

Judith Ann Field

well-known cooking authority and
Director of Home Economics at
Butland Industries Limited.

recommends
CREST

for
Time-and-trouble-saving
MEALS



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SPAGHETTI with BARBECUE SAUSAGES
GARDEN FRESH GREEN PEAS SPAGHETTI

Send to Miss Judith Ann Field, P.O. Box 2226,
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for quick-to-serve meals.

BUTLAND INDUSTRIES LIMITED, AUCKLAND. C5.12

Ask Aunt Daisy

PRECIOUS LEMONS

It is not only when influenza and colds are in nearly every home that lemons are in demand. They have scores of uses and are practically a necessity in housekeeping—like salt, or soap. It is possible, of course, to do without them, but living is much more comfortable when we have them!



strain well, add juice and rind from the lemons, taking care that no white pith of the lemon rind is added. Then add butter and sugar. Mix in pan and boil in double saucepan 1/4 hour.

Lemon Honey Shortcake

Beat a 1/4 cup of butter with 1/2 cup sugar until creamy. Add a beaten egg and beat again. Then add 2 cups of flour sifted with 2 teaspoons baking powder, and a pinch of salt. Mix well, adding essence of lemon or almond, to taste. Pat out this shortcake flat, lining a deep plate, or meat-tin, with it. Spread with a generous layer of lemon cheese. Then place on top this mixture: 1 egg, 1/2 cup sugar, 1 tablespoon butter and 1 1/2 cups of desiccated coconut, all beaten together. Cook this shortcake in a medium oven about 3/4 to 1 hour.

Lemon Tart Filling

One and a half cups of water, 1 1/2 cups sugar, piece of butter the size of an egg, 2 tablespoons cornflour, yolk of 1 egg, juice and grated rind of 1 lemon. Boil the water and the sugar, retaining a little of the water to mix the cornflour. Put in butter and cornflour, then the yolk of an egg (slightly beaten), and lastly lemon rind and juice. Cook for 2 or 3 minutes, stirring carefully. Have the tart or tarts already cooked (just a short crust is nice). Pour in the lemon filling, make a meringue with the white of the egg, place on top, and put back into the cool oven until the meringue sets.

Anti-rheumatism Drink

Put a tablespoon of raisins to soak overnight in the juice of a lemon. Cover the glass with a clean piece of paper. First thing next morning fill up the glass with hot water and sip the mixture. When the liquid is finished, chew the raisins slowly. This is not only good for rheumatism, but is also splendid for the skin and health generally.

Lemon Butter for Fish

Cream together 3 tablespoons of butter, 1/4 teaspoon of salt, a few grains of paprika, a tablespoon of finely-chopped fresh parsley, and 2 1/2 tablespoons of lemon juice. Serve on hot fish, or grilled steak.

Lemon Chiffon Pie

One tablespoon gelatine, 1 cup sugar, 1/2 cup lemon juice, 4 egg whites, 1/4 cup cold water, 4 egg yolks, 1 teaspoon

Lemon Juice

This is rich in vitamin C, of which some should be taken every day. In winter we depend on hot lemon drinks to comfort our colds, and in hot weather we want it for cooling and refreshing us. So it is best to preserve lemon juice in case we haven't a lemon at the critical moment.

(a) Uncooked: Strain pure uncooked juice into small sterilised bottles, nearly filling them. Fill remaining space with olive oil, which excludes the air. Cork. Keep in cool place. When needed, drain off oil with cotton wool. It is a good idea to add a few pips to each bottle.

(b) Sterilised: Squeeze out lemon juice. Bring skins to boil in a little water, add to the strained juice. Add a little sugar—about 1 cup to 2 big bottles. Boil all for 10 minutes. Overflow sterilised bottles, heated, and seal airtight. Dip corks and bottle tops in melted wax.

Lemon Cheese (Good)

Four eggs—beat just a little, 4 lemons (juice and grated rind), 1/2 lb. butter, 1 lb. sugar. Mix all together and cook in double-boiler, or in a basin standing in a saucepan of boiling water. Keep stirring until it thickens. Keep in airtight jars. See that the water in outside saucepan is boiling all the time.

Lemon Cheese (For Tartlets)

One cup sugar, 4 lemons (grated rind and juice), 2 tablespoons butter, 2 eggs. Cook till thick in a double-boiler.

Lemon Honey (No Eggs)

Two large lemons (grated rind and juice), 1 tablespoon cornflour, 1 breakfast cup sugar, 2 oz. butter. Melt very slowly the sugar and butter with the lemons. When sugar is dissolved, add cornflour moistened with water. Remove from fire just while stirring in the cornflour. Then cook all very slowly till clear golden.

Pumpkin Lemon Cheese

Two pounds pumpkin, 5 or 6 lemons, 1/4 lb. butter, 2 lb. sugar. Cook pumpkin,

**Bewitching
cookery with
mustard**

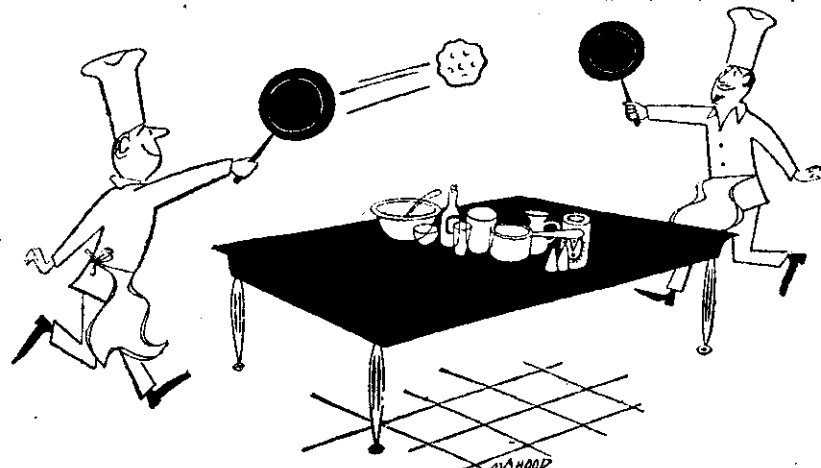


There's nothing like mustard for new, tasty, delight in improving flavours during cooking! One teaspoon each of mustard, sugar and salt rubbed in before grilling is miraculous in its effect. Colman's Mustard puts magic flavour into cooked meats. And of course a dab of mixed mustard on the plate is a 'must'.



**Colman's
Mustard**

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(C) Punch

N.Z. LISTENER, NOVEMBER 19, 1954.