

HOME MAKERS' CORNER

BY LYNETTE

BANANAS

Answering a knock at the door some weeks ago, I found a carrier there resting a very large box on his knee. "Where shall I put your case of bananas?" he asked.

"Case of bananas!" I echoed. "That is not for us."

We stood in the dusk and argued the point, and it was only when I had seen for myself the address on the case that I agreed that it must be ours, and only when he suggested that he take them down the street and sell them, that I came out of my daze sufficiently to tell him to put them in the washhouse. My former B.C. Leader, now in Fiji, had sent them, and what a thrill they were! For a few days we could do no more than go out occasionally and gloat over their green curves, then I spring-cleaned and re-arranged the cupboard under the stairs, setting dozens of bananas out on the shelves to ripen in the dark. Dozens more I bestowed on various delighted neighbours, and still more dozens were sold at a social in aid of our Sunday School alterations.

As they have come to ripeness, we have had banana cakes, banana puddings, banana salads, banana ice cream, and just bananas! I have even preserved half-a-dozen bottles to use for fruit salads later on. They are very easily done, and if you can get bananas now in the shops, it may pay to do a few jars. Do not use a steel knife to peel or cut the fruit, but use a silver knife of some sort (even a butter knife will do) as the

steel will blacken them. When peeled, further prevent darkening by placing them in a bowl of water to which lemon juice or salt has been added. Cook the fruit either whole or sliced, by your usual method, using a light syrup of one cup of sugar to three cups of water.

Not everyone has a "Fairy God-mother" in Fiji to send them bananas that they can use for cooking, but the dried ones are an excellent substitute. To most people they seem too solid to eat raw, but they make a universal appeal when added to cakes, puddings, etc. If a recipe calls for banana pulp, cut them up and soak overnight, but otherwise just cut and soak them for half-an-hour in boiling water.

Here are some recipes using dried bananas:

Banana Cookies: 2oz. dripping, 1 egg, 2 cups flour, 1 teaspoon nutmeg, 1 teaspoon cinnamon, $\frac{1}{2}$ packet ($\frac{1}{2}$ lb.) bananas cut and soaked in $\frac{1}{2}$ cup boiling water for $\frac{1}{2}$ hour, 1 cup sugar, $\frac{1}{2}$ cups rolled oats, $\frac{1}{2}$ teaspoon salt, 1 teaspoon ginger, 3 teaspoons baking powder.

Cream the dripping and sugar, add the beaten egg, rolled oats and sift in the other dry ingredients. Lastly add the bananas with the water they have soaked in. If necessary a little

milk may be added. Bake in a moderate oven (325deg. F.).

Banana Chiffon Pie: Bake a pie shell of short pastry either in an enamel plate or a sponge cake tin, and when cool add the following filling:

$\frac{1}{2}$ packet ($\frac{1}{2}$ lb.) bananas soaked overnight in $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup sugar, pinch salt, 3 eggs-separated, $\frac{1}{2}$ cup cold water, grated rind and juice of half a lemon, grate rind of 1 and juice of 2 oranges, 1 tablespoon gelatine.

Mash the bananas and mix in the top of a double boiler with the rinds, juices, salt, sugar and egg yolks. Cook till thick. Soak the gelatine 5 minutes in cold water and dissolve in the hot custard. When cool, add the beaten whites and pour into the pie shell to set.

Banana Fritters: 1 cup flour, 2 table-spoons sugar, 1 egg, $\frac{1}{2}$ teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ packet bananas ($\frac{1}{2}$ lb.) soaked in $\frac{1}{2}$ cup boiling water.

Sift dry ingredients, add beaten egg and bananas and water. A little milk may be added if necessary. Fry in deep, hot fat until golden brown. Drain on brown paper and sprinkle with icing sugar.

"W.R. CROSSWORD" - 27

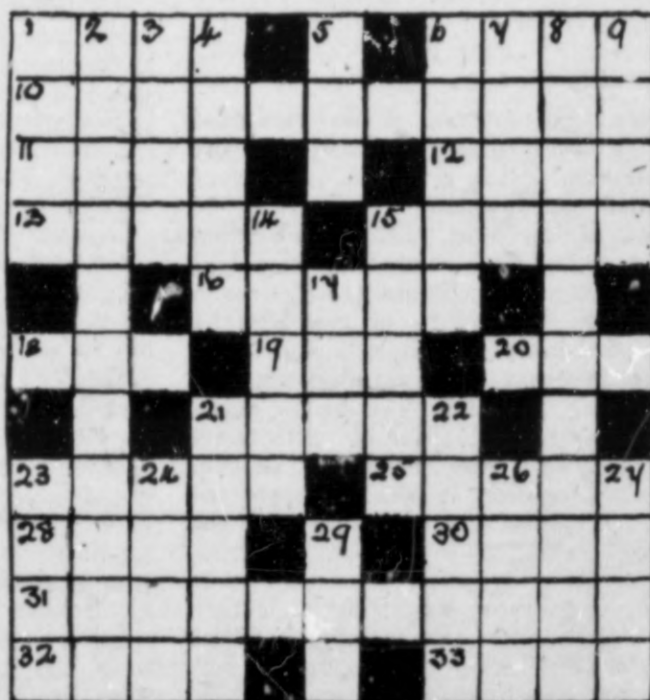
CLUES

Across

- 1—Apply pressure.
6—Headland.
10—Partly poisoned.
11—Garden of delight.
12—Bond.
13—Turn back.
15—A taste of the wild.
16—Swiss Mountaineers do this.
18—It may have preceded the hen.
19—Flood.
20—Annoy.
21—Bar-room odours.
23—"The — went forth sowing."
25—He comes at Christmas.
28—Water jug.
30—Relative to laymen.
31—Extreme thinness.
32—Often seen with that.
33—Queen's name.

Down

- 1—Jetty running out into the sea.
2—Low-growing wild plant life.
3—Walk.
4—Valuable food.
5—Folk dance.
6—Intrigue.
7—Mighty, though small.
8—Entry, sometimes by force.
9—Swirling water.



SOLUTION TO NO. 26

Across.—1, Doat; 5, Am; 9, Finger-marks; 12, Isle; 13, Gait; 14, Sty; 15, Bag; 17, Ply; 18, Hi; 19, Alloa; 21, Fe; 22, Nile; 23, Ecu; 24, E.G.; 25, Lapse; 27, L.A.; 29, Lug; 31, Tot; 32, End; 33, Bias; 35, Area; 36, Astigmatism; 39, Hero; 40, Sees.

Down.—1, Distinguish; 2, Only; 3, Ace; 4, Te; 5, Am; 6, Rag; 7, Trap; 8, Skilfulness; 9, Fish; 10, Real; 11, Sty; 13, Bleat; 16, Goest; 19, All; 20, Ace; 24, Elba; 26, Poem; 28, Adam; 30, Gate; 32, Erie; 34, Sir; 35, Ate; 37, Go; 38, As.

- 14—His roles are not successes.
15—Equips.
21—Cap.
22—Town on the Black Sea.
23—Resting place.
24—Repulsive insect.
26—A widow rejoiced here.
27—Skin trouble.
29—Poisonous drink.