



NECTARINES AND PEACHES

BOTH excellent fruits, aren't they? Eat them raw—as many as you can—for all their mineral salts and vitamins are available that way, and you save fuel and sugar and time besides. Then begin to think of preserves, as well as dainty desserts.

When stewing peaches, add a little powdered or stick cinnamon for flavouring.

Peach Delight (Cold)

This is best set in individual little moulds—even cups will do, but you may adapt it for a big bowl if you wish. Stew sufficient peaches to give you 1½ cups of rich, peach syrup. Do not put in the sugar until the peaches have come to the boil, or you will need much more sugar. Dissolve 2 dessertspoons of powdered gelatine in ¼ cup hot water. Then add ¼ cup of lemon juice, ¼ cup of sugar, and the 1¼ cups of peach syrup. Stir all well together. Rinse out your little moulds in cold water, and put 1 tablespoon of this mixture to set in each—it won't take long to set if stood in cold water. Then put half a cooked peach, hollow side up, in the mould, and fill the hollow with chopped walnuts or cherries, which look very pretty. Pour over the remaining jelly mixture, which should be just setting by this time, and leave to set. Turn out, and serve with whipped cream. If you have a refrigerator, you can use less gelatine.

Peach Sponge

One well beaten egg, 3 tablespoons melted butter (not hot), ½ cup sweet milk, 1½ cups flour, 1 small teaspoon

baking powder, ¼ teaspoon salt, ½ cup sugar, ½ teaspoon vanilla essence, and ¼ teaspoon almond essence.

Mix the beaten egg with the melted butter. Add the milk. Combine the flour, salt and sugar, and stir in gently until the batter is smooth. Add the essence and stir. Spread in a sandwich tin. Arrange sliced ripe peaches on top, pressing slightly into the batter. Sprinkle with 3 teaspoons of sugar, mixed with ½ teaspoon cinnamon. Bake in a moderate oven. Serve hot with cream, or a pudding sauce.

Nectarine Jam

Six pounds stoned nectarines, 4½ lbs. sugar, 2 cups water, juice 2 lemons, 1 dessertspoon butter, and the kernels of about a quarter of the fruit. Wash, but do not peel the fruit, remove the stones, cut into pieces. Put into pan with water, butter, lemon juice, and kernels. Boil till soft. Add warmed sugar in portions of about 1lb. at a time. Boil, stirring well—it should take about an hour—test it.

Peach or Nectarine Blancmange

To 1½ cups of milk add 1½ cups of juice drained from stewed peaches or nectarines. (If baked in a covered casserole the juice is richer). Put the mixture on to boil, and then stir in 4 tablespoons of cornflour dissolved in a little milk (or even ground rice or semolina if cornflour is not available). Allow to cook for a few minutes. Arrange the stewed fruit in a mould, pour the mixture over and leave to set. Turn out when cold and serve with cream. If you have a ring-mould, it makes a

pretty dish to pour the mixture into it to set, turn out when cold, and arrange the fruit in the centre. *Peach Fritters* are delicious. Peel the peaches, split them in two, removing the stones. Sprinkle with castor sugar, dip into batter, and fry in hot lard.

Peach and Passionfruit Jam

Three pounds juicy peaches, 1 dozen or more passionfruit, juice 2 lemons, 4 large cooking apples, 3lbs. sugar, 1oz. butter, pinch salt, and one breakfast cup of water. Wash fruit, peel, stone and core. Boil peels and cores in the cup of water. Cut up the peaches and apples, and put in buttered pan, add the strained juice from the peels, and cook the fruit till soft. Scoop out the passionfruit seeds. Boil skins and scoop out the soft pulp. Add to rest of fruit mixture, add warmed sugar and boil till it will set.

FROM THE MAIL BAG

Mice Steal the Jam!

Dear Aunt Daisy,

You were speaking about mice having eaten the flour-pasted covers off one of our Link's jam—and even half the jam, too!

This is a hint used by paper-hangers when making the flour paste, and will not affect the jam in the least, but will keep the mice at bay. Add alum to the flour before mixing the paste. Mice detest alum. I feel sure this will help many others who are using paper tops this season. About a tablespoon of alum to a pint of paste is enough.—*A Hawera Link.*

Many thanks. Anyhow, you could always put a round of notepaper over the top of the jam, so that the paste does not touch it. If the notepaper is dipped in vinegar, it helps to prevent mould.



BIXIES ARE VERSATILE

For garnishing salads . . . for rissoles, omelettes, savouries, cakes, a sprinkling of Bixies adds that chewy, nutty, delicious whole-wheat flavour that makes the dish. And Bixies are marvellously good for you.

When the toil of hot summer days is over . . . when the tea-time call finds you listless and weary . . . here's the dish that tempts the appetite . . . Bixies with cold stewed fruit.

It's a dish that's cooling, refreshing as a cold shower, it gives you all the swiftly assimilated nourishment of delicious toasted whole-wheat grain. What a dessert for a weary man . . . what a perfect supper for children . . . what a cool, delicious, healthful way of restoring energy. Don't forget when you're looking for tea-time ideas to remember Bixies and Cold Stewed Fruit.

BIXIES