

FOR ECONOMICAL MEAT MEALS

*Delicious Satisfying
and Quick-to-Serve!*



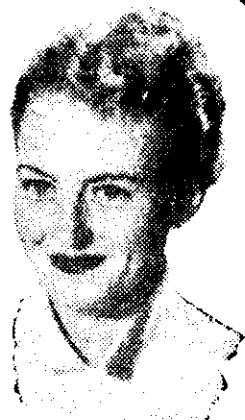
SPAGHETTI
with BARBECUE SAUSAGES

BAKED BEANS
with BARBECUE SAUSAGES

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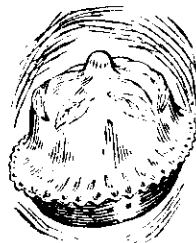


Judith Ann Field

Director of Home Economics,
says, Crest Baked Beans and Crest
Spaghetti with Barbecue Sausages
make two complete and perfect
meat meals. Each combination
is delicious, easy to serve and
very economical. Ideal for quick
to get Breakfasts, Lunches and
Teas.

Ask Aunt Daisy

Pumpkins and Piemelons



LAST week our subject was pie-melons and pumpkins; but our space was exhausted before we reached the latter! Even then there were many fine pie-melon recipes left out. So this week I'll start with pumpkins. I suppose the favourite way of serving pumpkin is to bake it with the joint of meat, but it is really more valuable if boiled and mashed with the potatoes, because both of them have a protective food value. If you have an electric cake-beater, and use this for mashing pumpkin, it is extra smooth and good. Cooked pumpkin mashed by itself with one of these cake-mixers is excellent when making pumpkin pie, which is actually a custard tart. Otherwise you should really sieve the mashed pumpkin, because it should be very smooth indeed. Molasses is sometimes used to give a rich, dark colour; and a dash of powdered ginger is important, too. Here are two pumpkin pie recipes.

Pennsylvania Pumpkin Pie

Two cups cooked mashed pumpkin, 3 egg yolks, 1 cup dark brown sugar, 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 3 egg whites, 1 teaspoon ginger, 1/8 teaspoon cloves, 1/8 teaspoon allspice, 1 teaspoon cinnamon, 3 cups scalded milk. Mix pumpkin, spices, salt, egg yolks, then add scalded milk. Fold in stiffly-beaten egg whites. Pour mixture into a piedish lined with pastry, first brushing pastry with egg-white. Bake in 450 degrees oven for 15 minutes, then 350 degrees till baked. For flavouring, marmalade can be added in place of the spices, and the rind and juice of two lemons.

Eggless Pumpkin Pie

This is only a substitute for the real thing, but quite nice. Half a tablespoon of cornflour, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1 cup rich milk, 1/2 teaspoon each cinnamon and nutmeg, 2 cups dry sieved cooked pumpkin, 1 cup brown sugar. Line pie-plate

with a rich pie crust, and flute the edges. Stir the cornflour, baking powder, salt, milk and half the spice into the pumpkin pulp. Add the sugar. Pour into the crust-lined plate. Sprinkle with the remaining spice, and bake till firm in the middle of a moderate oven, about 45 minutes. If you like you can sprinkle before baking with 1/2 cup finely chopped walnuts.

Pumpkin Scones

Cream 1/2 cup cooked mashed pumpkin with 1/2 cup butter, and 1 tablespoon milk; then 1 cup flour sifted with 1 teaspoon baking powder, salt and sugar to taste. Add more milk to mix if necessary. Roll out, cut in pieces, bake like ordinary scones.

Pumpkin Soup

Two pounds pumpkin, small onion, butter and milk. Prepare pumpkin, cut into small pieces and boil in salted water, with a small onion to flavour. When cooked, strain off a little of the water, mash, then add a good tablespoon of butter, and milk to make up the required quantity, add pepper and more salt if necessary, and thicken with a little cornflour and milk.

Soup Pumpkin Plus

A large piece of pumpkin, 6 fairly large potatoes, 1 onion, 1 turnip, 6 cups vegetable water, 1 cup milk, 1 parsnip, teaspoon salt and a little pepper, teaspoon sugar, small piece of butter, white part of silver beet, 2 carrots. Heat butter and cook cut-up vegetables in it a little, but do not brown them. Add the water, and boil till tender. Mash the vegetables, and return them to the saucepan of water they were cooked in. Add the milk, and 2 teaspoons of vegetable extract. Stir and simmer 5 minutes. Serve with dry toast. A little more milk can be added if desired.

Pumpkin Lemon Cheese

Two pounds pumpkin, 5 or 6 lemons, 1/4 lb. butter, 2 lb. sugar. Cook pumpkin, strain well, add juice and rind from

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*good for youngsters ...
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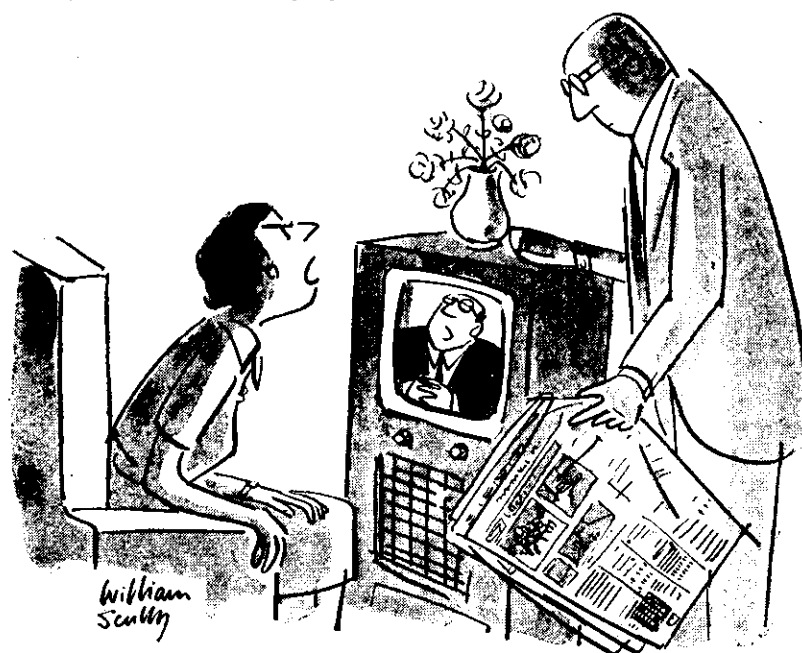
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*William
Scully*

(C) Punch

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N.Z. LISTENER, JULY 23, 1954.