# Gooseberry Pudding

THIS is a delicious and unusual pudding-not a boiled one with suct crust, nor with pastry. Put three tablespoons of flour and a pinch of salt into a basin, then beat three egs, one at a time, and add to them. Gradually pour in two breakfast cupfuls of milk, and three tablespoons of fine sugar. stirring and beating all the time.
Grease an oven-proof piedish,

and into it put 11b. of gooseberries, which you have picked over and washed; add half cup water and one tablespeon sagar. Pour your already made mixture over the fruit and bake in a fairly good oven until the pudding is set and coloured to an attractive pale brown-it usually takes about 20 minutes. If you are a sweet tooth use more sugar,-Mrs. W.H. (Spreydon).

# Apple Cakes

TWO eggs, a little milk, 2lb. butter, three cups flour, one cup sugar, two teaspoons cream of tartar, and one teaspoon carbonate of goda.

Sift flour, add sugar, rub in but-ter, mix with eggs and milk. Cut in rounds and put in greased pattypans. Put a little stewed apple in each. Cover with another round of

#### PRIZE RECIPE

# Wholemeal **Xmas Cake**

WHOLESOME, moist, and every bit as delicious as the most expensive cake. Ingredients: lib butter, 4 eggs, 402. sugar or honey, lib. almonds, lib. wainuts, 1lb. each currants and raisins, Tib. mixed peel, lib. cherries, 1 teaspoon mixed spice, pinch salt, lib. wholemeal flour,

sour milk. Gream butter and sugar, add eggs one by one, sift in dry ingredients, add fruit, nuts (chopped), and peel. Mix with sour milk to which has been added 1 teaspoon baking soda, make fairly moist. Put into greased tin and bake in slow oven with slide underneath for four hours.

### CHRISTMAS PUDDING

Use exactly the same ingradients as for the cake, but with the addition of 11b. sultanas. Pour into a greased basin, tie down and steam 4 or 5 hours.

#### PLUM MOULD

Delicious hot Christmas Day sweet. Place in a saucepan and bring to the boil 1 pint milk, pinch salt, I table-spoon sugar. When boiling dissolve, 3 penny cakes plain chocolate, 1 tablespoon gela-tine and stir in. Add 1 cup seedless raisins, I cup stoned dates, 1 cup soaked stoned prunes and 2 cup each chopped walnuts and almonds, grated rind and juice of crange. Set in mould and serve very cold with whipped

cream.
—Mrs. C.S.P. (Wanganui).

pastry. Bake in moderate oven for 10 to 15 minutes. When cold sprinkle with icing sugar. Can use 15. lard and 15. butter instead of the 15. butter.—Mrs. A.W. (Auckland).

HALF cup of stoned prunes, cherries (fresh served), seeded raisins, dice

## Crumb Custard

rpWO cups milk, 2 or 3 eggs, 4 tablespoons cake or breadcrumbs, 1 or 2 tablespoons sugar (as required), grated lemon rind, apricot or raspberry jam, 1 tea-

DOCTORS agree that raw vegetables and fruits are one of the finest sources of many valuable numeral salts and health-giving vitamins so

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spoon butter, 2 tablespoons castor sugar for meringue.

Heat the milk and butter, pour Australia and New Zealand. Wonderon to crumbs and grated lemon ful adventure serials and informative
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sweeten (according to crumbs used). Separate the egg yolks and whites, combine yolks with milk mixture and pour into buttered piedish. Place in baking dish with water and bake slowly until custard is firmly set, then spread surface with jam. Whisk egg whites to stiff froth, add castor sugar and pile meringue on top of jam. Bake slowly to set and lightly brown the meringue.

#### Macaroons

THREE egg whites, pinch of salt, 1 cup castor sugar, 4oz. drained cherries, 2oz. each of preserved ginger, pineapple, seeded raisins, chopped dates, and ground almonds.

Whish the egg whites to stiff froth and gradually add sugar Stir in the salt, diced pineapple, ginger, raisins, dates, almonds and half the cherries. Mix well and drop small portions from a teaspoon on to baking trays lined with oiled or buttered paper. Top each with sliced cherry (or a blanched almond), and bake slowly for about ½ hour until firm and lightly browned. Lift on to cake cooler and leave until cold. If required, sandwich together with sweetened whipped cream just before serving.

HALF cup of stoned dates, prunes, cherries (fresh or preapple, preserved figs, and chopped nuts, strained juice of 1 lemon, 1 cup mayonnaise, 1 cup whipped 1 lettuce, 2 tomatoes, cream. curled celery.

Cut the dates, prunes, cherries, raisins, pineapple and figs into small dice and mix together in basin with chopped nuts, strained lemon juice, mayonnaise and whipcream. Season as required and place in mould or refrigerator tray. Freeze the mixture thoroughnecessary for building and maintain- ly, then unmould on to serving ing good health. For full particulars dish and garnish with crisp letof bow to obtain raw vegetable and tuce leaves, curled celery and fruit juices, write: Modern Diet Products Supply Co., Dept. R., P.O. Box aliced tomatoes, and serve with mayonnaise.

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