

and sides of a piedish. Then line the dish with half of the thinly rolled suet crust, and pile in plenty of sliced apples. Sprinkle with brown sugar—about 6 teaspoonfuls. Cover over with the remaining crust, and bake in a hot oven—about 1¼ hours, or till done. This pudding may be served from the piedish, or turned out on to a separate dish, when the rich sauce will be seen to cover it.

Overnight Pudding

One heaped cup flour, 1 heaped cup currants, raisins and sultanas, 2 table-spoons sugar, 1 tablespoon butter, 1 egg, 1 large cup boiling water, pinch salt, 1 teaspoon baking soda, 1 teaspoon mixed spice. Melt butter in the boiling water. Mix all together. Leave all night. Steam 3 hours. Egg may be omitted.

Sago Fruit Pudding

Soak 1 cup sago in 1¼ cups milk, and leave overnight. Add 1 cup of sugar, 1 cup breadcrumbs, 1 cup raisins, piece of butter the size of an egg (melt the butter), and ½ teaspoon baking soda dissolved in 1 tablespoon of milk. Mix all together and steam 3 hours.

Easy Pudding

This is cooked in basin it is mixed in. Half cup chopped dates, ½ cup chopped sultanas or peel, or anything liked, 1 teaspoon baking powder, 1 tablespoon butter, 1 tablespoon sugar, 1 teaspoon baking soda, ½ cup boiling water, 1 cup flour. Put fruit in basin, add butter, sugar and boiling water. Sift in flour, baking soda, etc. Mix all together. Cover with butter paper, and do not tie down. Cook in same basin 1½ hours.

Fig Pudding

Four ounces flour, 4 oz. shredded suet, 4 oz. breadcrumbs, 4 oz. sugar, ¼ lb. figs (or ¼ lb. each figs and dates), 1 large apple, 1 teaspoon baking powder, milk to mix. Chop up figs and apple small. Mix as usual and moisten with milk. Steam 2½ hours.

FROM THE MAILBAG

Sunflower Seeds

Dear Aunt Daisy,

I have some recipes which use "sunflower seed meal." Could you tell me how to prepare this meal from the seeds? Also, have you any simple recipes using the same?

"Meadowbank," Auckland.

Can any Link in the Daisy Chain help in this?

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