

KAY MF 517

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Touch...*

KAY MF 519

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ASK AUNT DAISY

Requested Orange Recipes

SEVERAL requests have been made for certain orange recipes which I published about a year ago. One is for the sunny bread pudding, and another the orange Spanish cream; and yet another is for a lovely orange filling for a layer cake. So here they are, and a few more; but remember that you get the most health value by eating oranges raw. I remember the great refreshment I got when rushing about New York or Washington during July and August by drinking tumblerfuls of pure orange juice. The attendants just cut 2 or 3 oranges in half and put them in the squeezer—no water or sugar added, unless perhaps a piece of ice. Oranges aid digestion, prevent and correct acidosis, provide calcium, iron and phosphorus, supply quick energy in the form of fruit-sugar, as well as cellulose, a natural laxative.

Golden Fizz

Beat 1 egg (better if whites and yolk beaten separately, and then combined). Add sugar to taste, and beat. Add juice of 1 big orange, and beat. Fill glass with milk, and beat lightly. Sprinkle nutmeg on top. An excellent pick-me-up.

Sunny Bread Pudding

Cut some stale bread into neat cubes—4 cups full. Beat up 3 eggs, and mix with 1 1-3rd cups sugar, 1/4 teaspoon salt, 1 1/2 cups orange juice. Pour this over the bread, stir in 2 tablespoons raisins and 1/4 cup coconut. Bake in a buttered piedish in a "custard oven" (350 degrees or regulo 4) until set. Just brown off the last minute or two with increased heat, if necessary. Serve plain or with this orange sauce: Combine 1 cup orange juice, 1/2 cup honey or sugar, and a little grated peel, all well stirred.

Orange Rice Pudding

Have 2 cups fluffy cooked rice, and while hot sprinkle with 1 teaspoon grated peel. Let cool and then fold the rice into 1/2 pint thin cream or top milk. Serve with orange sauce.

Orange Spanish Cream

Two tablespoons gelatine, 2 cups milk, 1/2 cup sugar, 3 eggs, separated, 1/4 teaspoon salt, 1 teaspoon each grated orange peel and lemon peel, 1 cup orange juice, 2 tablespoons lemon juice, strawberries or other berries, orange slices. Soften gelatine in milk 5 minutes. Heat in top of double boiler. When gelatine is dissolved add sugar. Pour hot mixture slowly over slightly beaten egg yolks. Return to double boiler and cook about 5 minutes, stirring constantly. Remove from heat. Add salt, grated peel, orange and lemon juice. Fold in stiffly-beaten egg whites. Chill in mould until firm. Unmould and garnish with berries and orange slices. This dessert will separate into a clear layer and a layer of creamy sponge.

Layer Cake Filling

This is a lovely one: Put 3/4 cup sugar into the yolk of an egg and stir, don't beat. Then put in 1 heaped tablespoon of flour, and then the juice and grated rind of 3 oranges and 1 lemon. Add a little water with the juice. Mix all well, and cook in a double saucepan with 1 tablespoon butter. Stir well till thick and bubbly.

Orange Sponge Cake

Beat 3 eggs with nearly 1 breakfast cup sugar for 10 minutes. (All the beating need not be done at once). Add the

juice and grated rind of an orange and beat again. Then add 1 heaped breakfast cup flour, 1 teaspoon baking powder and pinch of salt. Bake in a greased tin in a fairly hot oven (400 degrees) for about 30 minutes.

Orange Coconut Cake

Four ounces flour, 4 oz. sugar, 1 teaspoon baking powder, grated rind of an orange, 4 oz. butter, 2 eggs, 1 tablespoon orange juice, 2 tablespoons desiccated coconut. Cream butter and sugar, add beaten eggs, then dry ingredients as usual. Bake about 20 minutes, regulo 5 to 6 if gas; if electric, 375 degrees, bottom medium, top low. A very light and soft cake. Ice with butter icing flavoured with orange.

Orange and Coconut Filling

In the top of double boiler, or in basin standing in saucepan of boiling water, combine 1/2 cup sugar, 4 tablespoons flour, and a dash of salt, then mix in 1-3rd

BRAZIL NUT CAKE

Toast 4 oz. Brazil nuts in the oven and then chop finely. Mix with 3/4 lb. flour. Rub in 4 oz. butter and add 5 oz. castor sugar and a little grated nutmeg, pinch salt, 1 level teaspoon baking powder, 2 oz. preserved ginger cut small. Now beat 3 eggs well and add 1 1/4 pint milk. Mix all to a smooth dough. Bake about 1 1/4 hours in moderate oven about 395 degrees, or regulo 6.

cup orange juice, 3 tablespoons lemon juice, 2 tablespoons water and one well-beaten egg. Cook for 10 minutes with the water in the outside pan boiling rapidly; stir constantly. Remove from boiling water, add 2 tablespoons butter and 2 teaspoons grated orange rind. Beat. Then fold in 1/4 cup desiccated coconut. This makes enough filling to spread generously between 2 nine-inch layers.

Canadian Orange Cake

Cream 1/2 cup butter, add 1 cup sugar, 2 well-beaten eggs, 1 teaspoon vanilla, 1 teaspoon baking soda dissolved in 1/4 cup warm water, 1/2 teaspoon salt sifted with 2 cups flour. Beat well. Then add 1 whole seedless orange (skin and all), 1 cup raisins, 1/2 cup walnuts, all put through mincer. Beat well. Bake in a slow oven (350 degrees) for 50 minutes approximately.

FROM THE MAILBAG

Curing Opossum Skins

Dear Aunt Daisy,

I have cured rabbit, opossum, deer skins, and even a penguin, which I later sewed up and stuffed, by this method: Nail the opossum skin on a board, and make a fairly wet mixture of baking soda and kerosene. There will probably be a little flesh and fat still on the skin, so apply the kerosene and baking soda to the skin and let it dry. This will take a day or so. Then scrape the skin with an old knife until it is clean. Then apply another lot of baking soda and kerosene; when this lot is dry, scrape off and apply a third dose. When this third lot is done, your skin is ready. Scrape off as

N.Z. LISTENER, OCTOBER 1, 1954.