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Farm and home - Summer dessert; A millinery hood makes a novel basket

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DURING the hot summer days the housewife's thoughts naturally turn to the preparation of light and refreshing meals which are designed to tempt the appetite. Hot stimulating foods are no longer popular and an interesting dessert can add attraction to a salad meal. Even the lowly jelly lends itself to many variations and a few suggestions are given hereunder.

**LEMON FOAM**

**Ingredients.**

3 lemons.
3 cups water.
4 tablespoons sugar.
1 oz. gelatine.
2 egg whites.

**To Make:**

1. Grate the rinds of the lemons.
2. Add the sugar and 2 cups of water. Boil together for 10 minutes.
3. Soak gelatine in the remaining 1 cup of water.
4. Remove syrup from stove. Stir in the soaked gelatine.
5. Add the juice of the lemons.
6. Allow to stand until the jelly is beginning to set.
7. Beat in the egg whites and continue beating until the mixture is thick and fluffy.
8. Add a few drops of green colouring.
9. Pour into serving dish and chill.
10. Decorate with cherries and angelica or fresh mint leaves.
11. This is sufficient for five or six people.

**STRAWBERRY MARSHMALLOW**

**Ingredients.**

1 packet strawberry jelly crystals.
1 cup of boiling water.
2 tablespoons strawberry jam.
½ cup cream or evaporated milk (unsweetened).
1 tablespoon lemon juice.

**To Make:**

1. Dissolve the jelly crystals in the boiling water.
2. Allow to stand until beginning to set.
3. Beat the cream or evaporated milk until it will hold its shape.
4. Beat in the jam and lemon juice.
5. Beat in the jelly and continue with beating until thick.
6. Pour into serving dish.
7. Vary this recipe by using other tasty jams such as raspberry, blackcurrent or passionfruit pulp.

**MULBERRY FLUFF**

**Ingredients.**

1 packet red jelly crystals.
1 cup of boiling water.
1 cup ripe mulberries.
2 egg whites.
1 dessertspoon lemon juice.
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To Make:
1. Make the jelly, using crystals and the boiling water. Add the lemon juice.
2. Allow to stand until it is starting to set.
3. Mash the mulberries. If very juicy drain off some of the juice.
4. Fold the mashed fruit into the jelly.
5. Beat the egg whites until stiff.
6. Fold into the jelly mixture.
7. Pour into serving dish. Chill.
8. Serve with extra mulberries.
9. If the fruit is sour add extra sugar to the egg whites when beating.

PASSIONFRUIT SPONGE

Ingredients.
1 packet pineapple or passionfruit jelly.
1 cup of boiling water.
2-3 tablespoons fresh passionfruit pulp.
1 banana.
½ cup cream or unsweetened, evaporated milk.

To Make:
1. Dissolve the jelly crystals in the cup of boiling water.
2. Allow to stand until beginning to set.
3. Mash the banana and add to the passionfruit.
4. Beat the cream or chilled milk.
5. Add fruit and jelly and continue beating until thick and fluffy.
6. Pour into serving dish. Chill.
7. This serves 5-6 persons.
8. If the passionfruit are sour, extra sugar may be needed.

APPLE SNOW—WITHOUT EGGS

Ingredients.
1 packet lemon jelly crystals.
2 cups hot water.
1 teaspoon grated lemon rind.
1 dessertspoon lemon juice.
1 cup stewed apple drained and mashed.

To Make:
1. Make the jelly, add lemon juice and rind. Allow to stand until beginning to set.
2. With rotary beater beat until frothy.
3. Add apple pulp and beat until almost set.
4. Add a few drops of green colouring.
5. Pour into a glass dish and chill.

TO MAKE A JELLY IN A HURRY
1. Place the crystals in a bowl. Add one cup of boiling water and stir until all the gelatine is dissolved. Then add one cup of iced water or ice chips.
2. Place crystals in a bowl. Add half a cup of cold water and soak a few minutes. Add one and a half cups of boiling water and stir until all the crystals are dissolved.

QUICKLY-MADE LAYERED JELLY
Layered fruit jellies can be prepared quickly by using a mixture of sliced or diced raw and cooked fruits. Stewed or tinned fruits usually sink in a jelly while raw fruits float. When the jelly is poured on, the fruits separate into layers as the jelly sets.

Raw pineapple and pawpaw should never be used in a jelly as they contain an enzyme which causes it to liquefy. They should be cooked until tender and then used.

BAKED ARABIAN Pears

Ingredients.
1 lb. pears.
A few dates.
½ cup sugar.
1 cup cold water.
Few strips of lemon rind.

To Make:
1. Peel the pears, cut in halves and remove the core.
2. Stuff the centre with dates and squeeze a little lemon juice over each one.
3. Place into a casserole with a few extra chopped dates.
4. Boil the sugar, water and lemon rind together for a few minutes.
5. Lift out lemon rind and pour the syrup over the pears.
6. Bake in a slow oven until pears are tender.
7. Serve with cream or custard.

BUTTERSCOTCH SAGO

Ingredients.
1 tablespoon sago.
2 cups cold water.
¾ cup brown sugar.
1 tablespoon butter or margarine.
1 teaspoon vanilla.
1 level teaspoon spice.
To Make:
1. Soak the sago in the cold water overnight.
2. Add the brown sugar, butter and spice and cook until the sago is thick and clear.
3. Add the vanilla.
4. Pour into serving dish.
5. This may be served warm or chilled.

APPLE CRISP
Ingredients.
1 lb. apples.
2 cups cornflakes, bread crumbs or cake crumbs.
2 tablespoons butter or margarine.
2 teaspoons cinnamon.
4 tablespoons brown sugar—use less if cake crumbs are used.

To Make:
1. Grease a casserole and line with some of the cornflakes or crumbs.
2. Peel and slice the apples.
3. Place a layer of sliced apples in the dish.
4. Sprinkle with brown sugar, cinnamon and small pieces of butter.
5. Repeat the layers of cornflakes, apple and flavourings until all are used.
6. Finish the top with cornflakes.
7. Bake in a moderate oven 1/2-3/4 of an hour until apples are tender and flakes crisp.
8. Serve hot or cold with custard or cream.

A MILLINERY HOOD MAKES A NOVEL BASKET

By BRENDA CLEEVE, Home Science Teacher, Education Department

A HANDY light shopping basket which will give good service for many years can be made easily and quickly from a millinery hood. The type of hood to use is that with a strong firm weave, and hoods of this type used for making beach hats have been available recently for approximately 2s. 6d. These are particularly suitable for basket making as they are usually in a natural shade which provides good backgrounds for decorations.

The handles of the basket are made of plaited seagrass, preferably the fine type as this is more pliable than the coarser weaves.

The decorations may be made from felt or raffia, tinted gum nuts or quongdong nuts, or if these are not available, some attractive decorations may be made from thick wool.

A small quantity of raffia and matching macrame or fine string will be required for stitching. If none of these is available crochet thread or stranded cotton can be rubbed with a piece of beeswax or candle and used as a substitute.

A sailmaker's needle, which has a threesided point, is the most suitable sewing instrument as this slips through the straw easily. If a sailmaker's needle is not available, however, a thick darning needle or fine bodkin may be used.

DECORATIONS
The scheme of decoration lends itself to infinite variations according to the inclination of the worker. Designs may be sketched in on the hood with pencil or chalk or the design may first be drawn on paper and cut out and spaced on the basket until the desired effect is achieved.

Coloured felt leaves and tinted nuts are obtainable at most handcraft stores and it is a simple matter to attach them to the basket with fine string. Country dwellers and picknickers may often obtain native nuts which can be tinted with paint or cycle enamel. These enamels are particularly suitable as they come in clear colours and are available in small tins. Use the paint sparingly and apply with a small brush for the best results. Variegated tonings may be obtained by stippling different colours over the nuts although this may re-
quire some practice as the colours are apt to run together if they are applied too liberally.

Excellent results may often be obtained by painting the nuts with coloured inks or water paints and then varnishing them to give a glossy finish.

The nuts which are purchased from the handcraft stores have holes bored through them or are fitted with wire loops which makes attachment a simple matter. Those prepared at home should be bored with a fine drill before colouring. Round or oval nuts can have a hole bored straight through the centre; gum nuts can be bored in two places near the base.

Leaves can be made from scraps of felt or old canvas. Cut a paper or cardboard shape and use this as a pattern. To mark veins on the leaves use marking pencils or ink, or alternatively burn the design into the felt using a fine steel knitting needle or wire skewer. Place one end of the needle in an old cork to facilitate handling and allow the other end to rest in the flame until red hot. Mark in the veins quickly with light strokes to avoid burning holes through the material. The leaves are attached to the basket by a few stitches and some interesting effects may be achieved by twisting the leaves before sewing them into place.

Similar patterns may be made for cutting out the flowers and it will be found that cutting to a pattern gives much better results than by cutting by guesswork. Simple outlines are easier to make and use and will wear better than those carrying small fringes or petals. The thicker quality felt gives better results than the thin material used in toymaking although this can be used effectively if padded underneath. Coloured buttons or wool may be used for the flower centres and poppies, daisies, petunias, dog roses and chrysanthemums are flowers which can be utilised as patterns.
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**THE HANDLES**
To make the handles, cut two pieces of seagrass about 16in. in length, finish off the ends by binding and oversewing with raffia and then sew firmly into position with the handles spaced evenly on either side of the centre line of the basket. Check to see that the handles are the same length and are not twisted before sewing them into position.

**LINING**
After the handles have been attached, the basket should be lined with coloured material in shades which tone with the decorations. Plastic material is very suitable for lining as it can be wiped over when soiled.

Lay the basket flat on a sheet of paper and mark round it with a pencil to give the pattern for the lining which is made of two pieces of material sewn together before inserting. When the lining portions are sewn together place them in position in the basket and secure by a few light stitches round the top.

**FINISHING THE TOP**
To complete the top edge of the basket cut two lengths of seagrass, one for the inside edge and one for the outside. Secure the ends of the seagrass by binding and oversewing with raffia as described for the handles.

Attach one piece at a time using firm stitches and if possible conceal the stitches between the strands of seagrass.

If the hoods have fringed edges, leave the fringe standing above the top edges of the seagrass until both pieces of seagrass have been sewn into position, then trim off the fringes level with the top.

To finish off the basket, top-sew the pieces of seagrass together using natural or coloured raffia. Two colours may be used worked in opposite directions to give a crossed effect. As raffia tends to wear rather quickly I prefer to use natural coloured raffia for this work, however, as the coloured raffia is apt to look untidy when it begins to fray.
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