

The Popular Pumpkin

ALTHOUGH pumpkins are popular and useful, especially during the winter months, they are often deprecated from a nutritional point of view, and considered rather a watery vegetable. Actually they are one of the recommended "yellow" vegetables like carrots, which help to build up resistance to germ infections. Pumpkin is rich in vitamin A, and is a carbohydrate. It was grown extensively for food by the American Indians even in the time of Columbus, together with maize (Indian corn), and they depended upon it heavily in the hard cold winter. No Thanksgiving Day dinner is considered complete without a pumpkin pie. The recipes vary a little in different States; but the main requisite is to have the pumpkin not only mashed but sieved very finely.

Pennsylvania Pumpkin Pie

Two cups cooked mashed pumpkin, 3 egg yolks, 1 cup dark brown sugar, ½ teaspoon salt, ½ teaspoon nutmeg, 3 egg whites, 1 teaspoon ginger, ⅛ teaspoon cloves, 1 teaspoon cinnamon, 3 cups scalded milk. Fold in stiffly-beaten egg whites. Pour mixture into a pie-dish lined with pastry, first brushing pastry

with egg - white. Bake in oven for 15 minutes, 450 degrees or regulo 8. then 350 degrees or regulo 4 till baked.

Eggless Pumpkin Pie

This is only a substitute for the real thing, but quite nice. Half a tablespoon of cornflour, ½ teaspoon baking powder, ½ teaspoon salt, 1 cup rich milk, ½ teaspoon each cinnamon and nutmeg, 2 cups dried and sieved cooked pumpkin, 1 cup brown sugar. Line pie-plate with a rich pie crust and flute the edges. Stir the cornflour, baking powder, salt, milk and half the spice into the pumpkin pulp. Add the sugar. Pour into the crust-lined plate. Sprinkle with the remaining spice and bake till firm in the middle of a moderate oven, about 45 minutes. If you like you can sprinkle before baking with ½ cup finely-chopped walnuts.

Pumpkin Custard Tart

This is really what all pumpkin pies are. This recipe was given to me by the chef on the old steamship Makura when I went to America in 1935.

PASTRY: Seven ounces flour, 1 oz. custard powder, 1 oz. icing sugar, 5 oz. butter or margarine, 1 tablespoon milk



(about), pinch salt. Rub butter into flour, etc., mix with milk, and roll out. Line pie-plate. No baking powder.

CUSTARD: Two tablespoons butter, ¾ cup sugar, 2 eggs, 1 cup milk or more. 1½ cups cold, cooked, sieved pumpkin, grated rind and juice of half a lemon, 1 teaspoon cinnamon. Cream butter and sugar, add pumpkin gradually, break in eggs and add milk. Pour into lined pie-plate. Stand pie-plate on hot scone tray, near the top. Have hot oven at first, then reduce heat or put tart lower down. Should take about 30 to 40 minutes. Pastry may be brushed over with white of egg before adding custard.

Pumpkin Scones (No Egg)

Cream ½ cup cooked, mashed pumpkin with ½ cup butter. Add 1 tablespoon milk, then 1 cup flour sifted with 1 teaspoon of baking powder, salt and sugar to taste. Add more milk to mix if necessary. Roll out, cut in pieces and bake like ordinary scones.

Pumpkin Scones (One Egg)

Three cups flour, 1 cup mashed pumpkin, 2 tablespoons sugar, ¼ lb. butter, 1 teaspoon salt, 1½ teaspoons baking powder, ½ cup milk, 1 egg. Cream butter and sugar, add egg, then pumpkin. Sift the flour, salt and baking powder into the mixture, add milk, shape into scones. Hot oven, approximately 10 minutes.

Pumpkin Lemon Cheese (No Eggs)

Two pounds pumpkin, 5 or 6 lemons, ¼ lb. butter, 2 lb. sugar. Cook pump-

kin, strain well, add juice and rind from the lemons, taking care that no white pith of the lemon rind is added. Then add butter and sugar. Mix in pan and boil in double saucepan ¼ hour.

Pumpkin Cake

One cup mashed pumpkin, 2 eggs, ½ lb. butter, 1 small cup sugar, 2 large cups flour, a pinch of salt, 2 teaspoons baking powder, ½ teaspoon each almond and vanilla essence, 1 lb. mixed fruit, lemon peel if liked. Cream butter and sugar, add pumpkin and mix very well. Add eggs, essences and salt and beat well again. Add flour, baking powder and fruit. Instead of mixed fruit, chopped preserved ginger and walnuts may be used, with a little mixed spices instead of the essences. This makes a lovely cake. Bake in a deep cake-tin in a rather slow oven, like any fruit cake—approximately 2 hours, depending on depth of cake.

Gramma Squares

This is an Australian recipe. Mix in the following order: 1½ cups boiled and sifted pumpkin, 1 cup boiling milk, ½ cup sugar, ½ teaspoon salt, ½ teaspoon ginger, ½ teaspoon cinnamon, a little less of nutmeg and 1 egg beaten slightly. Roll out 2 pieces of good pastry. Place one on a baking sheet or tin, and spread equally over it the pumpkin mixture. Lay over this the other piece of pastry and press the edges together all round. Mark the pastry in lines with a knife on the surface to show where to cut

Here's a novel gift idea for Father's Day!

GIVE DAD A

TRADE MARK

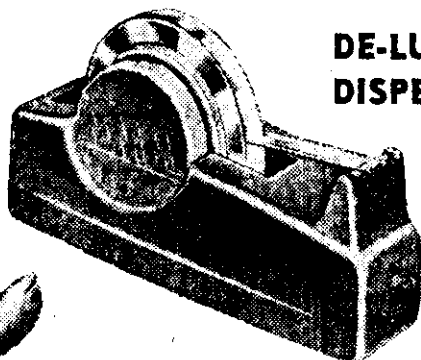
SCOTCH BRAND

DE-LUXE DESK DISPENSER

Ideal for Home or Office

4 attractive colours, price 30/-

"Scotch" brand tape, useful in so many ways in the home, is a gift that Dad and all the family will appreciate.



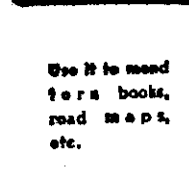
When hanging pictures on a plaster wall reinforce the edges of the hole with Scotch Tape.



Strips of transparent Scotch Tape will fasten and protect labels, etc.



Use Scotch Tape to repair broken plastic toys, torn plastic aprons, table cloths.



Use it to mend torn books, road maps, etc.



Scotch Tape wrapped round the finger sticky side out can be used to remove fluff from dark suits.



Use Scotch Tape to repair model aeroplanes.



SHAMPOO that CURLS & WAVES while you wash your hair!



Curlene is a super concentrated American cream shampoo—all you do is just shampoo and set—that's all! It curls and waves your hair at the same time.

encourages your hair to curl

Curlene makes hair soft, manageable, glowing with life and lustre! Contains not a trace of soap, nothing harsh, drying or dulling, cleans, conditions and glorifies your hair.

FROM ALL CHEMISTS & STORES



Prepared in N.Z. for Marlene's Inc., Chicago, U.S.A. by Wilfrid Owen Ltd., Christchurch

Made by the Minnesota Mining and Mfg. (Aust.) Pty. Ltd., and distributed through Wholesalers by Williamson Jeffery Ltd.