



## There's health and beauty in every apple

In every apple there are essential vitamins, phosphorous, calcium, iron, pectin—a whole array of Nature's health and beauty treatments! That's why an apple is so much more than "something just nice to eat"—apples are good for you in lots of ways. Get wise to the wonder of apples—for yourself and your family. Eat apples, serve apple dishes, every day.

### A PRETTIER COMPLEXION AND SPARKLING EYES

Apples help to clear impurities from the system, making your complexion clearer, your eyes brighter.

### A STRONG CONSTITUTION

The calcium, phosphorous and iron in apples play a vital part in building a strong constitution, in creating firm bones and healthy blood. Vitamin A helps ward off colds and infection, Vitamin B is a nerve tonic, Vitamin C helps to keep teeth sound, Vitamin G promotes digestion. They're all in apples.

### BRIGHTEN YOUR SMILE

Every time you eat an apple you clean your teeth, brighten your smile. Apples are very important for dental care.

### SLIMMING? EAT APPLES

If you are watching your diet apples are a great help. An apple makes a satisfying, easily digested snack that does not fatten. Apples give you energy, too.

**N.Z. APPLE & PEAR MARKETING BOARD**

## ASK AUNT DAISY

### Luscious Fresh Figs

FRESH figs are seldom, if ever, to be bought in shops, but fig trees grow well around Auckland, and owners are generous with the luscious fruit. To eat them raw, pare them thinly and serve them cut in halves, or sliced, with cream. Or arrange the halves on lettuce topped with cottage cheese and, perhaps, a sprinkling of chopped nuts.



centre of the crown was filled with a de-luxe mixture. Our trusty Link, Wee Wyn, wrote me:

### Preserved Figs

Peel figs thinly and leave them overnight in salt water solution, using 1 tablespoon to about 3 pints water. Next day rinse well in clear water and prick with a darning needle; drop into a thick boiling syrup made of sugar and water, allowing 4 lb. sugar to every 5 lb. fruit and 1 cup water to every cup of sugar. Cook until figs look clear and transparent. Or peel off skins, then put in the sun where there is no dust flying about, and leave until slightly dry. Then drop into thick boiling syrup, using same proportions as above.

### Fig and Lemon Jam

Four pounds fresh figs peeled and cut up, 3½ lb. sugar, juice 4 lemons, thinly peeled rind of 1 lemon, a few pieces root ginger, 3 cups cold water, tiny pinch of salt. Peel and cut up figs, put in buttered preserving pan with sugar, lemon juice, lemon rind and ginger. Pour over the water, leave all night. Next day stir well, bring slowly to the boil, stirring. Boil quickly 1 to 1½ hours, or till thick and will set. When it drops slowly off spoon, pour into hot jars, after removing ginger and lemon rind. Cover when cold. Keeps well.

### Fig Jam (With Ginger)

Two and a half pounds figs, ¼ lb. apples, 2 oz. preserved ginger, 3 lb. sugar, ½ breakfast cup lemon juice, 2½ breakfast cups water. Tail figs, and slice up small. Peel and cut up apples small. Cut ginger small. Put all in preserving pan and bring slowly to the boil. Boil about 40 minutes. Test before taking up. Should be a lovely amber colour.

### Fig Conserve

Eight pounds figs, weighed when peeled, juice 4 or 5 lemons, 6 lb. sugar, ½ to 1 lb. of preserved ginger, cut small. Cut peeled figs in halves or quarters, put in pan with sugar and ginger. Pour over lemon juice. Heat slowly till sugar is dissolved, stirring gently. When dissolved, boil fast for about 1½ hours, or till it will set when tested. Stir often as it is apt to stick.

### Crown or Coronet?

AN interesting discussion arose from the broadcasting of this letter from the Gisborne district:

Dear Aunt Daisy,

At Coronation time there was a recipe published called Crown Roast. It was made with lamb rib chops which were tied to represent a crown and stuffed with the most unusual mixture. I found it most useful for a change, and it looks most attractive when served. Unfortunately, I have lost the English magazine and so wonder if you can help me.

Several people had read of this and two of them lent me good illustrated cuttings, in colour, from the English magazine. The basic recipe is a good old one, but for the coronation dish the

Mine was Coronet of Lamb. It was neck of lamb with the chops cut evenly and turned inside out to form a ring (chop bones outside). It is only prettying up a cheap dish. To serve, fill the centre with mashed potato and spinach and put, alternately, small onions and tomato on top of the bones.

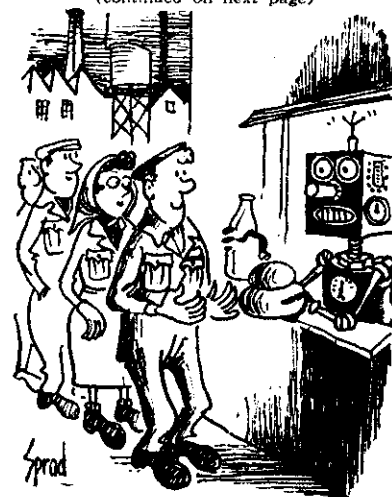
But Crown Roast of Lamb is made with two or more sections of rib, with the ends "Frenched" (that is, meat cut off the ends of the bones) and bent round to form a ring or crown. The top-ends of bones may be protected with cubes of bread or raw potato, to be removed before serving, and replaced with tiny onions, or even ripe olives; and in one illustration a dainty paper frill was used (said Edith, of Christchurch). From Point Chevalier came the idea of encircling the crown with slices of pineapple and sprigs of parsley for decoration.

To cook, prepared roast is placed on a rack in an uncovered roasting pan. Don't add water or sprinkle with flour! Do not baste or turn during roasting. Have oven at about 325 degrees. Dish up on heated platter. Fill centre with mashed potato, topped with carrots cut lengthwise and a sprig of parsley (very pretty); or with buttered peas, or a sage stuffing baked with the roast (4 cups soft breadcrumbs, ¼ to ½ cup melted fat, ¼ teaspoon pepper, 1 teaspoon salt, 2 teaspoons sage, 2 tablespoons chopped onion and 1 tablespoon chopped parsley). When serving, encircle with broiled peaches or pears and watercress.

### Crown Roast of Pork

This is made with rib sections, like the lamb roast, with the ends "Frenched." Cook exactly like the lamb and fill centre as suggested. If a stuffing is wanted, try the prune and apple one: 4 cups breadcrumbs, pepper and salt to taste, 1 cup chopped sour apples, 2 cups prunes, cooked and chopped, 1 cup diced

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(C) Punch