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Ask Aunt Daisy

Tomato Relishes, Catsups, Sauces

ALTHOUGH these sauces have a little or no food value, yet they do stimulate digestion, and add flavour to cold meats and grills, both meat and fish. Chutney is often used in sandwich spreads, or on water-biscuits. There has been fresh interest in ketchup or catsup this year, and here are two recipes which were sent to me, one from Onehunga and one from Mt. Eden.

Tomato Ketchup

The sender of this recipe has made it from a book published in England by the television cook Phillip Harben. Prepare for each 12 lb. tomatoes 1 pint spiced vinegar (made by adding ½ oz. mixed spice to boiling vinegar, then infusing for two hours in a covered pan). Cook tomatoes in as little water as possible (pressure cooker for preference). When sieved or skinned, add per 12 lb. tomatoes, 1 lb. sugar, 1½ oz. salt, 2 pinches cayenne pepper. Cook till somewhat reduced, then add spiced vinegar, and go on boiling and stirring in an open pan till sauce is really thick, so that you can almost stand a spoon up in it. Bottle and seal well.

Tomato Catsup

Two and a half quarts (15 to 17 medium-sized) sliced tomatoes, ¾ cup chopped onion, 3-inch piece stick cinnamon, 1 large chopped garlic, 1 teaspoon whole cloves, 1 cup vinegar, ½ cup sugar, 1¼ teaspoons salt, 1 teaspoon paprika, dash cayenne pepper. Simmer together tomatoes and onion for 20-30 minutes; press through a sieve. Put cinnamon, garlic and cloves loosely in a clean, thin, white cloth, tie top tightly, add to vinegar and simmer 30 minutes. Remove spices. Boil sieved tomatoes rapidly until half original volume. Stir frequently to prevent sticking. Add spiced vinegar, sugar, salt, paprika and cayenne pepper to tomato mixture. Boil rapidly, stirring constantly about 10 minutes or until slightly thickened. Pour into clean hot sterilised jars. Fill jars to top; seal tightly. Makes about 2 pints.

Autumn Chutney

One and a half pounds tomatoes, 3 lb. apples, 1 lb. onions, 1 lb. raisins, 1 lb. brown sugar, ½ teaspoon cayenne, 1 teaspoon black pepper, 2 teaspoons ground ginger, 2 tablespoons salt, 1 quart vinegar. Peel apples and onions and mince them. Peel and slice tomatoes. Combine with raisins and seasonings and cook 20 minutes. Add the vinegar and cook 1¼ to 2 hours until chutney is thick. Seal in hot, clean jars.

Tomato Sauce

Ten pounds very ripe tomatoes, 3 lb. onions, ¼ lb. salt, 1½ lb. brown sugar, 1½ lb. white sugar, 2 oz. cloves, 2 oz. allspice, 2 oz. black peppercorns, 3 pints vinegar, 2 oz. crushed whole ginger, ¼ oz. cayenne pepper or to taste. Boil fruit and onions with spices for 2 hours, then put through colander. Return to pan, add the vinegar, which should be poured through the remains to extract any juice left. Boil slowly for 10 minutes. Bottle hot and seal at once. Should keep for years. Or try this: Twelve pounds tomatoes, 3 lb. apples, 3 lb. onions, 2½ lb. brown sugar, 2 oz. allspice, 2 oz. peppercorns, 1 oz. chillies, 2 oz. garlic, 2 oz. cloves, 2 quarts vinegar, ½ lb.

salt. Boil all well together for 4 hours with spices in muslin bag. When cooked pass through colander and bottle. Do not peel apples or tomatoes, but wipe them well and cut into pieces.



Tomato Chutney

Six pounds ripe tomatoes, 3 lb. dates, ½ lb. onions, ½ lb. preserved ginger, 1 lb. brown sugar, 2 oz. salt, ½ oz. cayenne pepper, ½ oz. garlic, 5 pints vinegar. Skin and slice tomatoes, stone and chop dates, cut onions and ginger finely, and boil all together gently for 4 hours.

Tomato and Mint Chutney

Two pounds tomatoes, 2 lb. sour apples, 2 lb. onions, 2 cups mint leaves, 2 cups sugar, 4 cups vinegar, 2 tablespoons mustard, 2 teaspoons salt, 2 chillies, 2 cups raisins. Put all through mincer, with basin underneath to catch any liquid. Bring vinegar to boil, add sugar and mustard mixed with a little of the vinegar. Boil 5 minutes. Let it cool, then add minced ingredients, and mix thoroughly. Leave till next day, stir and bottle. Ready in a fortnight.

Tomato Chutney with Honey

Four pounds tomatoes, 2 lb. sultanas, 1 lb. dates, 1 lb. apples, 1 large onion, 1 lb. honey, ½ teaspoon ground cloves, 1 tablespoon salt, juice 2 lemons, ½ cup vinegar. Peel and cut up tomatoes, apples and onions. Put all together and boil 2 hours.

Tomato Relish

Four pounds tomatoes, 6 medium onions, 2 tablespoons salt, 1 pint vinegar, 1 lb. brown sugar, 2 tablespoons mustard, 1 tablespoon curry powder, 1 tablespoon cornflour, 6 chillies. Skin tomatoes and onions and cut in slices. Put in preserving pan with sugar, salt, vinegar and chillies (in bag). Boil 1 hour. Thicken with 1 tablespoon cornflour, the curry powder and the mustard mixed with a little vinegar.

Tomato Jam

This recipe for mock raspberry jam is extremely popular. Four pounds tomatoes, 3 lb. sugar, juice of a lemon, ½ bottle raspberry or strawberry essence. Skin tomatoes and cut fairly fine, add sugar and lemon juice, and boil gently about 2 hours. Then stir in essence. Do not boil after essence is added, or flavour is lost. Test for setting.

FROM THE MAILBAG

Copper Trouble

Dear Aunt Daisy,

I have a copper which I have used for 6 years and never had any trouble with it. Now no matter what I clean it with (and I have tried sandsoap and vinegar and salt, and always wipe it out after each wash day), it has taken to leaving yellow and brown stains on the clothes, which are so hard to wash out again. I wondered if you or any of your Daisy Chain could help me?

"F.G." Herne Bay.

Try filling copper with cold water, adding 2 tablespoons cream of tartar. Leave it standing at least 24 hours or until you want to use the copper, then empty and wipe dry. It should be quite all right. It would be a good idea, after

N.Z. LISTENER, MARCH 12, 1954.