



Judith Ann Field

Authority on Home Economics

RECOMMENDS

CREST'S

NEW SPAGHETTI

WITH BARBECUE SAUSAGES IN TOMATO SAUCE

Here is an exclusive new CREST food with real appetite appeal for Breakfast, Lunch or Tea. A complete meal ready to just heat and serve.

Your family will enjoy this delicious combination of CREST Spaghetti, Barbecue Sausages and Tomato Sauce.



CHESDALE Spreads in six savoury cheese flavours. They're smooth and spread easily and are ideal for sandwich and savoury fillings. Vacuum packed in attractive re-usable glass tumblers.



Although bulk cheese prices are up, New Zealand's largest selling process cheese—accepted as the most economical way of purchasing cheese, helps every housewife in New Zealand to cut the cost of living by maintaining its present price.

BULLETIN NUMBER FOUR

This latest Judith Ann Field Bulletin contains many exciting new recipes for CHESDALE.

If you are not already on the mailing list for receiving the Bulletins write for free copy of Bulletin No. 4 to Miss Judith Ann Field, Box 2226, Auckland.

BUTLAND INDUSTRIES LIMITED, GREAT SOUTH ROAD, AUCKLAND

Ask Aunt Daisy

THE HOT PUDDING SEASON

MOST families feel that dinner in winter time is not complete without a real pudding—either a steamed pudding or a pie for preference. Milk puddings are often felt to be "children's food," no matter how they are bolstered up with meringue tops and stewed fruit; but a man will nearly always prefer a more solid pudding, and a sweet sauce with it, too. Here are some favourites.

pancake as it is cooked, and place it in a baking pan. Cover with the following sauce and keep in warm oven till serving time. Sauce: Blend $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sifted icing sugar, and grated rind and juice of an orange. Heat and pour over the rolled pancakes.



Apple Curranty

This is an old Devonshire pudding and should be served with Devonshire cream! Whipped cream, or custard sauce will do, however, but not ice cream in the modern manner! Three-quarters of a pound of flour, small teaspoon baking powder, 4 large sour cooking apples, $\frac{1}{2}$ lb. finely shredded suet, 2 tablespoons sugar, pinch salt, handful of sultanas or currants, 1 egg and a little milk. Chop apples about size of lump sugar. Put all into basin and mix with 1 egg and very little milk, not more moist than a cake. Bake about 1 hour or steam in basin about 3 hours.

Surprise Pudding

This is a quickly made pudding. The surprise element is in wondering whether it will include pineapple slices or canned peach slices (or halves), or apricot halves. It is baked in a moderate oven, 350 degrees (or regulo 4) for about 40 minutes. Sift together $1\frac{1}{4}$ cups sifted flour, 2 teaspoons baking powder (not phosphate), $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ cup sugar. Add $\frac{1}{4}$ cup shortening, 1 unbeaten egg, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla, and beat all well until batter is well blended. (With electric mixer blend at low speed, then beat at medium speed for 3 minutes.) Have ready a dish or pan (8 by 8 by 2 inches) well buttered, and then spread with $\frac{1}{4}$ cup firmly packed brown sugar mixed with 2 tablespoons melted butter. On this arrange 4 slices pineapple, or sufficient canned peaches or apricots. Then pour batter over this and bake, as above, approximately $\frac{3}{4}$ hour. Turn out upside down on serving dish, and pass around the whipped cream!

Peach Cottage Pudding

This is the old cottage pudding served with a spicy peach sauce which lifts it into a new class. Sift together $1\frac{1}{8}$ cups of sifted flour, 2 teaspoons baking powder (not phosphate), $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ cup sugar. Add $\frac{1}{4}$ cup shortening, one unbeaten egg, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla. Beat until batter is well blended. (With electric mixer blend at low speed, then beat at medium speed for 3 minutes.) Pour into well-buttered 8 by 8 by 2-inch pan and bake in moderate oven about $\frac{3}{4}$ hour. Serve hot with hot spicy peach sauce: Blend 2 tablespoons best cornflour and 1 1-3rd cups peach syrup drained from canned peaches. Add 1-3rd cup water, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon cloves, $\frac{1}{4}$ teaspoon nutmeg, and cook, stirring, until thick. Add 2 tablespoons butter, 1 tablespoon lemon juice, and all the peach slices (or halves) from the tin.

Caramel Rhubarb Pudding

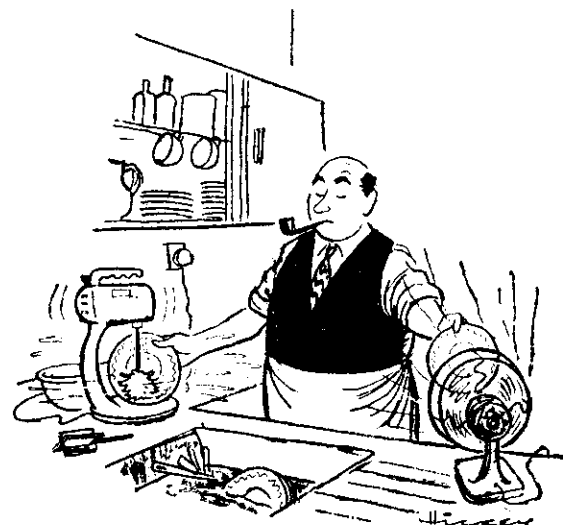
Mix 3 tablespoons each of brown sugar and butter, spread this inside a pudding basin. Now line basin with suet crust on top of the caramel. Half-fill with cut-up rhubarb, sprinkle thickly with brown sugar, add juice of $\frac{1}{2}$ lemon, then pile on more rhubarb till basin is full. Cover with a top crust, and either bake in hot oven, or cover with buttered paper and boil.

Vegetable Plum Duff

One cup grated raw potato, 1 cup grated raw carrot, 1 cup grated raw apple, 1 cup sugar, 1 cup shredded suet, 1 cup flour, 1 cup breadcrumbs, 1 cup currants, 1 cup sultanas, 1 cup raisins, a piece of peel, 1 teaspoon mixed spice, 2 tablespoons sago, 1 teaspoon baking soda, 1 well-beaten egg, 1 tablespoon

Simple Crepe Suzettes

A famous French dessert, made simply. They are really wafer-thin pancakes, and are served with an orange sauce instead of brandy and liqueur. Make a very smooth batter with $\frac{1}{2}$ cup sifted flour, $\frac{1}{2}$ teaspoon baking powder (not phosphate), $\frac{1}{2}$ teaspoon salt, 1 cup milk, 2 eggs lightly beaten, $\frac{1}{2}$ teaspoon grated lemon rind. Use a very small frying pan (7-inch). For each pancake, butter lightly the hot pan, pour in a small amount of batter, and tilt it so that the batter will cover entire surface and will be very thin. Cook till set, then turn and brown the other side. Roll each



(C) Punch

THE FAMILY MEDICINE FOOD



Lane's

EMULSION

It's famous because it's GOOD!



K.1/51

THE LANE MEDICINE CO. LTD., HARBOUR STREET, OAMARU.