

HOT PUDDINGS

WE have reached the time of the year when the family really demands a hot pudding. Stewed fruit with custard or ice cream (or even real cream) has temporarily lost its appeal, and a hot pudding, steamed or baked, or a hot apple pie, is received with joy. I do know of one man who says he would like a suet pudding every night for dinner, but most housewives pride themselves on thinking up a different pudding every day. I think there are 148 different puddings in the Aunt Daisy Cookery Book, beside those in hundreds of other recipe books on the market; and most of them are simple to make and are often only variations of a basic idea. Yet, after Mother has presented a different and tempting pudding every night for a week or so, Father generally says: "Why can't we have a good old plum duff or an ordinary apple pie?" Since we are having a plenty of apples this year, let us think of one or two apple puddings first.

Apple Curranty

This is an old Devonshire pudding, and should really be accompanied by Devonshire cream! But ordinary cream or a custard sauce will do very well; but

NOT ice cream. The apples are chopped, not sliced. Three-quarters of a pound of flour, small teaspoon baking powder, 4 large sour cooking apples, ½ lb. finely shredded suet, 2 tablespoons sugar, pinch salt, a few sultanas or currants, 1 egg, and a little milk. Chop apples about size of lump sugar. Put all into basin and mix with 1 egg and very little milk, not more moist than a cake. Bake about 1 hour, or boil in basin 2½ to 3 hours.

Hawaiian Apple Pie

This, of course, implies a flavour of pineapple: 1 cup sugar, 1 cup pineapple juice, 6 to 8 medium apples, 2½ teaspoons cornflour, pinch salt, 1 tablespoon butter. Put sugar and pineapple juice on to boil. Add apples, pared, cored and quartered. Cook slowly with the lid off until the fruit is tender. Keep the apples moved about so that they are covered with the syrup. Lift out and lay in pie-dish lined with uncooked pastry. Dissolve the cornflour in a little water and thicken the syrup. Cook about 5 minutes. Add the butter, a little vanilla, and pour over the apples. Cut strips of pastry ½ inch wide, brush with milk or

beaten egg, and put criss-cross over apples. Bake in 450 degrees oven for 10 minutes, then at 350 degrees for about half an hour.

Caramel Rhubarb (or Apple) Pudding

Mix together 3 tablespoons each of brown sugar and butter, spread this inside a pudding basin. Now line the basin with a good suet crust on top of the caramel. Half-fill with cut-up rhubarb (or apples), sprinkle thickly with brown sugar, all the juice of half a lemon, then pile on more rhubarb (or apples) till basin is full. Cover with a top crust, and either bake in hot oven, or cover with butter paper and boil. Very nice.

Kentucky Treacle Tart

PASTRY: Cream 1 heaped tablespoon butter and 1 tablespoon sugar, add 1 well-beaten egg and 2 tablespoons milk. Mix in 1 cup flour, 1 teaspoon baking powder. Mix to firm dough. Roll out, and line a tart plate.

FILLING: Warm 1 teacup milk, add 1 tablespoon butter, 1 teacup bread-crumbs, 3 tablespoons brown sugar, ½ teaspoon nutmeg and grated rind of 1 lemon. Boil together a few minutes, then add 1 tablespoon treacle, and mix well. Fill lined pie-plate, decorate with cross pieces of pastry, and bake in a moderate oven 20 minutes or until browned. Serve hot or cold with cream or custard.

Pumpkin Pie (Easy)

Two cups pumpkin (steamed and strained), 2 cups milk, 1 teaspoon cin-

namon, ¼ teaspoon ginger, ¾ cup sugar, pinch salt, 3 eggs. Mix in order given. Line pie-plate with pastry, pour in mixture, cook about 25 minutes.

Overnight Pudding

One heaped cup flour, 1 heaped cup currants, raisins, sultanas (mixed), 2 tablespoons sugar, 1 tablespoon butter, 1 egg, 1 large cup boiling water, pinch salt, 1 teaspoon baking soda, 1 teaspoon mixed spice. Melt butter in the boiling water. Mix all together. Leave all night. Steam 3 hours. Egg may be omitted.

Another Overnight Pudding

It is often a great advantage to have these puddings which can be left overnight, especially when Sunday morning comes with its family midday dinner. Just a few minutes then finishes it off, and it goes on boiling as many hours as possible, with no possibility of being overdone. Put in a bowl ½ cup brown sugar, 1 teaspoon baking soda, ½ teaspoon salt. Mix 1 tablespoon butter, 1 tablespoon golden syrup, and 1 cup boiling water, and when butter is melted pour over ingredients in bowl. Stir and let cool. Add ½ teaspoon each of vanilla, lemon, and rum flavourings; and 1½ cups fruit with a little peel if liked. Sift together and add 1 large cup flour, and ½ teaspoon mixed spice. Stand all night, and then stir in 1 beaten egg and 1 teaspoon baking powder. Steam in basin as usual about 2 to 3 hours.

Toffee Apple Pudding (Baked)

Half a pound of flour, 5 oz. shredded suet, 1 teaspoon baking powder, pinch

Her Bath Time
Freshness
lasts all day

yet her
Talcum Powder
costs only

3/3

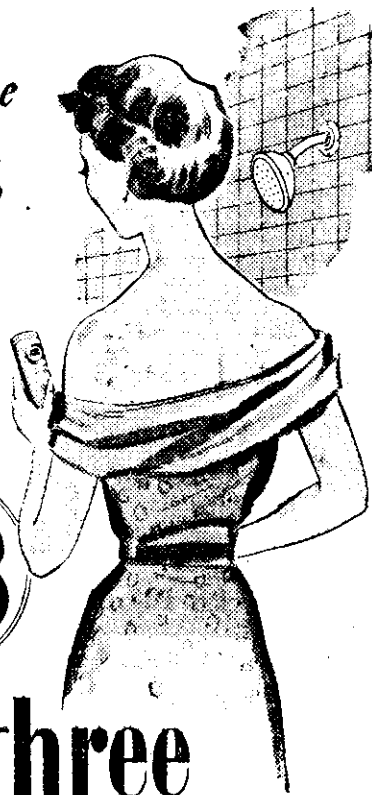
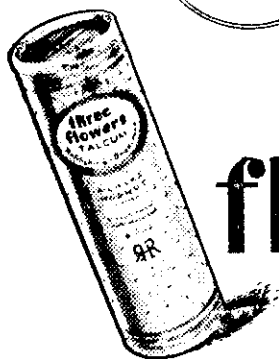
**three
flowers**

TALCUM POWDER

Other Three Flowers aids to beauty include
Face Powder, Vanishing (Foundation)
Cream, Lipstick, Perfume etc.

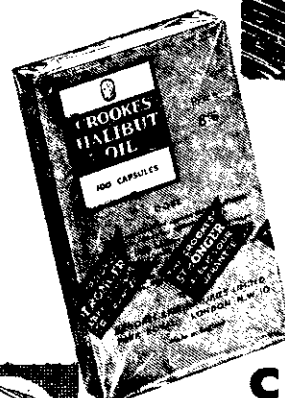
Prepared by Richard Hudnut Ltd Auckland

Today's Best Cosmetic Value!



**Winter
without a
cold!**

CROOKES Halibut Oil Capsules help give you the inner resistance to ward off winter colds and influenza. A rich concentration of the vital vitamins A and D, taken from a natural source (the deep-water halibut), Crookes Halibut Oil will, if taken daily, help protect you from colds and flu right through the winter months. **At only a penny a day** . . . sealed pack containing 100 capsules costs only 8/6, will last three months. Start the whole family on a course of Crookes today. Children, particularly, need the protection of Crookes Halibut Oil Capsules.



Start a course of CROOKES today and build resistance . . . at only a penny a day! Only CROOKES is in the Sealed Pack . . . with a guaranteed minimum potency of 6,000 international units of vitamin A and 600 international units of vitamin D per capsule.

**CROOKES
HALIBUT OIL CAPSULES**

A product of The Crookes Laboratories Limited, London, and distributed throughout New Zealand by Salmond & Spraggon Limited, Inglewood Place, Wellington. OBTAINABLE FROM CHEMISTS ONLY

