



a fresh approach to summer

Hot summer! Cool YOU, fresh, relaxed, admired! Like the lavender and black above, colours are dashing, exciting. Styles vary widely from shoulder button slip-ons to more formal raglan sleeve cardigans. All in form-flattering knitted cottons.

Maids sizes also available

KNITTED COTTON

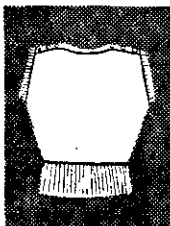


SPORTSWEAR

KAIAPOI WOOLLEN MANUFACTURING CO. LTD., CHRISTCHURCH, N.Z.
WSP.I



Raglan sleeve style



Shoulder buttoned

ASK AUNT DAISY

Honey for Health



OLD and simple remedies for everyday domestic ailments are often the best. This is the case with household fatigue, when a spoonful of honey is likely to be far more beneficial than cigarettes, cocktails or tranquillisers. But many people are still apt to forget this and try any new suggestion or remedy which happens to be in fashion at the time, and this can be quite an expensive habit too. Honey is cheap, and readily available just so long as you keep a jar in your kitchen cupboard, and its reputation as a quick stimulant and restorative goes back as far as the ancient Greeks. By the spoonful or mixed with hot water to make a refreshing drink honey is healthful for adults and, given to children when they are cross or overtired, it quickly cheers them up. It doesn't damage children's teeth, either, nor does it upset their stomachs. Try honey on grapefruit and porridge, in salad dressings, and use it with lemon juice to ease a tickly cough or flu.

Honey Apple Dumplings (Special)

Make a soft dough with 2 cups flour sifted with $\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup shortening and mixed with milk (about $\frac{1}{2}$ cup). Roll out and cut into squares. On each place an apple, cored, and the centres filled with this mixture: six tablespoons honey, 1 tablespoon butter, 1 tablespoon lemon juice and a pinch of salt. Moisten the edges of each square with water and bring up the four corners to the top of the apple, pressing the edges firmly together. Place them neatly in a buttered baking dish to fit nicely and pour over them this sauce: three-quarter cup honey, 3 tablespoons butter, $\frac{1}{2}$ cups water, $\frac{1}{4}$ teaspoon salt. Boil these together for about 5 minutes. Bake in a hot oven (400 degrees or regulo 6) about 35 minutes. The honey sauce bakes into a beautiful glaze and gives a special flavour. Serve with cream.

Honey Cheese Loaf

Cream 2 dessertspoons butter, 2 tablespoons sugar, 1 good tablespoon honey and $\frac{1}{2}$ cup thinly sliced cheese. Cream all well. Add 1 beaten egg, sift in 1 large cup flour and 2 level teaspoons baking powder, pinch salt, $\frac{1}{2}$ cup raisins (or nuts and raisins), mix with 2 tablespoons milk. Steam in a greased billy with a good fitting lid, or pudding basin with a good lid, about $1\frac{1}{2}$ hours. Butter slices for supper.

Honey Roll

Four ounces flour, 2 oz. sugar, 1 large tablespoon honey, 3 eggs, 2 tablespoons hot water, 1 teaspoon cinnamon, 1 teaspoon baking powder. Beat eggs and sugar well, add honey. Add sifted flour, baking powder and cinnamon. Then add the hot water. Bake about 10 minutes in quick oven, turn out quickly on damp cloth and trim off the edges. Roll up in the cloth and allow to stand 2 minutes. Unroll and roll up without cloth. When cold, fill with the following (or whipped cream): four ounces icing

sugar, 1 dessertspoon butter, 1 dessertspoon honey, 1 teaspoon lemon juice. Beat all together. A few chopped nuts may be added.

Honey Raisin Cakes

Two ounces butter, 1 oz. castor sugar, 1 (or 2) oz. honey, 3 oz. flour, 1 egg, $\frac{1}{2}$ teaspoon baking powder, 1 dessertspoon milk, 2 oz. raisins. Cream butter, sugar and honey, add egg and beat very well. Stir in other ingredients and chopped raisins. Put in greased patty pans—about 20 minutes in medium oven.

Honey Lemon Meringue Pie

Half a cup of honey, 1 cup water, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup lemon juice, 1 teaspoon grated lemon rind, 1 tablespoon cornflour, 1 egg, 1 teaspoon butter, 1 tablespoon sugar for meringue, and 1 tablespoon flour. Blend flour and cornflour to a smooth paste with water. Add honey, sugar, lemon rind and juice. Stir till boiling and simmer 2 or 3 minutes. Cool slightly and add beaten yolk and butter. When cold fill cooked pastry case. Beat egg white with extra tablespoon of sugar and pile roughly on top. Moderate oven till set and lightly brown.

Honey Pudding (Steamed)

This is a very light, very wholesome de luxe affair. Butter a pudding basin and put 3 tablespoons of honey in the bottom of it. Sift 3 oz. flour with a scant quarter of a teaspoon of baking soda and mix it with 3 oz. breadcrumbs. Cream $\frac{1}{4}$ lb. butter with 5 oz. sugar (castor sugar is best for this). Separate the yolks and whites of 2 eggs. Beat the yolks into the creamed butter and sugar, then add the mixed flour and breadcrumbs. Add milk if required. Lastly fold in the stiffly-beaten whites. Turn the mixture into the prepared basin, cover with butter paper and steam for $1\frac{1}{2}$ hours.

Honey Chews

Four ounces butter, 1 tablespoon honey, 3 oz. sugar, 6 oz. cornflakes. Melt butter, honey and sugar, add the cornflakes and mix well. Put into paper cases and bake in a slow oven 30 to 40 minutes.

Honey Bread Custard

Rub into crumbs about 4 oz. of stale bread and soak in boiling milk—about a pint. Beat 3 eggs well and stir in about 4 or 5 tablespoons of honey. Mix all lightly together, adding the grated rind of a lemon and bake in a moderate oven. Stand the dish in a pan of water so that the custard will not curdle.

Honey Shortcake (No sugar)

Six ounces fine vimag, 6 oz. wholemeal, or white flour, 8 oz. butter, 4 oz. honey, 1 egg, grated rind of an orange. Cream butter and honey, add rind, egg and flour. Roll out, cut into squares and bake about $\frac{1}{2}$ hour.

FROM THE MAILBAG

Waffles

Dear Aunt Daisy,
An elderly relative of mine has given me an electric waffle cooker. It cooks four waffles at a time. She says she

N.Z. LISTENER, OCTOBER 23, 1959.