

TASTY SAUCES AND CHUTNEYS

SAUCES and chutneys help to make cold meat much more appetising. They are also very useful mixed with most sandwich spreads, and are thus a great help in putting up lunches for war-workers — very often "night lunches," too, for those working on shifts. So while fresh fruit is plentiful, make up these wholesome recipes.

Apricot Chutney

Six pounds apricots, 2½ lbs. onions, 1¾ lbs. sugar, 1 dessertspoon salt, 1 teaspoon cloves, 1 teaspoon peppercorns, 1 teaspoon ground mace, 1 teaspoon curry powder, ½ teaspoon cayenne, and half a bottle vinegar. Cut up the apricots and onions, and put in pan with rest of ingredients. Boil 1 hour.

Apple Chutney (Uncooked)

Six large apples, 4 medium shallots, or six small ones, ½ lb. seeded raisins, ½ cup dates, 2 tablespoons salt, 1 packet mixed spice, 2 teaspoons ground ginger, ½ lb. brown sugar, 2 sticks mace, 1 pint vinegar. Mince all, mix with vinegar and bottle. Ready in one week.

Black Currant Sauce

Three tumblers black currant juice, made by boiling black currants with very little water, and straining as for jelly, 2 tumblers of vinegar, 1½ lbs. sugar, ½ tablespoon salt, 1 tablespoon each cloves, spice and cinnamon, pepper to taste. Boil together half an hour.

Mother's Pickles

One cabbage cut up very fine, 1 white cauliflower, large cucumber, 2 lbs. tomatoes, 1 lb. onions, 1 small marrow, 1½ to 2 lbs. scarlet runners. Cut all very finely. Leave in china bowl all night with sprinkling of salt. Next day, sprinkle with 1 cup water. Now strain off brine, put vegetables in pan, cover with cold vinegar. Bring to boil. In separate saucepan heat one small tin golden syrup with half a cup vinegar. Pour into the hot vegetables. When cooked, thicken with the following—mixed spice, ground cloves, nutmeg and cinnamon, curry powder to taste, level tablespoon mustard, tumeric for colouring (about 1 oz.), and sufficient flour to make the desired consistency. Mix with cold vinegar to a paste, and put into the boiling mixture. Cook not more than a further six minutes, and bottle when cool. Paste over with brown paper and make airtight.

Peach Chutney with Tomatoes

Four pounds of peaches, 1 tablespoon salt, 2 lbs. tomatoes, ½ teaspoon cayenne pepper, 2 lbs. apples, 2 tablespoons peppercorns, 2 lbs. onions, 1 teaspoon cloves, 2 lbs. brown sugar, 1 large bottle vinegar. Tie peppercorns and cloves in small bag. Peel fruit and cut up small. Boil all together about 2 hours, or till well pulped. This is not a hot chutney, so more cayenne may be added to taste.

Peach Chutney without Tomatoes

Cut up 6 lbs. peaches and nearly cover with vinegar. Then add 3 lbs. brown sugar, 6 oz. salt, 1 small teaspoon cayenne, 2 oz. garlic, ¼ oz. whole ginger

bruised and put in a muslin bag, and 2 lbs. sultanas. Boil all to pulp.

Peach and Plum Chutney

Slice and stone 2 lbs. peaches and 2 lbs. plums. Have ripe but firm fruit. Put in layers in dish, sprinkle each layer with a little pepper and salt, and leave 24 hours. Drain, put fruit in pan with 4 cups vinegar, ½ lb. brown sugar, 3 oz. preserved ginger, 2 oz. cloves and ½ lb. onions cut finely. Boil slowly till the peaches are tender. Strain through sieve, fill small jars and make airtight.

Plum Sauce

Six pounds red plums, 3 lbs. brown sugar, 1 tablespoon salt, 3 pints good vinegar, ½ dessertspoon cayenne, 3 large onions, 3 large cooking apples, ½ oz. allspice, ½ oz. cloves, ½ oz. bruised ginger. Boil all 1½ hours. Strain and bottle.

FROM THE MAIL BAG

Ants and Silverfish

Dear Aunt Daisy,

First—Ants! We have such unaccountable hordes of these pests that a half-crown bottle of mixture seems to be regarded by them merely as "Sauce Piquant." I wonder if any of your Chain have discovered something that will keep them away!

Second—I experimented with Silver Fish and completely eradicated these destructive pests by placing bunches of

pennyroyal about their haunts. This is such a simple thing that I'm sure some of your Chain will be glad to try it.

Perhaps someone knows of some other pungent, smelly plant that would make ants strike one from their visiting list. —"Anty" (Auckland).

Many thanks for passing on your happy experience with pennyroyal. I have had excellent results from this mixture for ants: Beat into a syrup 2 cupfuls of sugar, 2 cupfuls of water, and 1 tablespoon of honey. Add 1/- worth of arsenate of soda. Mix and boil for a few minutes. This is **POISON**, so use carefully and label the jar. Put it in shallow tin-lids where the ants come. I used to pour this mixture straight on to the boards of pantry or kitchen or wherever the black crawling carpet of ants appeared; leave it for a day or two, before cleaning it up, despite the nasty look of it. Golden syrup could be substituted for honey—or a little extra sugar.



Excuse me—**INNER CLEANLINESS** comes first!

INVIGORATING
ANDREW'S LIVER SALT
EFFERVESCENT

SCOTT & TURNER, LTD.
ANDREW'S HOUSE, NEWCASTLE-ON-TYNE



THE ROMANCE OF BLOSSOM SCENTED ISLES

Gay, rich blossoms opening to a golden sun, mysterious tropic night and glamorous day—HULA has captured them for you in this romantic make-up. Ask for Hula Powder in 7 inspired shades.



FACE POWDER

Pearl. Mystic.
Copra. Exotic.
Olive. Aloha.

2/6

Sunset
MANUFACTURED IN NEW ZEALAND BY
WILFRID OWEN LTD. CHRISTCHURCH, N.Z.
Chemists and Stores Everywhere

"Hurrah! for Mum's Cooking!"

is the family verdict
—thanks to light, delicious
and tasty baking with

**EDMONDS
ACTO
BAKING POWDER**



A Product of T. J. Edmonds Ltd., Christchurch. Makers also of Edmonds 'Sure-to-Rise' Baking Powder, 'Sure-to-Please' Custard, 'Sure-to-Set' Jellies and Edmonds ACTO Cake Baking Powder.