped cream.

Peach Shortcake (No. 2)

1/4 lb butter; 1 egg; 2 cups flour; 1/4 teaspoon salt; 1/2 cup sugar; 1/4 cup milk; 2 teaspoons baking powder; 6 or 7 fresh peaches, and whipped cream. Cream the butter and sugar, add the well beaten egg. Sift in the flour, baking powder and salt, and add alternately with the milk to the first mixture. Beat thoroughly and put into a well greased round tin. Bake in a moderate oven. Cool, and split in half. Cover the bottom half with a layer of thinly sliced peaches, and cover with more whipped cream. Put the other half of

the shortcake on top. Decorate with thin slices of peaches, and very stiffly beaten cream.

Apricot or Peach Whip

Prepare a large cupful of apricot or peach pulp, by cooking the cut up fruit slowly in a little water, until they are soft enough to push through a sieve. A little cinnamon flavouring with peaches is very popular. Then beat up 2 egg whites very stiff; add 2 tablespoons of sugar, either icing or ordinary, and beat till stiff again. Add 2 more tablespoons of sugar and the cupful of pulp, and beat with an egg whisk until smooth and fluffy. Serve in individual glasses—long stemmed ones look nice—with whipped cream on top. Very nice with ginger wafers. May also be served in a bowl lined with sponge fingers and with a good boiled custard or raw cream.

Plum Sweet

Cook 1 lb. plums in a little syrup. Lift them out, and put in a glass dish. Make up the syrup to a pint with water, and with it make up a packet of orange jelly crystals. Also make up a pint of custard, and beat the cooled custard into the jelly, just as it is beginning to set. Pour over the plums, and leave to set.

Peach Foam

Stew some peaches, lift them out of the syrup, and lay in a glass dish. With the syrup, and sufficient water, make up a packet of jelly crystals. Just as this is beginning to set, whip into it a tin of condensed milk, or reduced cream. Pour over the peaches, and allow to set.

Greek Compote of Apricots

Make a strong syrup, with lump sugar if possible, allowing 1/2 lb. sugar to 1/4 pint of water. Put fine fresh apricots, whole, into the syrup with 2 or 3 cloves, and simmer gently till the fruit is cooked. Lift out the apricots carefully, one by one, so as not to break them, and put them into a glass bowl. Boil up the syrup again till it thickens; when cool remove the cloves and pour it over the apricots. In Greece, all compotes of fruit are made like this, in syrup and flavoured with spice—cloves for peaches, pears, and apricots; and cinnamon with apple.

The Original Peach Melba

Few of us will make up this recipe exactly as I give it, but we can adapt it to our means. It is the original Pêche Melba which was invented by the great French chef, Monsieur Escoffier, more than twenty years ago; and was given to me by a Frenchman who had worked under him. Escoffier earned thousands of pounds, and made a considerable fortune, but having no idea of thrift, he died very poor.

Four or five firm, ripe peaches; 1/4 gill of raspberry syrup; 1/4 gill of strawberry syrup; 1/2 pony glass of Kirsch liqueur or brandy; 1/2 pint vanilla ice cream; 4 oz. vanilla-sugar (or sugar flavoured with vanilla) and vanilla flavouring; also 1/4 pint of cream. Halve and peel the peaches, and poach them in a syrup flavoured with vanilla, till tender, but not broken. Lift out the peaches, drain them on a sieve, and let them get thoroughly cold. Serve them piled round a mound of vanilla ice cream, in a silver dish. Set this in another dish

Preserving Peas

MAKE sure the peas are young. Boil in saucepan for 5 to 10 minutes; then plunge into cold water for 1 minute. If tied in muslin bags they are easy to lift in and out. Fill them into clean jars, and cover with water which has been boiled with a little salt and sugar for 5 minutes. Allow 1 teaspoon salt and 1 dessertspoon sugar to each 2 cups of water. Put 1 1/2 dessertspoons vinegar or lemon juice into each quart jar. Put lid on loosely and sterilise in water-bath for 2 hours. The water in the pan must NOT stop boiling. Screw lids down tightly, and leave standing in the water 24 hours. Then bring water to boil again, and give one hour's boiling. The peas must have 3 hours altogether in the 2 boilings, with a 24 hours interval in between. See that the seal is perfect.

containing shaved ice. Pour over a rich raspberry and strawberry syrup, which must be previously iced. Beat up the cream mixed with sugar, and use it for decorating. Serve at once. Allow one peach to each person. If fresh peaches are not procurable, use tinned ones.

Ordinary Peach Melba

This is the more simple and ordinary Peach Melba with which most of us are quite satisfied. Place on each individual plate, a square of sponge cake, and upon it a scoop of ice cream. Then invert half a peach, tinned or fresh and ripe, over the ice cream, and top with Melba Sauce; decorate with sweetened whipped cream, and flavoured with vanilla.

Melba Sauce

Make this by putting through a sieve a small tin of raspberries and then adding a quarter as much sugar, and boiling for five minutes. Let it get very cold.

Mock Melba (without Ice Cream)

As it is not always possible to take home some ice cream, and not everybody has a refrigerator, here is a Mock Melba. Take pieces of sponge cake about three inches square, put into individual dishes, and on each, put half a large preserved or cold cooked peach. If the peach is extra choice, ripe and

(Continued on next page)