

CUCUMBERS ARE PLENTIFUL

IT is a very good season for this refreshing and delicate vegetable, and as well as enjoying it in sandwiches and salads, we had better conserve some for later on. Here are some suggestions for using cucumbers in various ways.

Cucumber Sauce (With Cold Meat)

Peel and grate a cucumber, and add it with $\frac{1}{2}$ teaspoon mustard and 1 tablespoon chopped parsley, to 1 cup of mayonnaise. Serve on slices of cold meat.

Hopey's Cucumber Relish

One pound of apples—peel them before weighing, $1\frac{1}{2}$ lb. onions, $1\frac{1}{2}$ lb. cucumber, *not peeled*, 1lb. sugar, 1 teaspoon pepper, 1 dessertspoon curry powder, 1 pint vinegar, 2oz. salt. Mince the apples and cook them in the vinegar. When soft, add sugar, pepper, salt and onions. Cook this till soft, then add the minced cucumbers. Boil about five minutes. To colour, add 2 tablespoons turmeric.

Cucumber Nests

These are made with young apple cucumbers. Peel them, cut in halves, and scoop out seeds. Fill with cold boiled fish mixed with grated onion, or chopped chives, and moistened with mayonnaise, a little chopped parsley and mint also add to the flavour. If no fish is available, try hard-boiled egg chopped and mixed with a little grated cheese. Place each on a curled lettuce leaf, and surround with slices of beetroot or tomato. If you have only the ordinary cucumbers, cut them lengthwise and shape them like boats. Another nice filling is made with cooked peas and chopped potato, mixed with mayonnaise and sprinkled with chopped mint.

Soused Fish with Cucumber

Into a casserole or piedish cut up schnapper, mullet or other fish, into suitable pieces, sprinkle with chopped onion, add a little spice, a few cloves and peppercorns, and cover with vinegar. Cover with lid or greased paper, and bake in a moderate oven till cooked—about half an hour. Leave till cold, lift out fish, without breaking, into individual plates, garnish with lemon and strain the liquor over. Eat with freshly-sliced cucumber.

Cucumber Jam

This is a delicate spread. Peel some well-grown cucumbers, remove seeds, cut into small squares, weigh. Put in preserving pan. To every 4lb. cucumber add 1oz. whole ginger, bruised. Grate with coarse grater the outside rind of 1 orange and 2 lemons over the cucumber. Discard the white pith, slice orange and lemons over the other ingredients. Add $4\frac{1}{4}$ lb. sugar, leave to stand 24 hours. Boil until it jellies when tested. Remove the whole ginger before bottling.

Preserved Cucumbers

Peel and slice good cucumbers—not too old. Put in salted water overnight. Drain well, pack into jars, cover with

cold boiled water, to which a little vinegar has been added. Adjust rubber rings, screw lids lightly, and sterilise for one hour. Seal airtight immediately.

Cucumber Pickle

Six pounds of cucumbers, 2lb. onions. Cut and salt them overnight. Next day put 3 pints of vinegar, $1\frac{1}{2}$ teaspoons cayenne pepper, $1\frac{1}{2}$ teaspoons turmeric powder, $\frac{1}{4}$ lb. best mustard, or less, to taste, over drained cucumbers and onions. Put in pan and cook 15 to 20 minutes.

People often ask whether cucumbers are more easily digested if sliced and sprinkled with salt and allowed to stand some time before serving. The answer given by an American authority is this: "There is no evidence that salt makes cucumbers easier to digest. Salt would draw water from the cells and make the cucumbers limp and unappetising. This water contains valuable minerals and vitamins, which would be lost, too."

FROM THE MAILBAG

Thousand Island Dressing

Dear Aunt Daisy,

Your salads and dressings in *The Listener* were much appreciated. I wonder if you could give us on the air or in *The Listener* the recipe for the American Thousand Island dressing? I should much appreciate it.—"A Shut-in Link."

Yes, here you are:—One cup mayonnaise, 5 tablespoons chili sauce, $\frac{1}{2}$ tablespoon minced chives, 1 chopped pimiento. Combine in order given. Use a chili for the pimiento; and here is a recipe for the Chili Sauce.

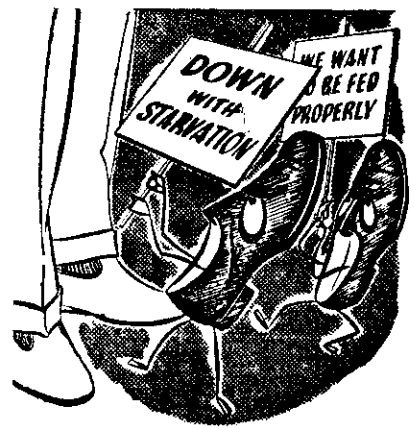
QUICK CHILI SAUCE:—One large onion minced, 1 tablespoon vegetable oil, 1 teaspoon pickle spice, 4 minced hot peppers, $\frac{1}{2}$ teaspoon salt, 1 quart canned tomatoes, 2 teaspoons sugar. Fry the onion till tender in the oil, tie the spices in muslin, add the remaining ingredients, and simmer until smooth and thick, with an asbestos mat beneath. Remove the spices, chill and use.

A Yellowed Shawl

Dear Aunt Daisy,

I wrote a few months ago, asking you how to whiten a baby's shawl, which had become discoloured. Having tried the method you suggested, I would like to thank you for your advice, as I found that the shawl returned to its normal colour very satisfactorily.—Yours faithfully, "One Tree Hill."

Thanks for your helpful acknowledgment. This was the method given. Allow twice as much powdered chalk as the garment, by weight. Make a paste with warm water, and knead the garment in it, afterwards washing and drying as usual. Washing the white woollies with borax in the water is also very good. A few drops of peroxide in the rinsing water, or one or two drops only, of blue, is said to keep woollies white.



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