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V for Vitamins  
V for VI-MAX**

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**Vi-MAX**  
BREAKFAST AND COOK  
MAXIMIZES IN VIT  
Supersedes All Breakfasts



## APPLES IN PUDDINGS AND DESSERTS

**A**PPLE time is here again, and we are all anxious to make the very most of it. It is probably best to eat the apples raw; and even very old people who can no longer enjoy the thrill of biting into a crisp juicy apple and crunching it up, skin and all, may still get most of the benefit either with or without cream or by "scraping" them. Give Grandma and Grandpa a teaspoon, and a nice juicy Sturmer with a slice cut off the top, and let them scrape out and eat all the firm flesh, leaving only the skin and the core. It passes a half-hour away very nicely and very profitably. I have seen hospital patients, whose hands were crippled with rheumatism, managing to enjoy apples in this way, and very happy to be able to put in a little time, too; for the days are sometimes long for them. Very little children, too, who might choke with lumps of apple, can be fed with it scraped out freshly with a spoon.

But the family cannot be given raw apples for dessert instead of a pudding, day in day out, so here are some Apple Pudding Recipes.

### Apple Dumps, with Hard Sauce

For the crust, take 4 oz. flour; 4 ozs. butter; 4 ozs. cornflour; ½ oz. sugar; pinch salt; 1 small teaspoon baking powder, and 1 egg yolk to mix. Rub butter into the flour and sugar, drop in the yolk, and mix with milk or water to the right consistency. Cut into squares to fit the apples, which are cored and peeled. Put the apples on the pastry, fill the cores with a mixture of 1 tea-

spoon of cinnamon and ½ cup sugar, dot with butter on top. Fold the pastry over the apples, pinch the moistened edges together, and arrange the Dumps in the baking dish or casserole. Pour around them the following mixture:—Simmer the skins and cores of the apples in water to cover, for about 15 minutes. Strain and add, for each 2 cups, 4 tablespoons of butter; 3 tablespoons of lemon juice; 1 tablespoon grated lemon rind; ½ cup sugar; and ¼ teaspoon cinnamon. Brush the Dumps over with the slightly beaten egg white, and sprinkle with sugar. Have the oven very hot for about ten minutes, then reduce the heat and bake till the dumps are cooked right through.

**Hard Sauce.**—Work ½ cup butter till creamy, and add gradually a cup of icing sugar, a pinch of salt, and grated lemon rind and lemon juice to taste. Any flavouring essence can be used—orange is particularly nice, or clove or pineapple. Pile lightly in a pretty dish and serve with the Dumps.

### Wholemeal Apple Pie

Fill a deep pie-dish with thickly sliced cooking apples; add ½ cup cold water with a little lemon juice to flavour. Rub together 3 heaped dessertspoons of fine wholemeal, 2 dessertspoons brown sugar, and 2 oz. butter till like crumbs. Press this over the apples, smoothly, and cook in a moderate oven about ¾ hour. If a big pie, you may need double quantities of wholemeal, etc., but keep the proportions.

### Quick Apple Pudding

This is very easy, always a favourite, and the pastry fluffs up well, and is not

## TWO UNUSUAL JAMS

### Cape Gooseberry Conserve

4 lbs. apples; 8 large cups water; and 2 lbs. cape gooseberries. Boil the cut-up apples in the water till soft. Strain through a jelly bag, all night, as for apple jelly. Next day, cook the prepared cape gooseberries in that juice till soft, then add cup for cup of warmed sugar. Stir till the sugar is dissolved, bring to the boil, and boil till it will set when tested.

### Green Tomato and Cape Gooseberry Jam

3 lbs. cape gooseberries; 1 lb. green tomatoes; 1½ lbs. bananas; 3½ lbs. sugar; 1 to 1½ cups water (use your own judgment). Boil the hulled cape gooseberries and the tomatoes in water till soft. Add the sugar, and boil 30 minutes. Add the mashed bananas, and boil again until it will set when tested—about 30 minutes more. The tomatoes may be skinned if liked before using.

stodgy. Stew sufficient apples, and when softening, put the following crust on top of them in the saucepan, in the same way as you put a suet crust in on top of a stew for a Seamen's Pie. The lid of the saucepan must fit properly, and must NOT be lifted during the 20 minutes which it takes to cook.

**The Crust.**—Half a cup of flour; ½ cup wholemeal; and 1 teaspoon baking powder sifted into a basin; rub in 2 tablespoons butter or good dripping, and mix with milk, to a soft dough. Flatten out with hands, to fit inside the saucepan.

### Apple Pudding

Two ounces of butter; 2 oz. sugar; 4 oz. flour; 1 cup chopped apples; 1 teaspoon baking powder; and 1 egg. Cream the butter and sugar, add the egg, then add the sifted flour and baking powder. Chop up the apple small, and add last of all. Steam about 2 hours. The apple flavour goes all through the pudding, but does not stay in separate pieces.

### Orchard Pudding (steamed)

This is delicious and not nearly so much trouble as it sounds. Make a good suet crust with 8 oz. flour; 1 teaspoon baking powder; 4 oz. finely grated suet; a pinch of salt, and milk to mix. Roll out, and divide into three parts. Grease a pudding basin, and cover the bottom with 2 tablespoons of red currant jelly, or strawberry jam. On top of this put a layer of pastry large enough to come three parts up the sides of the basin. Fill up this space with sliced apples, sprinkle with sugar, and about half a cup of water flavoured with lemon juice. Cover the apples with a thin layer of pastry, and spread on top of it a layer of black currant jam—about 2 tablespoonsful. Put the third layer of pastry over the top, cover with buttered paper, and steam for 2½ hours. Serve with cream. Very good.

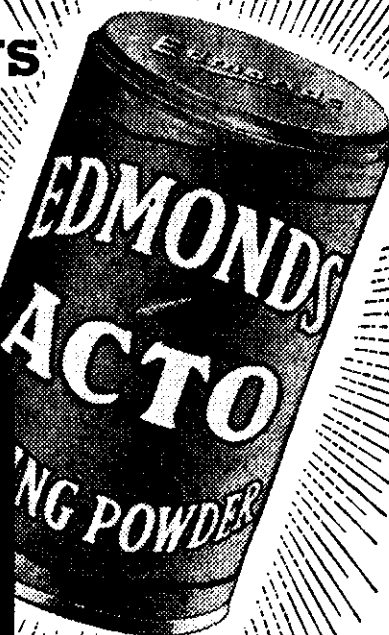
### Apple Custard

Peel, core, and quarter 4 or 5 apples, put into an oven dish, add a little water and sugar, and bake till soft. Then add the juice of half a lemon or one orange, or the pulp of 2 or 3 passionfruit; or a

(Continued on next page)

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