

My Bulletin No. 2

IS NOW AVAILABLE

Illustrated in colour, it contains recipes and suggestions for many interesting and appetising ways of serving canned foods.

SEND FOR YOUR **FREE** COPY TO-DAY

Judith Ann Field

Director, Home Economics
Department, BUTLAND
INDUSTRIES LTD.

Many thousands of New Zealand housewives praise the outstanding Bulletins prepared by Miss Judith Ann Field—an authority on Home Economics and Practical Kitchencraft.

If you wish to add variety to your summer meals Miss Field's recipes and serving suggestions for quick-to-prepare meals will give you a wide choice of dishes that are economical and easy to prepare. Be sure to write for this latest Bulletin No. 2.

In testing and proving her recipes Miss Judith Ann Field uses CREST Canned Foods and CHESDALE Cheese.



CHESDALE. Only with CHESDALE can you depend on a flavour that is consistent—a flavour rich and creamy—a flavour obtained from the careful blending of finest matured Cheddar Cheese.



CREST. In addition to Baked Beans, Spaghetti and Tomato Soup—CREST now give you their outstanding new pack CREST Baked Beans with Barbecue Sausages. A complete and delicious meal by itself.



FREE BULLETIN No. 2

Send name and address to Miss Judith Ann Field, Box 2226, Auckland, for a free copy of the JUDITH ANN FIELD BULLETIN No. 2.

BUTLAND INDUSTRIES LIMITED, AUCKLAND



ASK AUNT DAISY

Frozen Desserts

THE chief frozen dessert is, of course, ice cream, which is a wholesome food, rich in milk and cream, and sometimes eggs. A generous use of ice cream helps to increase the daily amount of milk, and it is a delightful way of getting essential calcium. When making ice cream, freeze quickly to avoid large crystals. Many recipes tell you to turn the half frozen ice cream into a bowl and beat well. In doing this, work quickly, and beat the mixture only until creamy, not melted. Then return to tray, level off, and return immediately to the freezing compartment. Do not freeze it too long, or it loses some of its creamy deliciousness and gets too firm.

Marble Ice Cream

This "marble" effect can be obtained very quickly by buying a package of ice cream, spreading it out on the freezing tray of your refrigerator and then spreading the following chocolate mixture over it, or stirring it in, in streaks, and then freezing again until just nicely firm for spooning out. But if you wish to make this ice cream yourself, here is the complete recipe: Two-thirds cup sweetened condensed milk, 1/2 cup cold, strong, black coffee, 1/2 teaspoon vanilla, few grains salt, 1 cup whipped cream (or whipped unsweetened condensed milk). Combine the first 4 ingredients, then fold in the whipped cream. Turn into freezing tray and freeze quite firm, beating with a spoon every 30 minutes. For the marble effect, melt 1/2 cup of grated chocolate in a saucepan or basin over hot water (not direct heat), adding 4 teaspoons boiling water and 2 tablespoons milk. Stir quite smooth. Cool, but do not chill. Spread over the already firm ice cream, or stir it in, in streaks, then freeze again till nicely firm.

Vanilla Ice Cream

Combine 3/4 cup sweetened condensed milk, 1/2 cup cold water, 1/2 teaspoon salt, 1 1/2 teaspoons vanilla. Chill. Whip a cup of rich cream until of custard-like consistency, and fold it into the chilled mixture. Turn into freezing tray and freeze until frozen an inch from the edge, then turn into chilled bowl and beat with egg beater until smooth, not melted. Return to freezing tray and freeze till just nicely firm. For Coffee Ice Cream, make the above recipe, using 3/4 cup cold, strong, black coffee instead of the 1/2 cup cold water. A fine flavour is given by adding 3 tablespoons brandy. For strawberry ice cream make the vanilla recipe, but just before freezing add 1 1/2 cups crushed strawberries (could be frozen ones), 2 tablespoons lemon juice, and 1/4 cup sugar, all combined.

Custard Ice Cream

One pint milk, 1/2 cup sugar, 2 eggs, separated, a tablespoon best cornflour, 1/2 pint cream and vanilla to taste. Heat milk in double boiler, add sugar. Beat white to meringue stiffness, then add yolks and beat again. Moisten cornflour with a little milk and add to hot milk in saucepan. Then add beaten eggs, and cook a little, afterwards beat with beater while still over hot water. Let cool. Add vanilla to taste. Put in refrigerator and semi-freeze. Beat 1/2 pint cream, take out mixture, and beat in cream. Put in again to freeze.

Hot Raspberry Sauce

Two tablespoons raspberry jam in 2 cups water. Boil. Add juice of a lemon or orange, strain. Moisten 1 dessertspoon

cornflour with a little water, and use to thicken. Could make first part some hours beforehand and thicken just before serving.

Pour very hot over the ice cream and serve at once. May use apricot or strawberry jam, or even golden syrup.

Wee Wyn's Ice Cream

This recipe was very popular last year. The secret is to have both bowl and milk thoroughly chilled. Empty a tin of evaporated milk into a bowl with a pinch of salt. Whip till thick, then add 3/4 cup sifted icing sugar and flavouring. Whip again, then put in trays and freeze. This makes 2 trays. There is no further beating. Allow 2 hours to freeze. Grated chocolate, passion fruit or crushed pineapple can be added before tipping into trays.

Ice Cream

This was sent in by "A Young Mother of Three." She says it is always successful and most economical, costing only about a shilling to make—except when she enriches it by using 1/4 pint of cream. One and a half teaspoons gelatine dissolved in 2 tablespoons hot water, 8 level tablespoons full cream dried milk powder, 3 tablespoons sugar, approximately 1 pint milk. Stand container with gelatine in or over boiling water. Mix milk powder and sugar and beat in half the milk, beat till dissolved. Add gelatine and milk that is left (having with the gelatine only a pint of liquid). Beat thoroughly and place in freezer for 3/4 hour. Beat again, add essences and return to tray and finish freezing, then turn refrigerator down to about 2 or 3 and this keeps it at just about the right consistency. Use raspberry, vanilla or orange essences (about 2 teaspoons).

Junket Ice Cream

Take 2 cups fresh milk, add rennet to make a junket. When in the setting stage, add 1 cup sugar, and beat well with egg beater. Then stir in 1 large cup cream. Add about a teaspoon vanilla essence, pour into tray, and place in freezer. It sets firmly and is not as sickly as other ice creams.

Quick Ice Cream

One tin sweetened condensed milk, the same empty tin of milk, the same empty tin of cream. Flavour and freeze, stirring twice, during the freezing process. This is delicious.

FROM THE MAILBAG

Yellowed Straw Hat

Dear Aunt Daisy,

Could you tell me how to bleach a good and expensive Sisal straw hat which has much too quickly yellowed with summer wear?

"N.W.," Cashmere Hills.

The only hint I have is for Panama straw. It might do. Put the hat on an upturned basin (if you haven't a milliner's model head) so that the head will stay in shape while wet. 1. Make a saturated solution of borax and hot water and apply while fairly hot with a soft brush. Brush off the crystals when thoroughly dry. Powdered alum may also be used in this way. 2. Mix powdered magnesia to a paste with cold water, and rub well on with a clean nail brush. When dry, brush off well.



My shoe-shop says
"TRU-WITE is best!"

IT'S CONCENTRATED!
A Little Goes A Long Way!

Just a little 'Tru-Wite' on a damp cloth or sponge and whatever you whiten is cleaned and whitened to stay whiter—longer—for 'Tru-Wite' WILL NOT CRACK OR RUB OFF!

Improved Formula—Guaranteed!

**THE PERFECT CLEANER FOR
WHITE LEATHER AND CANVAS**

