

Two Useful Fruits

PASSION fruit and cape gooseberries are both most useful fruits, with a very pronounced and distinctive flavour, and therefore good for "uplifting" jam or jelly of more neutral taste, such as pie melon or marrow—or even tomato. Passion fruit goes very well with peaches, too, and even with pears; while cape gooseberries made into a jam with either lemon or tinned pineapple are really something out of the ordinary.

Passion and Pear Jam

Scrape out pulp from 3 dozen passion fruit. Peel and cut into small pieces 4 lb. ripe pears. Allow $\frac{3}{4}$ lb. sugar to each pound of mixed fruit, and put all ingredients together into preserving pan, with just a cup of water. Stir steadily as it heats, dissolving the sugar. Then boil, stirring often, until it will set when tested—may take 2 hours.

Passion and Peach Jam

Six pounds peaches, not too ripe, 2 dozen or more passion fruit, 6 lb. sugar, and the juice of a couple of lemons. Peel and stone peaches, cut into pieces. Sprinkle with a little sugar, leave a while and prepare passion fruit. Scoop out pulp of passion fruit, boil skins till soft, and scoop out pulp, adding to the seed

mixture. Boil peaches till soft. Add rest of sugar, and boil for an hour. Then add passion fruit mixture, lemon juice and 1 extra cup sugar, and boil till it will set when tested. Stir well and often.

Cape Gooseberry, Peach and Tomato Jam

Three pounds peaches, 1 lb. cape gooseberries, 1 dozen ripe tomatoes, medium size. Skin tomatoes and cut up; shell cape gooseberries; cut up peaches; boil all together with 2 cups water till soft. Add a cup of sugar for each cup of pulp. Stir carefully until sugar is quite dissolved; then boil until jam will set when tested, stirring often.

Cape Gooseberry and Lemon Jam

Five pounds cape gooseberries, 5 lb. sugar, 1 pint water, juice 5 lemons. Put sugar and water in pan, bring to boil. Add lemon juice, and when syrup is quite clear add shelled gooseberries. They may be pricked with a needle. Boil for about $1\frac{1}{2}$ hours, or until it will set when tested.

Preserved Passion Fruit

No. 1: This one is uncooked, so has the fresh flavour. Just mix together the sugar and passion fruit, allowing $\frac{3}{4}$ cup



sugar to each cup of passion pulp. Stir together in a bowl, and leave for 24 hours, stirring often to see that the sugar is dissolved. Then put in small jars, so that each will be used up when open. Seal quite airtight. Some people like to stir in $\frac{1}{3}$ rd teaspoon of salicylic acid to 6 cups of pulp, but the Health Department does not advise this. It keeps quite well without.

No. 2: One cup passion fruit pulp, 1 cup sugar or honey. Bring to boiling point. Bottle in sterilised bottles and cork. Cool a little and dip in wax. Less sugar may be used, in which case the pulp and sugar should be boiled 1 to 2 minutes, then filled into sterilised bottles.

Cape Gooseberry Jam

Allow 1 lb. of sugar to 1 lb. of shelled berries. Squeeze juice 2 lemons into preserving pan. Put in berries, and stir till cooked to a pulp. Add sugar and boil until a pale amber colour and will set when tested. No water.

Passion Fruit Fillings

No. 1: Eight passion fruit, 3 eggs, 3 oz. butter, 3 oz. sugar. Scoop out fruit from skins, put in double boiler with well beaten eggs, sugar and butter. Cook until thick, stirring all the time. Takes about 15 minutes.

No. 2: Ten passion fruit, 1 tablespoon butter, 1 small cup sugar, 1 beaten egg. Heat all in basin over boiling water till thick, stirring with wooden spoon. A delicious filling.

Cape Gooseberry Sponge

Stew cape gooseberries gently with sugar. Strain off syrup, and make up to

just under 1 pint with hot water. Make up a jelly with it. Leave to get cold. As it is setting, whip, and then add the cape gooseberries and let it set.

Cape Gooseberry Pie

This is made with a sponge crust, which must be poured over the fruit when boiling hot and baked in a hot oven, about 20 minutes. Make a syrup by boiling, say, 1 cup of water to $\frac{1}{2}$ cup sugar and juice of a lemon (may be doubled if desired). Pour this over shelled cape gooseberries in a casserole, and bake slowly with lid on, till berries are golden and tender in the syrup. Then take off lid, pour sponge on and bake. Serve with cream or custard. Very nice used without any crust, just as baked fruit.

The Sponge Crust

Cream together 2 oz. butter and $\frac{1}{2}$ cup sugar. Add 2 eggs, 1 large cup flour, and 1 teaspoon baking powder. Lastly 2 or 3 tablespoons boiling water. Put on hot fruit and bake.

Cape Gooseberry and Pineapple Jam

Three pounds cape gooseberries, 1 large tin pineapple slices, 3 lb. sugar. Boil cape gooseberries in pineapple juice till soft. Add sugar, stirring well till dissolved. Boil again quickly till thick, about $\frac{1}{2}$ to $\frac{3}{4}$ hour. Stir occasionally. When thick, add cut-up pineapple, boil 5 to 10 minutes. Test.

Passion Fruit Jam

Wash passion fruit well, cut in halves, scoop out the pulp. Put skins on to boil in water, and boil about $\frac{1}{2}$ hour, or until

Patons Beehive Fingering

PATONS BEEHIVE FINGERING gives you more yardage for your money!

PATONS BEEHIVE FINGERING now comes in marvellous TANGLEFREE balls!

PATONS BEEHIVE FINGERING is blended from the finest Australian and South African merino wool!

PATONS BEEHIVE FINGERING is available in a better range of designs, colourings and patterns than any other brand!

PATONS & BALDWIN'S LIMITED

Now...Whatever your type of hair...

Richard Hudnut

gives you the choice of two home perms for a

NATURAL BEAUTIFUL WAVE



Choose the kit for your type hair

"REGULAR" for normal and Easy-to-Wave hair.

"REGULAR," with Neutraliser Booster. If your hair is normal and Easy-to-Wave, or if it's tinted, dyed, bleached or damaged—choose Richard Hudnut "REGULAR." A gentle, positive action gives a truly beautiful, soft, long-lasting wave:

IN A GREY CARTON



12/6 ea.

"DOUBLE QUICK" for normal and Hard-to-Wave hair.

"DOUBLE QUICK," with the amazing new Beauty Rinse Neutraliser. Specially made for you if you have Hard-to-Wave hair, or to give you a quicker, tighter, firmer curl if your hair is normal. It's the quickest, the easiest-ever way to firm, tight, longer lasting curls:

IN A GREEN CARTON.



Prepared for Richard Hudnut Ltd., Auckland.