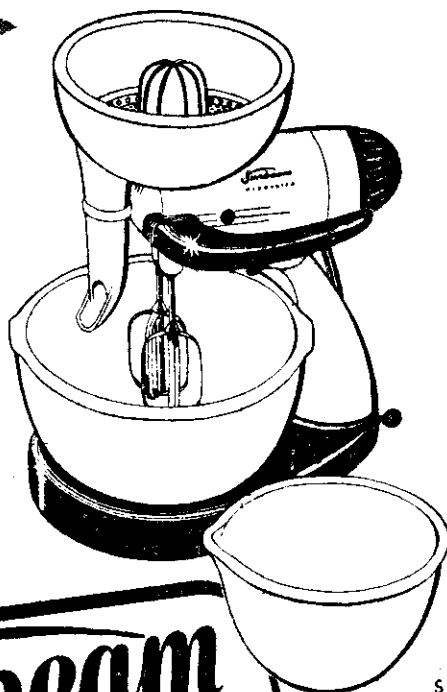


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Ask Aunt Daisy

APPLES BY THE CASE

MOST people hasten to buy at least one 40 lb. case of apples at this time of the year; and this year the demand was so great and so immediate that the cheaper of the two grades were all ordered by the end of the first week! A few years ago we had a competition for ideas on making the most of a case of apples, and here is a summary of the winning entry: 10 lb. for eating, 6 lb. for prepared pulp, 6 lb. quartered and bottled in syrup, 2 lb. for chutney, 1 lb. used in mincemeat, 1 lb. into apple-butter for fillings, 2 lb. for toffee apples for the children, and from the peels and cores of all were made 8 jars of apple jelly! From the remainder of the case this woman made apple fruit cakes, savouries, puddings and so on.

The Jelly

The winner made the jelly in batches, she said. "I keep a sort of stockpot for all skins and cores which accumulate during the day. At night, while cooking our meal, I boil these peelings, barely covering them with water; and strain them after half an hour's boiling. This liquid is kept, and the next day's added to it, this is brought to the boil again, and cup for cup of sugar is added. For flavouring I sometimes put a few peach or laurel leaves with the peelings, which give an almond flavouring; or sometimes grated lemon rind. Other times, I leave it plain until the jelly is ready to use; then divide it into two or three basins and add a few drops of ginger flavouring to one, clove flavouring to another, with perhaps strawberry to a third. When preparing the peelings for boiling I always put in with them one or two cut-up beetroot, the juice from which makes the jelly a beautiful ruby red, without affecting the apple flavour."

Apple Sauce Cake

One cup sugar, 1 cup stewed apple (dry and unsweetened), ½ cup seeded raisins, ½ cup sultanas, ¼ cup nuts, ½ teaspoon cinnamon, pinch salt, ½ cup butter, 2 cups flour, 1 tablespoon peel, 2 level teaspoons baking soda, 1 tablespoon hot water. Cream butter and sugar, add cold apple, then fruits. Dissolve baking soda in the hot water, add sifted dry ingredients. Put in greased tin, sprinkle the nuts on top. Moderate oven, about 1 hour.

Apple Puffs

This comes from a Matamata Link, who collected some apple recipes when in England last year. Half teacupful each of sugar and milk, 2 eggs, pinch salt, flour enough to make a batter that will drop from a spoon. Grease 6 teacups and drop a spoonful of batter in each cup, place ¼ apple on top, sprinkle with sugar and drop more batter on top. The cup should be 3 parts full. Stand cups in a little water in a meat dish and bake 1 hour, medium oven. A few blackberries added to apple is a nice change, or serve with a jam sauce.

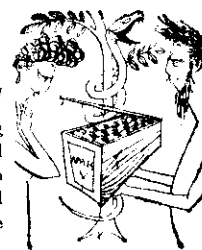
Nottingham Pudding

Take the cores out of 5-6 apples, but leave them whole; fill holes with dates, sugar and lemon juice. Put on greased baking dish and pour over them a light batter and bake in a moderate oven.

Cornish Pudding

Peel, core and slice 3-4 apples, mix with 3 tablespoons sugar and ½ teacup sago and a little nutmeg or lemon peel. Put in a well-greased piedish and pour

over enough boiling milk to almost fill the dish. Put a dab of butter on top and bake in moderate oven 1½ hours.



Good Daughter's Pudding

Our Matamata friend describes this as "a delicious form of roly-poly"! Make a paste as for roly-poly and roll out about ¼ inch thick. Finely chop 1-2 apples and mix in a basin with 1 tablespoon golden syrup, juice of a lemon, 1 tablespoon sugar, 2 tablespoons currants or chopped dates, 2 tablespoons breadcrumbs. Spread evenly over the paste, roll, and boil or bake as for roly-poly.

Channel Island Cake

Three quarters of a pound self-raising flour (or ordinary flour sifted with a teaspoon of baking powder), ½ lb. butter, 1 lb. cooking apples and sugar to sweeten. Cook apples with very little water, sweeten, and leave till cold. Make pastry with flour, butter and salt, roll out, and put half into meat tin; spread with the apple and sprinkle with cinnamon or spice; dab with tiny pieces of butter and cover with the other half of pastry. Bake in hot oven. This pastry only to be rolled out once.

Savoury Apples

Butter a piedish and put in a layer of apples cut in eighths. Sprinkle with a little sugar, and a tablespoon of breadcrumbs and a little salt. Dot over with small bits of butter. Have ready 2 large onions chopped and fried till a golden brown; add to them curry powder to flavour, according to taste. Cover layer of apples in dish with fried onions and continue with layers of each till dish is full. Put a layer of breadcrumbs on top. Cover closely and put in hot oven for ½ hour, then remove cover and brown.

Apple Custard

Peel, core and quarter 4-5 apples in a piedish, add a little water and sugar. Bake till soft. Add 1 large sliced banana and juice of 1 large orange. Beat 2 eggs, add 1½ cups milk, and ½ teaspoon orange flavouring, pinch salt, and pour over the apple mixture. Bake in moderate oven till set.

Savoury Apple Tart

Two large apples and 1 onion cooked together. Line a pie plate with pastry. Sprinkle on grated cheese. Now the apple and onion mixture. Make a savoury custard of 1 egg, 1 cup milk, pepper and salt, and pour over. Put plate on hot scone tray and bake in hot oven, lowering the heat after 10 minutes.

Apple Rissoles

Mince left-over cold meat, or fresh pork; add an equal quantity of minced apple. Mix with salt, pepper and a little herbs if liked, and bind with beaten egg. Add breadcrumbs if too moist. Make into rissoles, roll in crumbs or crushed flakes, and fry golden brown.

FROM THE MAILBAG

About Aqua Bowls

Dear Aunt Daisy,

I am a proud owner of an aqua bowl, having had mine some four years. From experience, one gets to know what flowers will keep longer in the bowl before the water clouds. Chrysanthemums and polyanthus, which I do not put in the bowl now, are only in for 2 days before the water goes horribly cloudy. A rosebud will keep in the same water ap-

N.Z. LISTENER, JULY 2, 1954.