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Ask Aunt Daisy

Eggs in Custards and Puddings

I AM often asked how to make a simple "boiled custard" with eggs (not custard powder), such as Grandma always made and poured out of a jug over stewed fruit or jelly, or what not. Or a plain baked or steamed custard, no gelatine or powder, just "plain custard." Well, to begin with, the custard is not boiled, because boiling would curdle it. Here you are:

Thin Boiled Custard

To each scant cup of milk (a bare $\frac{1}{2}$ pint), allow 1 egg and $1\frac{1}{2}$ tablespoons sugar. Bring milk nearly to boil and pour it over eggs and sugar already well beaten together in a basin, whisking gently all the time. Then pour all into a double boiler or a basin standing in a saucepan of boiling water (Grandma always used a tall jug standing in a saucepan, remember?) and cook, stirring all the time, until it thickens enough to coat the spoon. It must not curdle. It will be a little thicker when cold. Pour over fruit or pudding, hot or cold, generally cold.

Baked or Steamed Custard

Use egg and milk in the same proportions—scant $\frac{1}{2}$ pint milk to each egg beaten with $1\frac{1}{2}$ tablespoons sugar (or to your own taste), and pour the hot milk on to the beaten egg and sugar, stirring all the time. Pour it into a lightly-buttered basin or piedish, and either steam or bake until set, when a silver knife inserted at the side will come out clean. It is much safer to bake it with the piedish standing in an outer tin of hot water, to prevent curdling. A little nutmeg grated over the top is very nice, instead of adding flavouring to the beaten egg.

Cream Caramel Custard

One pint milk, 2 oz. sugar, 2 eggs, a little cream. For the caramel: 4 oz. loaf sugar (if possible) and $\frac{1}{4}$ pint water. Bring milk nearly to boil and pour on to beaten eggs and sugar whisking well all the time. Strain into mould coated with caramel (made by boiling the loaf sugar in the water until it is golden brown). Cover with greased paper and place in a baking tray half filled with water. Bake in cool oven 40 minutes, when it should be well set. Turn out when cold, and decorate with a little whipped cream.

Apple Cheesecakes

Twelve large apples, juice of 2 large lemons, and the peel grated, $\frac{1}{4}$ lb. butter, yolks of 3 eggs, sugar, puff pastry. Pare and core the apples, and boil them as for apple sauce with a small quantity of water. Mash them very smooth, and stir in the juice of the lemons, the peel grated, the yolks of the eggs and the butter beaten to a cream. Sweeten to taste, and bake in patty tins lined

with rich puff pastry. Use the egg whites in apple snow (see below).

Apple Snow

Have 2 cups unsweetened apple sauce (apples stewed to pulp with hardly any water, and beaten smooth with a fork). Add a dash of nutmeg, a pinch of salt, and a little vanilla or lemon flavouring, as desired. Chill. A short time before serving, beat your 3 egg whites until they will stand in peaks, add $\frac{1}{4}$ cup sugar gradually beating until stiff. Fold this into the chilled apple-sauce. Serve with cream, or with the boiled custard in the first recipe. Make prune snow as for apple snow, substituting sieved cooked prunes for the apple sauce, and using 2 tablespoons lemon juice for flavouring. Use a little less sugar in the beaten whites.

Mother's Delight

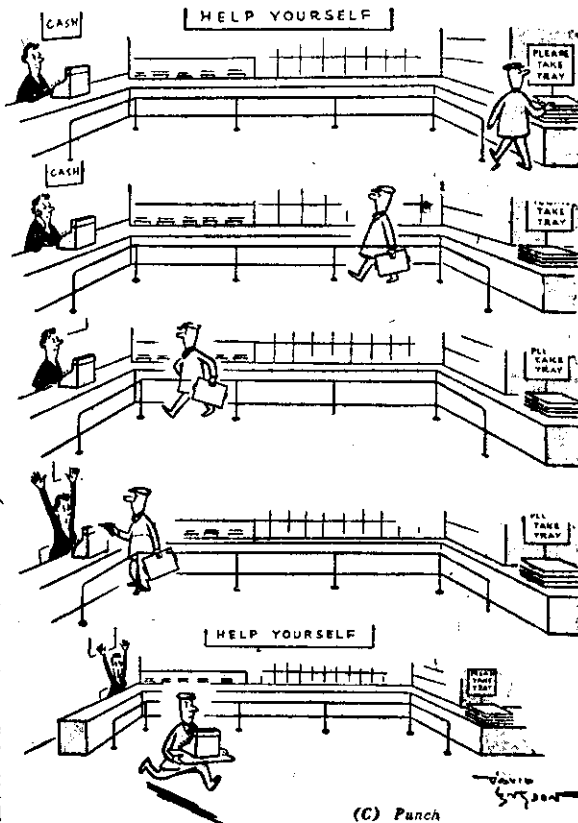
This is excellent for children. Three eggs, $\frac{1}{2}$ lb. sugar, 2-3 oranges and 1 lemon, $\frac{1}{2}$ oz. gelatine. Beat egg yolks and sugar together, add juice of fruit, melt the gelatine in $\frac{1}{2}$ tumbler hot water and add. Then beat the whites of eggs to stiff froth with a pinch of salt and mix all together and pour into a mould to set. Serve with cream or custard.

Lemon Snow

One pint water, 1 small cup sugar, 2 tablespoons cornflour, juice 2 lemons, 4 eggs, 1 pint milk. Put the water into a saucepan, and boil, add sugar, then cornflour mixed with lemon juice. Boil 3 minutes, take off, add stiffly-beaten egg whites. Put into mould to set. Make a custard with milk and egg yolks, pour round the pudding when cold.

Angel's Food

One quart cold milk, 1 oz. gelatine. Dissolve gelatine in a little of the milk, and add to the rest. When thoroughly



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