

First thing in the morning



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ASK AUNT DAISY

Plenty of Pineapples

WHAT a delight it is to have these shipments of pineapples so near Christmas. We can preserve them (see below), as well as enjoying them to the full now. In the Islands they are often called the King of Fruits—the only one which wears a crown! There is nothing more refreshing than a fresh pineapple sliced, or cut in wedges, heavily sugared, and left for several hours in a cool (but not cold) spot before serving for dessert. So easy, so delightful, and so healthful. Ice cream can be served with it, but I think it is best just alone.

Bottled Pineapple

Cut in half-inch slices, remove skin, eyes and core. Pack into jars. If cut into pieces more can be got into jars. Have ready your boiling, light syrup (1 cup sugar to 3 cups water). Cover the fruit with the syrup up to half inch from top of jar. Seal. Process in boiling water 25 to 30 minutes.

The Stewing Method: Prepare light syrup (1 cup sugar to 3 cups water) by boiling it gently for 10 minutes. Then drop in the prepared slices or pieces, and simmer gently until tender, probably about ½ hour; try with a silver fork. Bottle while boiling in hot, sterilised jars, filling and immediately sealing each jar one by one. One housewife tells me she boils some of the cut-out cores in the syrup first, to add to its flavour, leaving them in only 3-5 minutes and then removing them.

Pineapple Jam

One large fresh pineapple, grated rind and juice 1 lemon, 1 small cup water, sugar. Remove skin and core from pineapple, and chop pineapple very finely, weigh, and use same quantity of sugar as pineapple. Place sugar and water in a thick preserving pan or saucepan. Cook till syrup is thick. Add pineapple, juice and rind of lemon. Boil gently 35 to 45 minutes or until a little will set when tried.

Pineapple Cup

Cut up very finely, or grate, a fresh pineapple. Put into big serving bowl

with 2 cups of orange pulp and 1 cup passionfruit pulp. A diced apple or two may be put in, and if liked, 1 or 2 mashed bananas, also a cucumber sliced up very finely, with the skin left on. Cover the whole with a cup of sugar and the strained juice of 2 lemons. Prepare 4 cupfuls of fresh tea, strain, and while still hot pour over the above. Allow to stand on ice (if possible) for some hours to blend the flavours. Just before serving add several bottles of ginger ale, and one or two of soda water.

Pineapple Surprise

Cut a "lid" off the crown end of a fresh pineapple, about an inch down, so that you can reach inside easily to cut out the inside with a sharp knife. Chop this up finely and mix it with ice cream. If you have a refrigerator make your own ice cream using some of the juice you have been careful to save as you cut it up. Refill the pineapple now with chopped fruit and ice cream, replace the crown, and send it to table on a pretty dish, surrounded with glossy, dark-green eaves, and colourful flower-heads to tone with the pineapple. Nasturtium flowers do nicely.

Pineapple Pickle

This is for serving with curry, or with hot or cold meat. Four large cups fresh pineapple cut into small pieces, 3 cups brown sugar, 1 cup vinegar, a small handful of cloves. Use the same measuring cup all the time. Boil the vinegar, sugar and cloves for 20 minutes. Add the pineapple and boil until transparent. If the juice is not thick, remove the pineapple and put into the jars, and boil the juice longer. Pour over the fruit and seal while hot.

Pineapple Rarebit

This is delicious. Work quickly, while the toast is still hot. Toast slices of bread on one side only. Quickly spread the other side with butter, and a scrape of mustard, cover with a slice of cheese, and a slice of pineapple, and on top of

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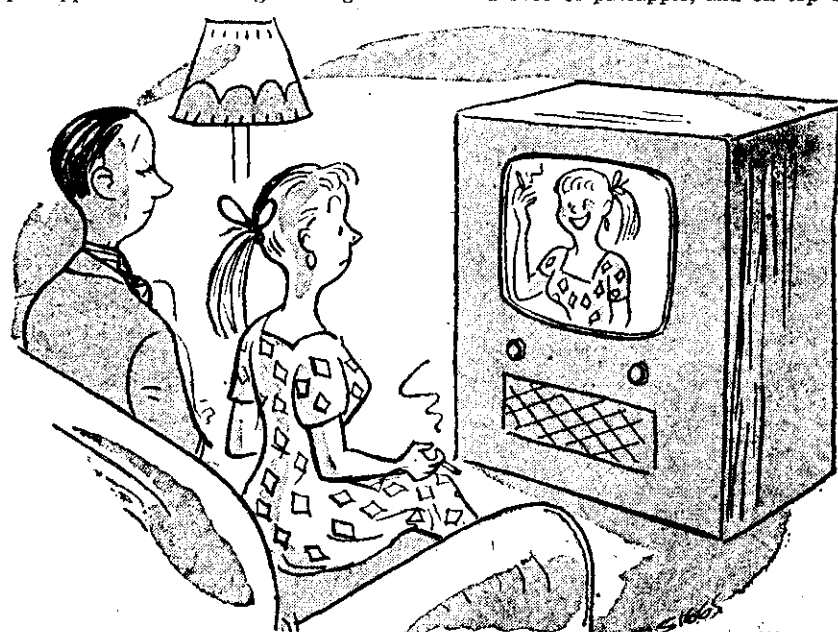


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N.Z. LISTENER, DECEMBER 11, 1953.