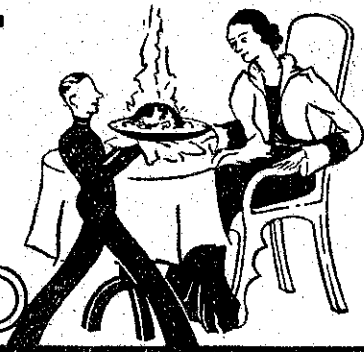


MAINLY ABOUT



Fruit Luxury Wins 10/6

FOOD



Tomato Savouries.

Now that tomatoes are so plentiful the following recipe makes an economical meal for a light lunch or tea:—

REQUIRED: 4 large tomatoes (nice round ones). Filling made as follows:—Finely slice one small onion, grated cheese to taste, finely-chopped parsley to taste, breadcrumbs, pepper and salt, a little sauce or chutney. Mix all together in a basin. Neatly cut off tops of tomatoes, remove centres and add the latter to the filling. This will make it sufficiently moist. Stuff the tomatoes with the filling, and place on tops again. Bake in moderate oven with a little butter. Delicious served with rashers of bacon.—Mrs. Z.B. (Hamilton).

Mrs. B. Thrifty says—

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Mint Jelly.

NOW is the time to fill the store cupboard with those little extras which make the winter's menu so much more interesting. One of the best, and least expensive is Mint Jelly. Take 1 cup of brown sugar, 1 cup of vinegar, $\frac{1}{2}$ teaspoonful of salt and pepper. Boil

Someone Must Win 10/6 Each Week

WHY not send in your original recipes to "Chef," "N.Z. Radio Record," G.P.O. Box 1680, Wellington and see if it wins the half-guinea prize which is offered for the best original recipe each week? Mrs. W.E. (Napier) is the winner of this week's prize, which has been awarded for her unusual Fruit Salad Au Rhum.

for six minutes. Dissolve two table-spoonsful of gelatine (powdered) in $\frac{1}{2}$ of a cup of cold water, pour in the above boiling mixture, and boil for half a minute longer. Then add a cup of chopped green mint leaves, and stir the liquid occasionally when it is cooling to prevent the mint from settling. Cover well and store in a cool place. Three times the above recipe makes a worthwhile quantity for a family.—"Query" (Tauhei).

Golden Sponge.

3 OZS. butter, 1 small cup sugar, 4 table-spoonsful apricot jam, 2 eggs, pinch of salt, 1 teaspoonful bicarbonate soda, $\frac{1}{2}$ cup milk, 1 table-spoonful boiling water, 2 cups flour.

Method:—Cream the butter and sugar, add well-beaten eggs, then add the jam. Beat well through, then add soda that is dissolved and the boiling water and milk. Lastly, add flour and salt. Bake in moderate oven for one hour and a half. When cold ice with chocolate icing.—Mrs. E.M. (Rununga).

A New Sponge.

REQUIRED: 3 eggs, 1 cup castor sugar, $\frac{1}{2}$ cup hot water (not boiling), 1 cup flour (breakfast), $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon cream of tartar. Beat eggs for seven minutes, add castor sugar, and beat again lightly. Add hot water, then flour, into which has been sifted soda and cream of tartar. Put into cold oven, turning regulo to No. 8 and cook eight minutes.—I.S.M. (Wellington).

STEW together $\frac{1}{2}$ dozen cooking apples, $\frac{1}{2}$ lb. dates, $\frac{1}{2}$ cup sugar, and the grated rind of one lemon. When cooked, set aside to cool. Butter a pie dish and sprinkle with sugar. When mixture is quite cool, pour into the dish, and cover with a meringue made of the whipped white of one egg and a small cup of sugar beaten until very stiff. Bake in a slow oven till brown.—Miss G. (Wellington).

Pickled Plums.

6 LB. plums (hard). Cover with vinegar. Drain off the vinegar and take equal measure of sugar. Boil vinegar, sugar, and one stick of cinnamon, 1 oz. cloves, $\frac{1}{2}$ oz. mace, a nutmeg, grated, and a little allspice. Boil for 20 minutes, and while boiling pour over the plums. Let it stand, and in three days' time simmer the whole gently for eight to ten minutes. Turn out and cool carefully. Bottle and cork. If wanted hot, use whole pepper instead of cinnamon. Very appetising.—Miss E. McD., Oamaru.

Plum Sauce.

9 LB. plums, 3 teaspoons ground ginger, 3 lb. sugar, 3 teaspoons ground cloves, 5 pints vinegar, 3 teaspoons ground pepper, 3 teaspoons cayenne, 2 table-spoons salt, few blades mace and a little garlic. Remove stones and boil altogether till reduced to a pulp. Sieve and bottle. (Mace may be omitted).—Mrs. C.P. (Huntly).

Dried Apricot Butter.

COOK until tender in a very little water, 12 halves of dried apricots, then rub through sieve, add two ozs. of butter, 1 cup sugar, 2 well beaten eggs and the juice and grated rind of 1 lemon. Place contents in a jar and stand in saucepan of hot water. Stir until it thickens over a slow fire. Very good for small tarts, cake fillings, etc.—G.L. (Horofiu).

Peach Chutney.

1 LB. dates, 3 lb. apples, 3 lb. plums, 4 lb. peaches, 2 lb. onions, 2 lb. brown sugar, 2 lb. raisins, $\frac{1}{2}$ lb. salt, 2 quarts vinegar, 2 oz. ground ginger, $\frac{1}{2}$ teaspoon cayenne, 1 packet mixed spice. Put dry ingredients through mincer and boil with vinegar three hours. A very nourishing chutney. All fruits now in season.—Mrs. A.L. (Hastings).

Mocha Fingers.

BREAK two eggs into a basin and add 3 oz. castor sugar, whisk well for about 10 minutes, or until very thick. Fold in $\frac{1}{2}$ lb. sifted flour, and add a little milk if required. Put mixture into shaped (long) tins and bake