

2 tablespoons of milk. Cream the butter and sugar, add the flour, etc., then mix in the egg and milk. To make it a chocolate pudding, sift 1 tablespoon of cocoa with the flour and baking powder; and 1 teaspoon of vanilla to the creamed fat and sugar; and an extra dessertspoon of milk, as the cocoa makes the mixture a little dry.

#### Spiff Pudding (Chocolate)

Eight ounces of sifted flour, 5 oz. of good dripping or butter, 6 oz. of sugar, 1 oz. of cocoa, 1 teaspoon of baking soda,  $\frac{3}{4}$  pint of milk. Rub the fat lightly into the sifted flour and cocoa mixed with the sugar. Bring the milk to the boil, then stir in the baking soda. Pour it at once into the dry ingredients and mix well. Put the mixture into a greased basin and steam  $2\frac{1}{2}$  hours.

#### Sussex Puddle

This is a hot lemon pudding—a real old traditional one. I think honey could be used in place of sugar with very good effect. Line a greased pudding basin with suet crust, reserving enough for a lid.

#### NEXT WEEK: Hot Baked Puddings

Prick a large lemon well all over, cover thickly with butter and place it in the lined basin. Completely cover the lemon with sugar (1 or 2 cups) and place on the pastry lid. Tie the greaseproof paper over all. Steam at least 2 hours.

#### FROM THE MAILBAG

##### About Apple Dumplings

Dear Aunt Daisy,

Many, many years ago, my dear old mother used to make the week's supply of bread and in the apple season would make some apple dumplings. I remember the apples were peeled and cored and were stuffed with raisins and sugar and wrapped in the bread dough and then popped into boiling water—and weren't they delicious! But I can't remember how thick the dough was, nor how long they were kept boiling. I am sure either you or one of your many correspondents will be able to fill in the blanks, and let us all know in *The Listener*. The last time I remember having these dumplings was on the morning of the Tarawera eruption.—*Harry of Upper Hutt.*

Here is an invitation for some of the older generation to accept.

##### Pressure Marmalade

Dear Aunt Daisy,

Herewith a recipe for pressure cooker marmalade, much simpler than the one in the current *Listener*, and 100 per cent successful (no soaking). Juice of 1 lemon,  $\frac{1}{2}$  pints water, 2 lb. grapefruit,  $\frac{3}{4}$  lb. sugar. Slice the grapefruit finely and place in pressure cooker. Add the water and lemon juice. Bring to cooking pressure. Allow 10 minutes. Reduce pressure at once and remove lid. Add the sugar and stir until dissolved without returning to heat. Now bring to boil and boil rapidly without lid until set, about 30 minutes. Makes 6 to  $6\frac{1}{2}$  lb. marmalade.—*F.W., Beckenham.*

#### PRISONER TORTURED

His warders were guiltless. Painful Indigestion made him writhe in agony, till a friend slipped him a tin of Ayrton's Heart-shaped Indigestion Tablets. Better than a reprieve! Only  $\frac{3}{3}$  a tin at chemists everywhere.

Prepared by Ayrton Saunders & Co. Ltd., Liverpool, England.

N.Z. LISTENER, AUGUST 9, 1957.

## NEW MEDICATED Gum Massager

**PROTECTS TEETH & GUMS**

Inter-Dens thoroughly cleans those surfaces between your teeth not reached by the toothbrush. Your gums will be firmer and healthier. Teeth whiter and breath sweeter because food particles are removed from between teeth. Simple to use. Slip into any pocket or handbag. They leave a clean refreshing taste in the mouth. 1/- each or  $\frac{4}{6}$  per book of 5 packets.

Distributors: Early Bros., Dental & Surgical Supplies, Ltd., Box 411, Christchurch.

Ask your Chemist for

# INTER-DENS



LEISURE'S A PLEASURE, WITH—

## RHEUMATISM GONE!

Off and on for the past few years I have suffered from rheumatism — not badly enough to lay me up, but enough to take the fun out of life. Today, I am pleased to say that I have been free from rheumatic pain for over twelve months — simply by taking Kruschen Salts.

Kruschen acts on the system three ways — (1) Assists the dissolution of uric acid crystals — (2) Speeds up the expulsion of these crystals — (3) Helps prevent accumulation of uric acid. Get new freedom from pain and safeguard YOUR health from day to day with the 'daily dose' of —

# KRUSCHEN

FROM ALL CHEMISTS & STORES

Mand. in N.Z. for E. Griffiths Hughes Ltd., England. N.Z. Agents: Fairbairn Wright Ltd. Auckland, Wellington, Christchurch, Dunedin and Invercargill.

**KRUSCHEN CAN HELP YOU TOO...**

"IF STIFF JOINTS TAKE THE FUN OUT OF LIFE —"



"GET NEW FREEDOM AGAIN WITH KRUSCHEN SALTS"



## Your peace of mind

Lesson of a 'wettest ever' 1956 is... add your children

to the throng shut off from rains and winds in Rainsters. For so many parents turned to soft-feel, non-hardening, roomy, really tough, sturdily-built Rainsters, that a Rainster is now standard outfit. You'll get such peace of mind at such little cost!



# Rainster

64.R.2