



CAPE GOOSEBERRIES

CAPE GOOSEBERRIES gain in popularity every year, and are one of those fruits with a pungent flavour, so useful for helping to prop up the plainer fruits such as apples and pie melon. They also combine well with pineapple. It is a good idea to bottle a few jars, for use in winter with apples in a pie, or mingled with stewed pears. They bottle well, in the usual syrup. Cape gooseberries mixed with apples make a luscious pie, say, 1/2 lb. shelled Cape gooseberries to 1 1/2 lb. apples. Stew them together first, and cool before putting on the pastry, either short or flaky. A biscuit pastry, made with an egg, is especially good for this pie. Add the juice of a lemon, for an extra touch.

In a Casserole

This is a favourite way for almost all fruits. The baking gives a specially fine flavour. For Cape gooseberries make a syrup first, using half as much sugar as water and adding lemon juice to taste. Pour this over the shelled fruit in a casserole, put on the lid, and bake slowly—when the oven is already in use for something else will do. Serve as breakfast fruit, or as dessert with cream or custard; or pour a sponge-crust on the boiling fruit and bake. Thick slices or quarters of apples may be added when baking.

Cape Gooseberry Sponge

Stew Cape gooseberries gently with sugar. Strain off syrup, and make up to just under 1 pint with hot water. Make up a packet of jelly with it. Leave to get cold. As it is setting, whip and then add the Cape gooseberries and let it set.

Steamed Pudding

Line a basin with a good suet pastry and half-fill with shelled Cape gooseberries. Put a sprinkling of sugar and a dash of water and then a layer of sliced apples. Fill up the rest of the basin with more gooseberries, cover with a pastry top, put a butter paper over, and steam in a saucepan half-full of boiling water, with tightly-fitting lid, for about 2 hours. If preferred, the basin used need not be lined with pastry but simply filled with Cape gooseberries and apples, and plenty of sugar and a little water, and just a pastry lid. Steam as before.

Cape Gooseberry and Apple Jam

Four and a half pounds shelled Cape gooseberries to 1 1/2 lb. apples. Put 1 tablespoon butter in saucepan and all the fruit (mince or grate the apples). Crush gooseberries, and if not enough juice to start with, add 2 tablespoons water. Allow pound for pound of sugar when soft, and cook till it will set.

Cape Gooseberry Conserve

Four pounds apples, 8 cups water, 2 lb. Cape gooseberries. Boil the cut-up apples in the water till soft. Strain through a jelly bag all night, as for apple jelly. Next day, cook the prepared Cape gooseberries in that juice till soft then add cup for cup of sugar (warmed). Stir till the sugar is dissolved, bring to the boil and boil till it will set when tested. The juice of a lemon may be added if liked.

Cape Gooseberry and Lemon Jam

Five pounds Cape gooseberries, 5 lb. sugar, 1 pint water, and juice of 5 lemons. Put sugar and water in pan, bring to boil, add lemon juice, and

when syrup is quite clear add gooseberries, which have been shelled, washed and pricked with a needle; boil for about 1 1/2 hours, or until syrup is thick, and falls from a spoon. Do not bottle this jam until it is cold.

Cape Gooseberry Jam

Allow 1 lb. sugar to 1 lb. shelled berries. Squeeze juice 2-3 lemons into preserving pan. Put in berries, and stir till cooked to a pulp. Add sugar and boil until a pale amber colour and will set when tested. No water.

Cape Gooseberry Conserve

Three pounds shelled Cape gooseberries, 1 1/2 lb. sliced apples, 1 1/2 lb. sliced skinned tomatoes, 6 large bananas sliced, juice of 6 lemons, 6 lb. sugar. Put gooseberries apples and tomatoes in pan with sugar. Leave to stand an hour. Add lemon juice and boil hard 15 minutes. Add bananas, boil 5 minutes longer. Remove from fire, stir well for 5 minutes. Bottle and seal while hot. Like fruit salad.

Cape Gooseberry and Pie Melon Jam

Cut up 5 lb. melon, sprinkle with 5 lb. sugar, and leave overnight. Next day boil about 1 3/4 hours. Add 1 1/2 to 2 lb. Cape gooseberries whole, but shelled. Stir till dissolved. Boil till golden brown and will set. Lastly add 1 oz. butter.

Cape Gooseberry and Pineapple Jam

Three pounds Cape gooseberries, 1 large tin pineapple slices, 3 lb. sugar. Boil Cape gooseberries in pineapple juice till soft. Add sugar, stirring well till dissolved. Boil again quickly till thick about 1/2 to 3/4 hour. Stir occasionally. When thick, add cut-up pineapple, boil 5 to 10 minutes. Test.

FROM THE MAILBAG

Tea Stains on Blankets

Dear Aunt Daisy,

Could you advise me about this? Some time ago my husband spilt a cup of tea over my blankets. I want to wash them now, and am wondering if I can get those stains out before washing them.

"Q.D."

I think borax will do the trick. Damp the stained places with warm water thoroughly, and rub in dry borax. If the stains have gone through, rub both sides. Then roll up and leave for some hours. Wash the place in cool suds; the stains should be much paler, if not quite gone, and the subsequent washing of the whole blanket will finish the work. It is best to sponge a tea stain when freshly done with very hot water, on the principle of weakening tea by adding more and more hot water till the tea is quite gone. Another method, practically certain is to soak the stained part in a saucer of glycerine for some hours. Then work it a little with fingers, and wash in warm suds.

Unbleached and Mildewed

Dear Aunt Daisy,

Would you advise me about unbleached sheets? I washed and boiled them in the first place and then left them out on the grass for several days and nights, turning them each day, to bleach. I noticed dirty marks on them but thought they would come out in the next wash. However, I find a lot of it

N.Z. LISTENER, MAY 7, 1954.

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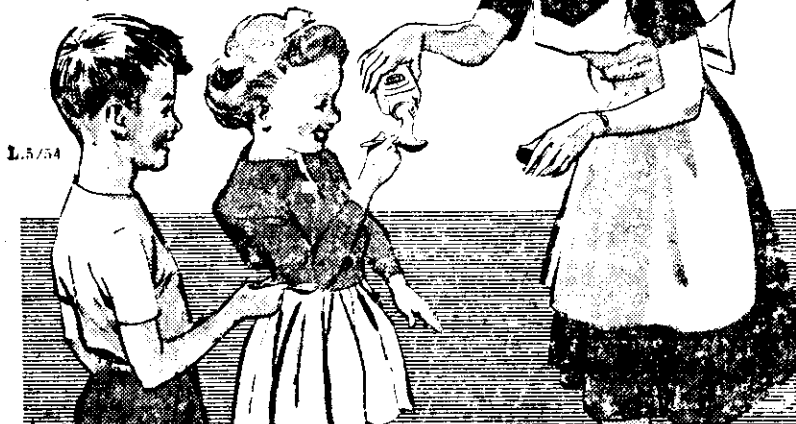
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