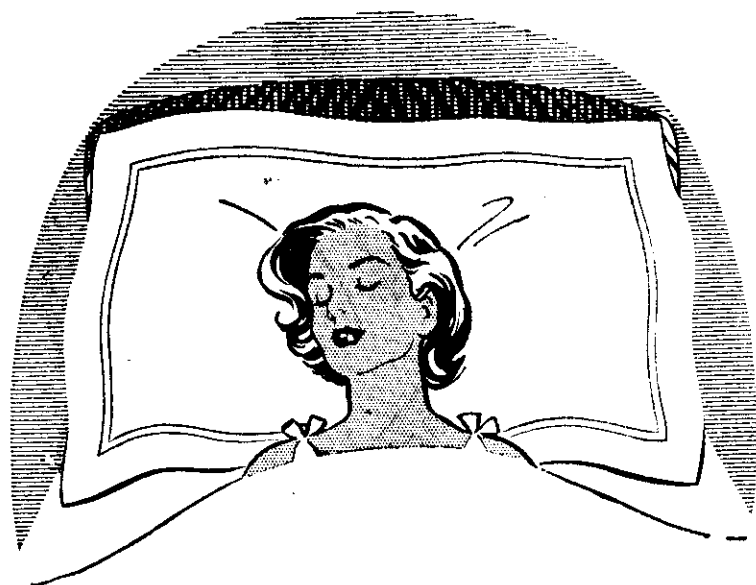


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Ask Aunt Daisy

Cape Gooseberries and Passion Fruit

SOME listeners have asked about preserving cape gooseberries. I've not seen any special recipe for this, but I suppose that they would be done like any other fruit in syrup, thoroughly sterilised and properly sealed. I think the stewing method would be quite safe. Allow 2 cups of water to 1 cup sugar for the syrup; boil for 10 minutes, then drop in the shelled cape gooseberries. Simmer steadily till the fruit is very tender (but not burst), then fill into hot sterilised bottles one by one, sealing each as you go. The juice of one or two lemons added to a boiling is often liked. The addition of a small quantity of bottled cape gooseberries to a winter fruit salad is a very good idea, and also a few added to a bowl of stewed or preserved pears makes a quite special dish.



Passion fruit, of course, are excellent for adding to more neutral-flavoured fruits, either for desserts or for jams. I gave two methods of preserving passion fruit in our Mailbag column for March 23, so need not repeat it here.

Cape Gooseberry Jam

Five pounds cape gooseberries, juice of 5 lemons, 1 pint water, 5 lb. sugar. Boil the sugar and water for a few minutes, removing any scum. Then add lemon juice and boil again. Hull the cape gooseberries, and prick them with a needle, put them into the lemon-flavoured syrup and boil until jam is cooked, and will set when tested. Bottle when cold, or the cape gooseberries will rise to the top.

Cape Gooseberry and Apple Jam

Allow 4½ lb. cape gooseberries, after they have been shelled, and 1½ lb. green apples. Mince or grate the apples. Put 1 tablespoon butter into a saucepan, and all the fruit. Smash the gooseberries, and if there is not enough juice to start them off without burning, add about 2 tablespoons of water. Allow pound for pound of sugar, and cook all together, till it will set when tested.

Cape Gooseberry and Passion Fruit Jam

One and a half pounds cape gooseberries, 6 lb. pie melon, 16 passion fruit, and 6 lb. sugar. Cut melon into blocks, and shell gooseberries. Cover with sugar and stand 24 hours. Boil till it will set, stirring often. Put passion fruit in when jam boils.

Cape Gooseberry Dessert

Stew cape gooseberries gently with sugar. Strain off syrup, and make up to just under 1 pint with hot water. Make a lemon jelly with it. Leave to get cold. As it is setting, whip, and then add the cape gooseberries, and let it set.

Cape Gooseberry, Peach and Tomato Jam

Three pounds peaches, 1 lb. cape gooseberries, 1 dozen ripe tomatoes (medium size). Skin and cut up tomatoes, shell gooseberries, cut up peaches, and boil with 2 cups water till soft. Add cup sugar for each cup of pulp. Stir till dissolved and boil till it will set when tested.

Passion Fruit Honey

This is a delicious filling. Ten passion fruit, 1 tablespoon butter, 1 small cup sugar, 1 beaten egg. Heat all in basin over boiling water till thick, stirring with a wooden spoon.

Passion Fruit Jelly (Quick Boil)

Three cups passion fruit (2 dozen), 1 cup water, 1 bottle Certo. Put fruit and water in preserving pan and boil 3 minutes. Sieve to remove seeds. Put back in pan and make up to 3 cups liquid. Boil 1 minute. Add 2½ lb. sugar and boil 3 minutes. Add Certo and boil 3 minutes. Bottle. Is like honey.

Passion Fruit and Tomato Jam

Fifteen to 20 passion fruit, 6 lb. tomatoes, 4½ lb. sugar. Scoop out seeds from passion fruit, boil skins in water till soft, and add pulp from these to passion fruit seeds. Skin tomatoes by putting in hot water, cut up, and boil with sugar till melted. Add passion fruit pulp, and boil about 20 minutes, or till it will set when tested.

Passion Fruit and Apple Jam

Cut fruit in half and scoop out insides. Boil skins till tender, and remove soft pulp from them. Add to the seeds, and ½ lb. grated apple to every pound of fruit. Boil, and when apple is cooked, add ¾ lb. sugar to each 1 lb. mixed fruit. Boil till it will set, as usual.

Passion Fruit Wine

One gallon of water, 4 lb. sugar, 6 dozen ripe passion fruit. Halve and pulp the fruit, add water, let ferment 6 to 8 days. Strain through muslin cloth, then add sugar. Let work for 3 weeks, strain and let stand a few days. Strain again and keg up tight. Let stand about 7 months, then it is ready for use. To improve the colour, chop up small a lot of the nice ripe skins and add to the pulp during the first ferment. Keep well stirred several times daily.

Passion Fruit Jam (Plain)

Wash passion fruit well, cut in halves, scoop out the pulp. Put skins on to boil in water and boil about ½ hour, or until tender. Then scoop out the soft part, leaving the skins like thin paper, which may be discarded. Add the pulp to the seed pulp. To each cup of pulp add ¾ cup warmed sugar. Boil till it will set—about 1½ hours. Or may be added to melon jam.

Passion Fruit and Peach Jam (Good)

Three pounds juicy peaches, 1 dozen or more passion fruit, juice 2 lemons, 4 large cooking apples, 4 lb. sugar, 1 oz. butter, pinch salt, 1 breakfast cup water. Wash fruit, peel, stone, and core. Boil peels and cores in the cup of water. Cut up the peaches and apples, and put in buttered pan, add the strained juice from

N.Z. LISTENER, APRIL 27, 1956.