

THEY'LL ASK FOR MORE...

Chocolate Kisses

Use this easy 6-step recipe for tempting, light as a feather Chocolate Kisses. But be sure to use, Sure-to-Rise Edmonds Baking Powder and Edmonds Cornflour.

1 YOU'LL NEED

2 OZS BUTTER
2 OZS SUGAR
1 EGG
2 OZS FLOUR
2 OZS EDMONDS CORNFLOUR
1 LEVEL TSPH. EDMONDS BAKING POWDER
PINCH OF SALT
2 TBSPS. COCOA

2 CREAM BUTTER AND SUGAR

3 ADD BEATEN EGG ALTERNATELY WITH SIFTED DRY INGREDIENTS AND PUT OUT IN SPOONFULS ON GREASED TRAY

4 BAKE ABOUT 10 MINUTES AT 400°F

5 WHEN COLD PUT TOGETHER WITH RASPBERRY JAM OR LEMON HONEY

6 DUST WITH ICING SUGAR

EDMONDS

Sure-to-Rise Baking Powder Pure Maize Cornflour

The secret of better baking

T. J. EDMONDS LTD., CHRISTCHURCH

10.6

ASK AUNT DAISY

The Delightful Orange

HOW often, particularly in childhood, have we been admonished to eat up food we don't really like, because it is "so good for you"—food such as liver, prunes with rice, figs, tapioca, and other individually distasteful items. Similarly, how often are we warned to be careful and sparing with food we really do like—such as roast pork with plenty of herb-seasoned stuffing, fish and chips, rich pastry tarts with savoury fillings, and the like. How delightful, therefore, to think of the many ways of using oranges, which have no drawbacks at all, and are one of the most healthful and versatile fruits. We begin in babyhood, with orange juice, and carry on all through life, using them in fruit drinks and appetisers, in salads of various kinds (main-course, moulded, and salad bowls, as well as the popular fruit salad), in cakes and cake fillings and icings, in marmalade, and as garnishes with meats and vegetables, as well as for an orange-glaze for baked ham.

What Oranges Do

They aid digestion, supply vital food elements which counteract tooth-decay and gum troubles, prevent and correct acidosis, provide calcium, phosphorus and iron, which helps towards rich blood and nerve-tissue; and they supply quick energy in the form of fruit sugar, and cellulose, which is a natural laxative. The juice of citrus fruits, though acid, produces an alkaline reaction in the body.

A Daily Pick-me-up

This is an American recipe, given to me in an American War Hospital. They called it Golden Fizz, and it is wonderful. Beat egg (better if white and yolk beaten separately and then combined). Add sugar to taste, and beat. Add juice of 1 big orange, and beat again. Fill glass with milk and beat lightly. Sprinkle nutmeg on top. An excellent pick-me-up.

Orange Glaze for Baked Ham

Bake ham as usual in slow oven, about 25 to 30 minutes to the pound. Half an hour before ham is done, remove rind, score the fat surface in diagonal lines with a sharp knife and put a clove in each square. Pour off most of the fat which has dripped into the pan. Blend together 2 cups of orange juice, 1½ cups brown sugar and 2 tablespoons grated orange peel, and spread this mixture all over the surface of the ham. Return to oven and finish baking, basting frequently with the mixture in the pan as it runs down. Serve hot, garnished with whole thin slices of orange, and sprigs of parsley.

Orange Bread Pudding

This has been asked for so many times since I broadcast it that I repeat it here. It is an American recipe. Cut some stale bread into neat cubes—4 cups full. Beat up 3 eggs, and mix with 1½ cups of sugar, ¼ teaspoon salt, 1½ cups orange juice. Pour this over the bread. Stir in 2 tablespoons raisins and ¼ cup coconut. Bake in buttered pie-dish 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: Mix 1 tablespoon corn-flour, ½ cup sugar, a teaspoon grated orange peel and a cup of orange juice.

Boil 4 to 5 minutes, stirring well, then take from fire and stir in 1 tablespoon lemon juice and 2 tablespoons butter. Serve hot.

Parsnips Glorified

Wash medium-sized parsnips and boil in water to cover, until tender. Strain, and cut lengthwise in strips about ¼ inch thick. Place in buttered pyrex dish and spread with a mixture of 1 cup brown sugar, 1 cup orange juice, ½ teaspoon salt, ¼ teaspoon each of paprika and pepper. Dot with butter, and bake in moderate oven (350 degrees, or regulo 3) about 30 minutes, till heated through. Garnish with orange slices.

Orange Honey Bread

Two tablespoons butter, 1 cup honey, 1 egg, 1½ tablespoons grated orange peel, 2½ cups sifted flour, 2½ teaspoons baking powder, ½ teaspoon each salt and baking soda, ¾ cup orange juice, ¾ cup chopped nuts. Cream well the butter and honey, add well beaten egg and orange peel. Sift together the flour, baking powder, salt and baking soda and add to the creamed mixture alternately with the orange juice. Add the nuts. Baked in greased loaf-pan, moderate oven, about 70 minutes. Good for school lunch sandwiches with cream cheese and marmalade filling.

Orange Carrot Marmalade

Six medium-sized carrots, 3 large oranges, 1 lemon; put the scraped carrots through the mincer (medium cutter) and cook in a little water till tender. Squeeze all juice from the fruit; remove all the inner skin and pith, and put the skins through the mincer. Mix, add the fruit juices, measure and add two-thirds as much sugar. Stir till dissolved, simmering until clear and will set, probably about 45 minutes. Bottle in sterilised glasses, cover with paraffin-wax, putting on a second coat when fruit is cooled, as it often shrinks away from the glass.

Layer Cake with Orange Filling

Four eggs, 1½ cups sugar, 1½ cups flour, 2 good teaspoons baking powder, 1 small teaspoon salt. Sift flour, baking powder and salt three times. Mix the egg-yolks with half of the sugar, and beat very well. Beat the egg-whites stiff, then add the rest of the sugar and beat again well. Blend these three mixtures together thoroughly, and lastly add 1 cup of boiling water and beat well and quickly for just a minute. Put mixture into three cake pans, and bake in a pre-heated oven at 350 degrees. Don't grease the cake tins before putting in the mixture. Remove tins from the oven, tilt them, and leave them standing like that till cold.

FILLING DE LUXE: Three-quarter cup sugar—put into it the yolk of an egg and stir it, 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 together well, and cook in a double saucepan with 1 tablespoon butter. Stir well till thick and

(continued on next page)



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