

SUGGESTIONS FOR APRICOTS

APRICOTS seem to be plentiful this year—though a little inferior in size, perhaps. Try to bottle as many as you can, for they are specially healthful. Here are some recipes for delicious sweets and preserves.

Apricot Cobbler

This is an English one—from Wiltshire. One large cup cooked apricots, $\frac{1}{2}$ cup castor sugar, 1 well-beaten egg, 2 small tablespoons melted butter, $\frac{1}{4}$ cup milk, 1 cup sifted flour, $\frac{1}{2}$ teaspoon

Turn out on to a dish and serve, surrounded with halved apricots. Into each half apricot place whipped cream, and top with cherries.

Apricot Meringue

Stew about 2 lbs. of apricots until soft, adding sugar to taste. Pour off the syrup into a basin, beat the apricots to a pulp, and put it into a casserole or pie dish. Crumble up about 8oz. of stale sponge cake and saturate with the saved syrup, then spread it over the apricots in the dish. Make a meringue with 2 whites of eggs beaten very stiff, and about 5oz. of castor sugar. Put the meringue on top of the sponge, and bake a pale brown in a very slow oven. Serve cold with whipped cream or custard made with the two yolks.

Apricot Whip (with egg whites)

Cut apricots in halves, and stew till soft, with sugar to taste, in a little water. Save the juice, and rub the fruit through a sieve. To one cupful of this pulp fold in the stiffly-beaten whites of 2 eggs. An added tablespoon of lemon juice is an improvement. Pile into an oven dish and bake in a cool oven 325 degrees, for about 20 minutes. Serve with a custard made with the 2 egg yolks, $\frac{1}{2}$ cup milk, and $\frac{1}{4}$ cup of syrup from the apricots. The whip may also be served without baking.

Apricot Whip (with gelatine)

Stew sufficient apricots with sugar to taste, to make $1\frac{1}{2}$ cups of pulp when sieved. Soak $\frac{1}{2}$ oz. gelatine in $\frac{1}{4}$ cup of cold water till soft, then add $\frac{1}{4}$ cup of boiling water, and stir together (over hot water), till dissolved, adding 2 tablespoons of sugar. Remove from heat, and mix together this mixture and the apricot pulp. A squeeze of lemon juice is an improvement. Leave till just beginning to set, then whip with a strong egg whisk till light and frothy. Set in a mould previously rinsed with cold water.

Cloth Tops For Preserves

Place 1lb. resin, 2oz. beeswax and 2oz. unsalted mutton fat in an old saucepan, and stand it in a pot of water on the stove till melted, stirring all the time. Cut rounds of cloth—calico or flour bags—and smear to within a quarter of an inch of the edge with the hot mixture. It dries hard and stiff, and can be stored away in boxes till wanted. To use, have the bottles of boiling fruit filled to overflowing, place the covers on top, and press down firmly. Tie round with string. The boiling fruit melts the wax, and holds it in place.

vanilla, 1 small teaspoon baking powder and whipped cream. Beat the sugar into the beaten egg. Add the flour sifted with the baking powder, alternately with the milk. Beat well. Add flavouring and melted butter. Put the apricots into a buttered fireproof dish, and pour over the batter. Bake in a moderate oven. Serve with cream, or with apricot juice.

Apricot Cream

Stew apricots in syrup till soft, 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 the top, and leave it to set. Set the rest of the strawberry jelly in a basin, and serve it chopped in small pieces, and piled loosely round the apricot cream. It makes a sparkling pretty surround for the dish.

Apricot Mould

One pound of stewed apricots, 1 lemon, 1oz. gelatine, $\frac{1}{2}$ pint custard, $\frac{1}{4}$ pint cream, and glacé cherries if available. Strain the juice from the fruit and make up to one pint with lemon juice and water. Dissolve the gelatine in the liquid, and add the sieved fruit. Prepare $\frac{1}{2}$ pint custard, and when cold, add to the fruit puree and pour into a mould. Put aside in a cool place till set.

FROM THE MAIL BAG

Salt As Well As Sugar

Dear Aunt Daisy,

Would you very kindly repeat the directions you gave some time ago for adding salt to jam and so using less sugar? I find a small quantity of salt in stewed fruit is a wonderful sugar-saver—about half the usual amount is quite sufficient. Please print the answer in *The Listener*, as I know there are others who would be glad of the information. With thanks and best wishes.—D.C.W., Ashburton-Mayfield.

The same request comes from "Toromiro," Gisborne. The proportions are half a pound of sugar to every pound of fruit, and 1 heaped teaspoon of salt to every 4 pounds of fruit. This recipe comes from England, where it was quite successfully followed during the last war.

A Good Idea for Jam-Making

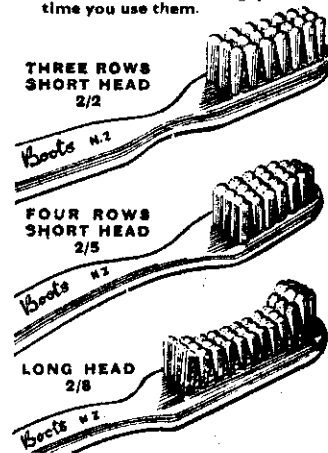
Dear Aunt Daisy,

I often see in *The Listener* page hints and recipes sent in by different people. Here is an excellent recipe for the much despised gooseberry jam. One pound gooseberries, 2lbs. sugar, and 1 quart of water. Boil sugar and water quickly for 20 minutes, add fruit, and boil till the syrup jells. I made my black currant jam the same way, only that the currants must be allowed to "sweat" till they are quite soft, before putting them into the syrup. I intend making all my jam by this recipe; it's a great saving of fruit. I'm afraid for many it is too late for the small fruits. I always enjoy reading your page. Wishing you all happiness in this New Year.—"Anon" (Invercargill).

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