

Popular Way To Preserve Beans

CUT up as for immediate use, 2½ lbs. beans, and put into a big bowl. Mix together 1 lb. common kitchen salt and ½ lb. sugar. Sprinkle this over the beans and mix up thoroughly. Leave overnight. Transfer all to crock or jar (not metal) and cover loosely. Need not be airtight. The brine formed must be enough to cover the beans and exclude the air. If not enough, add a little more brine. Successive batches of beans may be put into the crock.

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luscious, it need not be cooked, but just peeled. Place hollow side up. Fill cavity with strawberries, raspberries, or mixed fruits that are suitable and pour over a good boiled custard, completely covering it all. Place a strawberry or cherry on top of each, and serve with cream. If out of season, tinned strawberries or raspberries may be used.

Peach Delicious

One cup of wholemeal; 1 level teaspoon of baking powder; 4 tablespoons water; 3 oz. butter; and a pinch of salt. Make a pastry of this, and roll thin on paper, or on the oven slide. Spread half with peach jam, cover with the other half, and bake in a moderate oven about half an hour. Then cut into squares, put on plates, cover with tinned peaches and the syrup, and finish with whipped cream. Freshly stewed peaches in syrup may also be used.

Peach Flan

Make up a jelly, using the juice from a tin of peaches, and the rest water. Or use fresh stewed peaches, of course. Let the sliced peaches soak in this jelly. Cook a pastry flan, prick it, etc. When cold, put slices of peach on the shell, and pour over as much jelly as is required. Very nice with almond custard. Apricots could also be used in this recipe.

Apricot Cream

Stew apricots soft in syrup, strain, and rub through a sieve. Dissolve an ounce of powdered gelatine in a breakfast cup of the warm strained syrup, then add 1 breakfast cup of the apricot pulp. Gradually fold in a cup of whipped cream. Make up a packet of strawberry jelly crystals, and set some in the bottom of a pretty mould. When the apricot mixture is cold, pour it in on top, and leave it to set. Set the rest of the strawberry jelly in a basin, and serve it chopped into small pieces, and piled loosely round the apricot cream. It makes a sparkling pretty surround for the dish.

Peach Junket

Have sufficient ripe peaches for the family, peel and halve them, and arrange them in a glass or china bowl. Make an ordinary junket with good rich milk, sweetened a little, and pour it immediately over the fruit, and leave it to set. Serve with a good custard sauce, or cream. If the peaches are not luscious and ripe, they may be slowly cooked, and drained dry, before putting into the bowl.

Cold Plum Pudding

One teacup water; 1½ lbs. fresh red plums; 2 tablespoons of sugar. Boil the

sugar and water for five minutes, add the washed plums, and cook till soft. Take out the stones. Line the bottom and sides of a pudding basin with stale bread. Carefully soak this lining with some of the plum juice. Then put in a layer of plums, another layer of bread, and so on, till the dish is full, finishing with a layer of bread. Put a saucer on top, and a weight, and leave till cold. Turn out of basin and serve with a good custard.

FROM THE MAIL BAG

To Crystallise Cherries

Dear Aunt Daisy,

Now that the cherry season is in, I was wondering if you, or any of your listeners, could tell me how to crystallise them. It is almost impossible to buy crystallised cherries, and anyhow they are so dear. If any listener could tell me how to do them, I should be very grateful. —"Mac" (Heathcote).

Yes, here are some methods. The first is from Cumberland. Take some fine sugar, put a little water to it, and boil it. Stone the cherries, and put them in the syrup. Boil, and then let them stand in the syrup for 2 or 3 days. Boil the syrup again, pour it over the cherries, let them stand some time and then lay them on a sieve to dry.

Candied Cherries.—Allow one pound of sugar to each pound of cherries, which have been stoned. Make a syrup of the sugar, and water—about a cupful to each pound. Let it simmer gently till the sugar is all dissolved. Then, when the syrup is boiling, put in the cherries; simmer them very slowly till quite clear. Pour off the syrup, place the fruit on flat dishes, and let dry in the sun, or in a slow oven—it may take ten hours or more. When they are thoroughly dry, dust them over with sugar, and put in a papered box.

Crystallised Cherries.—Make a syrup from one pound of sugar, to a cup of water, stir till the sugar is dissolved, and just when it begins to boil, stir in quarter of a teaspoon of cream of tartar. Then stop stirring, and let it boil quickly for three or four minutes—test it by dropping a little into cold water. If it forms a ball between your thumb and finger, it has reached the desired stage. Drop in the fruit to be crystallised, a few at a time. After a few minutes, lift them out gently, and drain free from syrup.

Place the fruit on a wire cake-stand or tray, and put them in the sun to dry. When dry, make a syrup as before, and repeat the whole process, this time sitting coarse granulated sugar over the fruit when you put it on the wire trays. When dry, put in layers in boxes, with sheets of waxed paper in between. Keep in a cool, dry place.

Hints From a Reader

Dear Aunt Daisy,

I saw in your Page in *The Listener* how some one was asking how to keep mint for winter use. If she wants mint for making mint sauce, she may boil the vinegar before putting in the mint. I always do that, and thereby have mint sauce all through the winter.

For the person who asked some time ago what to do with jam that had gone

sugary, or too hard from keeping, all that is necessary is to put the jars in the oven, and when warm, pour in hot water, preferably boiled, and stir well till it is of the required consistency.

I have gleaned some very useful hints from your Page, and hope you will insert the above hints.

—F.L. (Invercargill).

Thank you very much. Another excellent way is to boil together for five minutes the vinegar and sugar, in the proportions of one pound of brown sugar to one pint of vinegar. Then add the minced or chopped mint, bottle, and tie down.

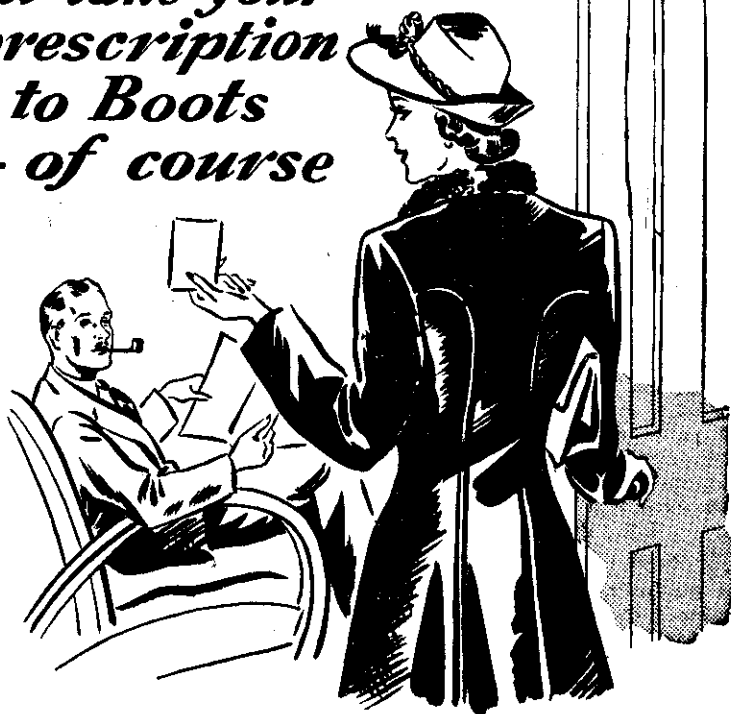
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