

water, 9 lb. sugar. Put cut-up fruit in liquidiser ( $\frac{1}{2}$  to  $\frac{3}{4}$  of a grapefruit at a time and about 1 cup water). When all are cut up, put on stove and boil hard for 20 minutes, add sugar and boil again hard for 20 minutes, stirring often.

(2) Seven grapefruit, 1 lemon, 14 cups water, 8 lb. sugar. Put in liquidiser 1 cut-up grapefruit and 2 cups water and beat for 3 seconds. Then empty into saucepan. Continue this for all 7,

#### NEXT WEEK: Winter Vegetables

adding lemon to last grapefruit. Boil 10 minutes. Add 8 lb. sugar, stirring well. Boil  $\frac{3}{4}$  hour or till will set. Leave out top and tail of each orange and the centre white.

#### FROM THE MAILBAG

##### Boston Cream and Ginger Beer

Dear Aunt Daisy,

Please could you supply me with the recipe for Boston Cream—an old-fashioned drink? Also the recipe for a ginger beer plant using yeast? Please answer in *The Listener*. Thank you.—Drinks, Nelson.

**BOSTON CREAM (1):** Pour 3 pints of boiling water over  $2\frac{1}{2}$  lb. sugar. Add 2 oz. of citric or tartaric acid. Stir well, and when cool add 1 good dessertspoon of lemon essence. Bottle cold and use a tablespoon of this and a pinch of baking soda to a glass of water.

**BOSTON CREAM (2) (with egg-whites):** Two pounds sugar, 2 teaspoons essence of lemon,  $4\frac{1}{2}$  pints water, 2 egg-whites, 2 oz. tartaric acid. Boil sugar and water 2 or 3 minutes, add acid. When nearly cold add essence of lemon, whites of eggs (beaten) and beat up. To a glass of water add 2 tablespoons syrup and stir in pinch of baking soda.

**GINGER BEER (with yeast):** Put following into 2-quart jar—1 small cup

#### High Life

THE life of an air hostess may not be all glamour, but it does mean travel and plenty of opportunity for meeting interesting people. *Air Hostess*, now being heard from 1XH on Saturday mornings, from 2ZA, 2XA and 2XP on Monday mornings, and from 3ZB on Friday afternoons, is built around the lives of three air hostesses who do manage to find more than the usual amount of excitement in their work. Margaret Christenson, Mary Disney and Joan Hodgson play these girls, who are each on different runs, and have separate adventures. The three frequently find themselves in situations far outside the normal paths of duty, and they have been called upon to help people as diverse as a photographer in danger of murder, a boy dominated by his mother, or a Greek girl in search of her Australian soldier. Their stories are full of interest, and whether the air hostess is merely a sympathetic bystander or an active participant, she plays her part willingly.

#### MAN FINALLY PROPOSES

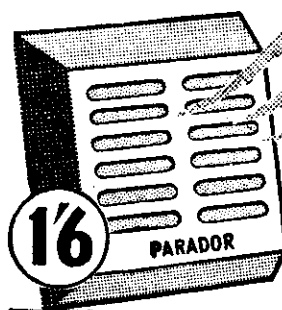
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N.Z. LISTENER, JULY 5, 1957.

warm water, 1 dessertspoon sugar, 1 dessertspoon ground ginger, 2 teaspoons compressed yeast dissolved in a little warm water. Let all stand 24 hours. This is the "plant."

In a jug mix 1 small cup sugar, 1 teaspoon ground ginger, 1 cut-up lemon, without the white pith. Add enough hot water to dissolve the sugar, add cold water to make it luke-warm, then pour on to the plant. Then fill the jar right up and leave 24 hours. Strain off through muslin, bottle and cork tightly. Make up another mixture as before and pour on to the plant. Never leave more than 24 hours. If "plant" gets too "hot" it may be divided or thrown out. Never have more than  $\frac{1}{4}$  to  $\frac{1}{2}$  inch plant in jar.

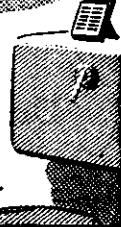
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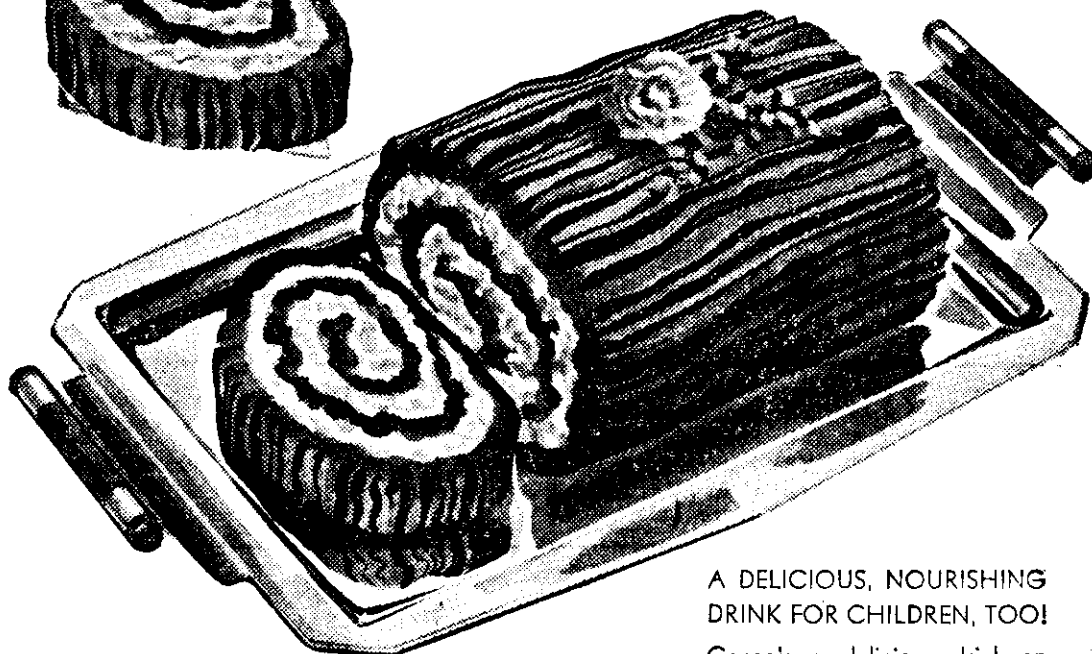
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