

(Continued from previous page)

few cape gooseberries may have been added to the apples, and cooked with them. A banana is now sliced and laid over the apples, and a good custard poured over, made with 2 beaten eggs, 1½ cups milk, a pinch of salt, a dessertspoon of sugar, and a little flavouring—orange, clove or pineapple. Bake in moderate oven till set.

#### Tenterden Apple Pie

This is the traditional Apple Pie of the county of Kent. Two pounds of cooking apples; ¼ lb. sugar; ¼ lb. cheese; some cloves; and some short pastry. Peel, core, and cut the apples into thick slices. Place a layer in a pie dish. Sprinkle on a tablespoon of sugar, then add the remainder of the fruit and sugar, and the cloves. Pour in ½ teacup of water. Cut the cheese in thin slices, and cover the apples before putting on the upper crust. Sprinkle with the merest suggestion of pepper, and a little nutmeg, and ½ teaspoon of castor sugar. Roll out the pastry, line the edge of the pie dish with a strip of pastry, put on the pastry cover. Press the edges together, raise them slightly with a knife, sprinkle on a little castor sugar, and bake in a good oven 40 to 50 minutes.

#### Apple Caramel Rice Meringue

Cut the tops of six apples, to form lids. Core apples, and scoop out some of the pulp. Cook ½ cup well washed rice in boiling salted water till soft. Strain. In another pot have 1 heaped tablespoon of butter melted, and 1 small cup of brown sugar. Stir over a low heat for a few minutes. Beat this caramel into the cooked rice, fill the apple cases with it, and put on the apple lid. Bake about half an hour. Then take out and cover each with meringue made by beating till stiff 2 egg whites with a good half cup of sugar and a pinch of salt. Return to oven to set meringue—about 15 minutes.

#### Devonshire Apple Curranty

¾ lb. flour; 1 teaspoon baking powder; ½ lb. grated suet; 4 or 5 large sour cooking apples; 2 tablespoons sugar; 3 tablespoons currants or sultanas; 1 egg, salt, and milk to mix. Chop apples into pieces the size of a lump of sugar. Blend the flour, baking powder, suet, sugar, and salt. Add chopped apples and currants, and mix with beaten egg, and only just sufficient milk to make a mixture of cake consistency. Grease a pie-dish, put in the mixture, and bake for about an hour. If preferred, grease a basin and fill with the mixture, cover with butter paper, and boil for 2 hours.

#### Apple Devonshire Pudding

Boil together till thick 1 pint milk; 1 oz. butter; 3 oz. breadcrumbs; and 2 oz. sugar. Then add 2 egg yolks. Pour this over a piedish of stewed apples. Now bake in the oven till the custard will set. Whip up the 2 egg whites, with 2 oz. castor sugar, put on top, and put back in the oven to broil this meringue.

### FROM THE MAIL BAG

#### Beware Hydatids

Dear Aunt Daisy,

First, let me pass on a piece of advice received from a neighbour. It is about "puha", or rauriki, the native green-stuff; I heard you speaking of it one morning. A doctor in Hastings who has made a

special study of hydatids has discovered that puha and water-cress are the two main carriers of the germ, and therefore are best left alone.

The next item is, that I saw in *The Listener* that someone had mentioned date tea or coffee. Have you tried bran and treacle tea? My family are very fond of it. Here are the quantities—3 breakfast cups of bran, and 1 lb. of treacle, well browned in the oven; use 2 teaspoons to each cup.

Another hint that some might like to try is blackcurrant and gooseberry jam. I put 1¾ lbs. of blackcurrants (which were given to me) to 12 lbs. of gooseberries, and it makes a very nice jam. This is the second season I have done this. We do not like the plain gooseberry.  
—A.D. (Otane).

Yes, it is indeed necessary to be very sure that watercress and puha are gathered from only perfectly clean and uncontaminated sources. Unless you are sure of this, it is certainly better to let them severely alone.

#### A Plague of Flies

Dear Aunt Daisy,

Could you please, through the *Listener*, give me a recipe for a good fly killer? We have a veritable plague of them and nothing that I do seems to lessen them.  
—Mrs. H.J.P.

I expect the "season for flies" will be over before this letter appears in *The Listener*. Flies seem to come inside in millions for a day or two at a time, and then take a notion to go somewhere else. Just as we congratulate ourselves on being free from the pests, however, back they come again. The various fly-sprays on the market are very good; and here is a recipe for a home-made one. I have made and used this myself, and found it good for mosquitoes as well as flies.

**Fly Spray.**—One quart of kerosene mixed with six-pennyworth of wintergreen. Use in spray.

**Fly Spray No. 2.**—Here is another: Soak for 7 days 1 oz. pyrethrum flowers in 1 quart of kerosene, stirring once or twice during the week. Strain, and add ½ oz. wintergreen.

**Home-Made Fly Papers.**—You may prefer to make this: Heat 8 parts of resin in 5 parts of castor oil till melted. Spread while hot on sheets of paper, or on wires. It can be put in tins or jars, and re-heated when needed.

#### Save Your Blue Bags

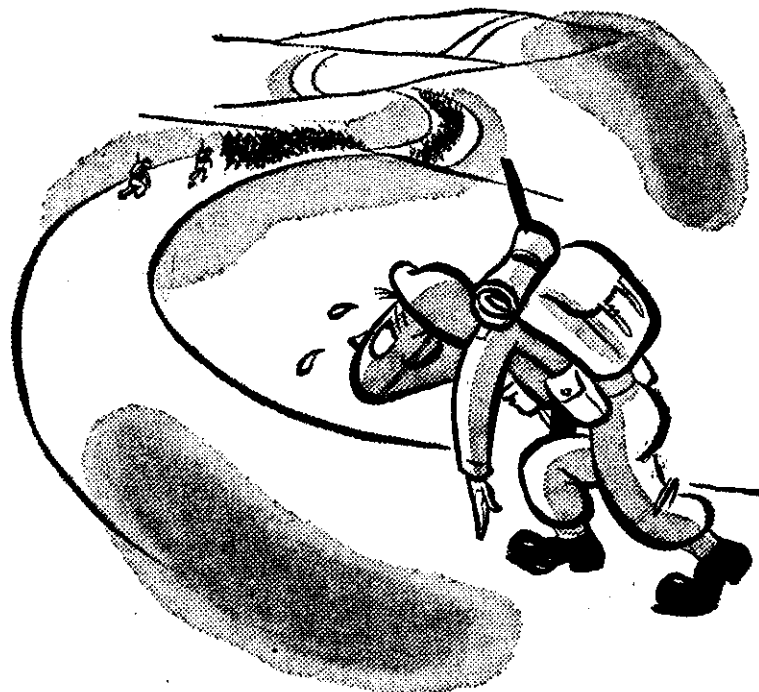
Dear Aunt Daisy,

One morning while listening to your session. I heard you mention that the Red Cross needed white linen. When doing some washing later in the day, I noticed that I had five empty blue bags on the window-ledge, and I thought what a good idea if everyone saved these, for they could be boiled with the clothes, and sent in. I don't mean to send one at a time, of course, but in bundles. I think in nearly every house there is at least one bag of blue used each week, and the bags are usually thrown away. The size of them is what gave me the idea; I think they would be about the size of a swab, and if everyone sent them in all nice and clean, they would only need sterilising to be ready for use. I am enclosing one of the blue bags already washed and iron.  
—"Kind-ling."

This is a splendid idea. I broadcast it one morning, and the Red Cross Office is

grateful for the response which it brought. We hope that by publishing the idea in *The Listener*, many more of these useful squares of linen will be sent in. They measure 4½ inches, and when washed and ironed look very nice indeed. If the blue is difficult to wash out at first, try steeping the bags for a while in tepid vinegar and water.

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