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R2-1



*How to make a
difference to
FISH!*

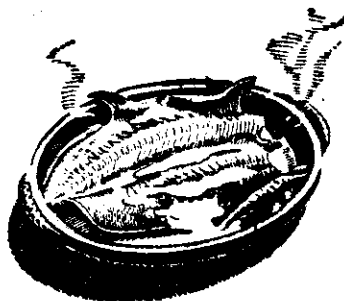


IF YOU HAD all the time in the world, you could make elaborate sauces to serve with fish. But it is far simpler and more economical to make fish delicious by adding Lea & Perrins Sauce as you cook. You only need to use two teaspoonfuls of Lea & Perrins in fish-cakes, fish pies and poached fish for four people. And, of course, put the bottle of Lea & Perrins on the table whenever you serve fried, baked or grilled fish.

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The original and genuine
WORCESTERSHIRE SAUCE

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1/51



WELCOME TOMATOES

TOMATOES (originally called love-apples) are always welcome when they make their appearance each year, and no wonder, for they provide so many different dishes—from cocktails, soups and savouries to preserves, chutneys and savoury spreads, to say nothing of the ever-popular and refreshing tomato sandwich. Don't grudge the few minutes necessary to skin the tomatoes and remove the core—it is so much more pleasant to have a sandwich without these; and have you tried sprinkling a little very finely chopped mint over the tomato, and a pinch of sugar as well as salt? I've lately heard of sprinkling chopped ginger over, too, especially with brown bread. In recipes for stuffed tomatoes, which say "scoop out the pulp," always incorporate this in the filling, never waste it.

Tomato Souffle

Pour boiling water over 1 lb. tomatoes and they will skin easily. Pour sufficient boiling milk over a fairly thick slice of bread for it to be absorbed. Add pepper, salt, chopped parsley and finely cut bacon or ham. Beat all the above ingredients, including tomato, till smooth. Then add 2 beaten yolks of eggs, mixing well, and lastly the 2 whites beaten to a stiff froth. Fold these in, rather than beat. Place in buttered pie-dish, and bake about 20 minutes in hot oven. Serve immediately. Watch the centre of the souffle, and if that is well set, it is usually done.

Tomato-Fish Cups

Scoop out pulp from large firm tomatoes after cutting off a slice from the stalk end. Mix this pulp with cold cooked fish, flaked finely, and some soft breadcrumbs, a little chopped parsley, pepper and salt and bind with a beaten egg or milk. Fill tomato shells with this mixture, piling it high, and press a dab of butter into middle of each. Cover each with a half rasher of bacon, arrange in buttered casserole, and bake in moderate oven till cooked and bacon nicely crisp.

Eggs Baked in Tomatoes

Skin some large tomatoes and cut tops off. Scoop out pulp, and sprinkle inside with a little salt and a suspicion of sugar. Put 1 dessertspoon grated cheese in each, and place in baking dish in hot oven for about 10 minutes. Then break 1 egg into each tomato, dot with butter, sprinkle the pulp over, and return to oven till white has set. Serve on rounds of well-buttered toast, and a little fish in white sauce, and slices of cucumber round each. Suitable as a luncheon or breakfast dish.

Tomato Rarebit

Half a cup soft breadcrumbs, ½ lb. grated cheese, 1 cup strained tomatoes, ¼ teaspoon salt, ½ teaspoon of pepper, toast or crackers. Place all in a saucepan, cook until smooth, stirring constantly and serve at once on the hot toast.

Kentish Stuffed Tomatoes

Six tomatoes, 1 hard-boiled egg, 1 or 2 tablespoons chopped cucumber, 2 cold boiled new potatoes, 2 tablespoons cooked peas, and about 1 tablespoon

mayonnaise. Wipe the tomatoes and cut slice off tops. Scoop out pulp. Cut potatoes into neat dice, mince egg, and mix these with the peas, pulp, cucumber and mayonnaise. Pile high in tomato-cups, and arrange in entree-dish, lined with a green salad, or sit each tomato in a lettuce leaf, and put a spoonful of minced ham or tongue on top of each.

Tomato Savoury

Butter well a casserole, sides as well as bottom, and cover with fresh breadcrumbs. Then put a layer of sliced tomatoes, cover with a layer of sliced apples, and then a good sprinkling of grated onion. Pepper and salt to taste. Repeat the 3 layers, until dish is full, finishing

INK STAINS

Ink stains on a woollen cardigan can be successfully removed by rubbing with a cut tomato, or tomato juice, leaving on for a little while, and then washing in soft luke-warm suds.

with a layer of tomatoes. Cover all thickly with more breadcrumbs and dot all over with dabs of butter. Bake in moderate oven about an hour. Vary by putting a layer of thin slices of cheese in middle of dish; and layer of rashers of bacon over top instead of butter.

Stuffed Tomatoes

Cut a slice off top of tomato, and scoop out most of pulp. Sprinkle inside with pepper and salt. Mix pulp with celery, chives, parsley, and mint, all finely chopped. If no chives, use a little spring onion. Add a little mayonnaise to bind all together, and pack the tomato cases with the mixture, piling high. Across the top arrange crosswise four strips of cooked fish, or cheese or meat, or a hard-boiled egg cut into 4, longways. Arrange slices of cucumber around the tomato, the whole being placed on a fresh lettuce leaf.

Date and Tomato Chutney

Six pounds ripe tomatoes, 3 lb. stoned dates, 4 large onions, ½ lb. preserved ginger, ½ oz. cayenne pepper, 2 oz. salt, 1 lb. brown sugar, ½ oz. garlic, 4 pints vinegar. Scald and peel tomatoes, cut up ginger, dates, garlic and onions, and place all with vinegar in a pan and boil gently 4 hours.

FROM THE MAILBAG

Cinnamon Tea Cake

Dear Aunt Daisy,

Could you publish in *The Listener* the recipe for a cinnamon cake? I used to make it years ago, but the recipe has been mislaid. It has no eggs and as far as I remember, no sugar. I am sure it has wheatmeal and a cup of syrup, and is simply delicious cut in slices and spread with butter.

Mrs. J.J., Main Trunk.

Perhaps a Link in our Chain will send in the recipe you mean. I have only one cinnamon cake recipe and it does have an egg in it, and butter and sugar. But there are also cinnamon scones: Make rich scone mixture, with a little sugar, usual baking powder, and mix with milk.

N.Z. LISTENER, FEBRUARY 8, 1952.