

Mainly about Food

BY "CHEF"

APRIL shopping is very interesting. Of course, it's a pity to see the last of the summer fruits and vegetables, but other things are so good that they seem to make up for what we have lost. The first celery and chrysanthemums are just as exciting in their way as the first strawberries and roses. Foods come into season just when you are feeling you would like a change of diet.

Even though the weather is cooler, don't drop the salad habit. Nothing can take the place of the vitamins and mineral salts that are found at their best in uncooked greens, and the vita-

Half Guinea for

Fig and Peach Conserve

A DELICIOUS, unusual, and seasonable preserve which is really excellent. It needs careful preparation, but takes less boiling than many, and is well worth making.

Ingredients: Equal quantities of figs and peaches, sugar, lemon juice and preserved ginger; also a little water—about a teacupful to a pound of fruit.

Method: Peel and slice the peaches; trim and quarter figs. Boil with the water for about a quarter of an hour. Then add the sugar, and for every three-quarters of a lb. of sugar, juice of half a lemon and a teaspoonful of preserved ginger, finely shredded. Boil steadily until it jellies.

—Mrs. M. A. (Gisborne).

mins and salts are even more necessary in winter than in summer. Lettuce is still plentiful, and endive has a refreshing tang and crispness that has a decided cleansing feeling on the palate.

Peaches are still plentiful, so I would ask my sister home-cooks to give the first prize this week their considera-

tion. It is a fig and peach conserve which is really a very new recipe, and Mrs. M. Hughes, of 153 Cobden Street, Gisborne, is the sender.

Another recipe worthy of attention is the peach chutney which is ready for eating at once, and will keep indefinitely. It is very palatable with all cold meats, curries, and made-up dishes.

Mrs. V. D. (Turua): Very pleased to get your letter—kindest regards.

Mrs. A. H. (Manunui): No, only one each week.

Peach Chutney

TAKE 3lb. yellow peaches, firm and hard, peel and remove stones, 1lb. brown sugar, 1lb. raisins, 1lb. sultanas, 1½ pint vinegar, ¼lb. almonds, ¼oz. cayenne, 1oz. garlic, 2 level teaspoons salt.

Method: Slice peaches and make a jam of them with sugar and vinegar. Put raisins, sultanas, almonds, and garlic through the mincer, and add to the jam, with cayenne and salt. Boil 10 minutes longer. Stir constantly. Place in jars and seal down while hot. —F.V. (Gisborne).

Grape Special

PICK from the stems 3 cups of grapes. Wash and boil in just sufficient water to cover for 20 minutes. Strain through sieve, pushing as much of pulp through as possible, but leave skins and seeds behind. Add hot water to make juice up to 3½ cups. Return to fire, stir in good half-cup of sago, and cook gently until sago is clear. Take off fire, add sugar to taste, pour into small moulds and put aside to set. When cold and set, unmould, serve with either plain custard, whipped cream or for special occasions with mashed bananas and whip cream.—Mrs. E.A.B. (Dargaville).

Steamed Cake

MIX 3oz. butter with ¼lb. flour until it resembles fine breadcrumbs. Add 1 teaspoon baking soda and mix again, then ¼lb. brown sugar, about ¼lb. of sultanas or ¼ of each, 2 tablespoons golden syrup, and mix well, finally adding sufficient milk to form the whole into a creamy dough, but it must not be too wet. Place in a well-greased cake tin. Tie some greased paper over the top and steam for two hours. When cooked lay on its side on a sieve, and do not cut until the following day. Be sure and mix this cake in the order given. It can be made as rich as required with more fruit, peel and cherries. When iced it tastes like birthday cake. It also keeps

fresh for quite a time. If essence is used, try Hansell's cloudy caramel flavouring or rum. Delicious.—Mrs. A.M.W. (Pine Valley).

Granose Pudding

THIS is a pudding for your children. Fill a medium piedish with Granose biscuits (broken up). Beat two egg yolks with two cups of milk, add a little sugar. Pour this over flakes and bake till just set. Spread with jam and place the whipped whites of eggs on top. Kiddies who will not take ordinary Granose biscuits love this dish. —Mrs. H.C.W. (Timaru).

Almond Coffee Sponge

MELT 2 tablespoons butter in a small saucepan, add 2 tablespoons milk, 1 tablespoon coffee essence, ¼ teaspoon Hansell's almond cloudy food flavouring. Sift into mixing bowl 1 large cup flour, ¼ cup castor sugar, pinch



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salt, break in 2 eggs, pour the melted butter and other ingredients on top. Beat all together for 5 minutes (out in cool air if possible). Lastly sift in 2 level teaspoons baking powder, fold very lightly. Have 2 seven-inch sandwich tins well greased, and a sprink-