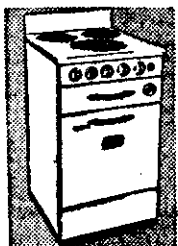
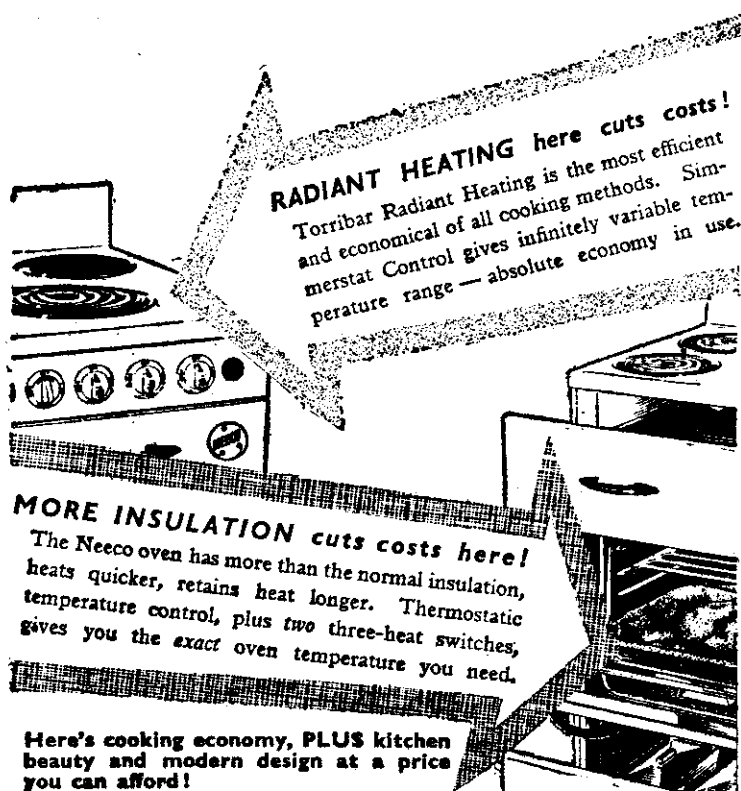
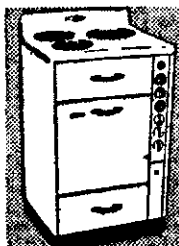


# Cooking costs less on a **NEECO** range



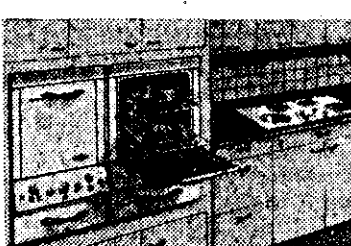
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## Feijoas and Persimmons

THE feijoa is now quite a popular fruit, and this year they are much larger than they used to be. They have an aromatic smell and flavour, and they seem to be grown mainly in the north. They do not change colour when they are ripe, but just soften. I have not seen them growing, but am told that the flower is quite beautiful, much like the pohutukawa in colour, "with the same spiky inflorescence and a collar of cup-like sepals of two shades of green." They belong to the same family as the pohutukawa and rata. I do hope that some enthusiastic grower of feijoas will write in and tell us more about them, and perhaps even send some snaps. Our faithful *Mrs Nicotinus* wrote me, from Hamilton, that her friend (who grew them and gave her some), had bottled a quantity which looked and tasted quite delightful. She peeled them thinly, left them whole, and did them in syrup (stewing method) with a slight flavouring of lemon juice. Feijoas may be eaten raw, peeled and thinly sliced, and added to fruit salad, or even to give a "party-touch" to sliced bananas. Or slice and stew them gently with a little lemon juice or orange juice. The less time allowed for stewing, or jam-making, the better the flavour.

### Feijoa Jelly

This may be served with turkey, or game, as well as eaten with biscuits, etc. Cut the feijoas with the skin on, and cover comfortably with water. Simmer for about 2 hours till the juice is extracted from the fruit. Strain through a jelly bag. Bring to the boil, add cup for cup of sugar, and when the sugar is dissolved, boil hard till it will set. Lemon juice would improve it.

### Feijoa Conserve

Make a syrup with 2 cups of sugar to 1 cup of water. Cut the peeled feijoas in quarters or eighths, and drop in. Remove the peel and pith from a lemon and cut up the inside, and add. Simmer till it will set. It results in a lovely jelly.

### Feijoa Jam

This is a delicate and delightful jam. Peel the feijoas thinly and cut in slices. Put peels in a pan, cover with water and boil about 10 minutes. Strain off the liquid, discarding the peels, and allow about 1 quart of this liquid to 12 lb. of fruit. Cook until soft, then add  $\frac{3}{4}$  lb. sugar to each pound of cut fruit and boil till it will set when tested.

### Feijoa and Guava Jelly

This is very good. Three pounds feijoas, 1 lb. ordinary red guavas, and 2 lb. small apples. Cut up fruit roughly and boil till well pulped (about 1 hour). Strain through jelly bag overnight, boil the juice, then add 1 cup sugar to each cup of juice and boil till a little jells—maybe about 10 minutes.

### Guava Jelly (Plain)

Two quarts red guavas, 2 lemons. Remove tops from guavas, and cut up all the fruit. Put into preserving pan and cover well with water. Simmer 2 hours, then strain through jelly bag overnight. Allow 1 cup sugar to 1 cup of liquid; bring juice to the boil, add warmed sugar, and boil till it will set when tested.

### Another Feijoa Jam (Good)

Do not peel the feijoas. Cut into thin slices. To 5 lb. sliced feijoas add 4 pints

water. Cook till soft. Add gradually 6 lb. sugar, stirring all the time. Then bring carefully to the boil, still stirring; then a fast rolling boil till it will set when tested. Feijoa jam must be watched as it jellies quickly.



## PERSIMMONS

THIS red, soft, very sweet fruit deserves to be more popular. Cut in halves crosswise and eat with a spoon, with or without cream. The skin is slightly astringent, and is usually not eaten.

### Persimmon Jelly

Use ripe fruit, skin, put in pan, cover lightly with water, boil briskly 2 hours, then strain through muslin. Measure juice and add the strained juice of 1 lemon to each pint of fruit juice. Put on to boil. Add 1 lb. warmed sugar to each pint of juice, stir well till sugar is melted. Boil rapidly till jelly will set when tested.

### Persimmon Jam

Use firm persimmons, not quite ripe, cut out stalks and weigh. For each 1 lb. fruit allow  $\frac{1}{2}$  lb. sugar. Cut fruit

## PRESERVING PASSION FRUIT

BOTTLE in small jars, so that each one is used up when opened. Just allow  $\frac{3}{4}$  cup sugar to each cup of pulp. Mix together and leave standing in a bowl on a handy shelf for 24 hours, stirring very often to see that all sugar is dissolved and to get out air bubbles. Throw a light cloth over to keep away dust and flies. Bottle in small jars and seal.

A Home Science Department (Dunedin) recipe: To 1 cup passion fruit pulp allow  $\frac{3}{4}$  cup sugar or honey. Mix, bring to boiling point, and boil for not more than 2 minutes. Fill into small sterilised jars and seal. If using bottles and corks, dip the necks into melted wax when cooled a little.

into 1 inch squares. Sprinkle with some of the sugar, and leave all night. Then put into pan with 1 oz. whole ginger in muslin bag, add juice of 1 lemon. Bring to boil, add rest of sugar, stir till dissolved and boil till it jells.

### Persimmon Jam (With Grapes and Tomatoes)

Three pounds fresh grapes (wiped), 6 persimmons, juice of 6 lemons, juice of 6 tomatoes (strained). Weigh all these. Add  $1\frac{1}{2}$  lb. sugar to every pound of fruit. Put grapes in whole, persimmons cut in slices with skins on, then add juice of lemons and tomatoes and boil up together with 2 lb. sugar and 1 cup water. Press grapes against side of pan. Boil all till soft, add rest of sugar. Boil 15 to 20 minutes, till will set. Skim stones off top.

## FROM THE MAILBAG

### Stamp Collecting Difficulties Answered

Dear Aunt Daisy,

The letter from "M.G.S." interested me as I have had similar experience with scarce stamps that were grubby or had rust spots. Having tried various methods I find the best and indeed the only safe cleaner is chloramine T. It will not hurt the stamps at all, and has been tried and recommended by two

N.Z. LISTENER, MAY 3, 1957.