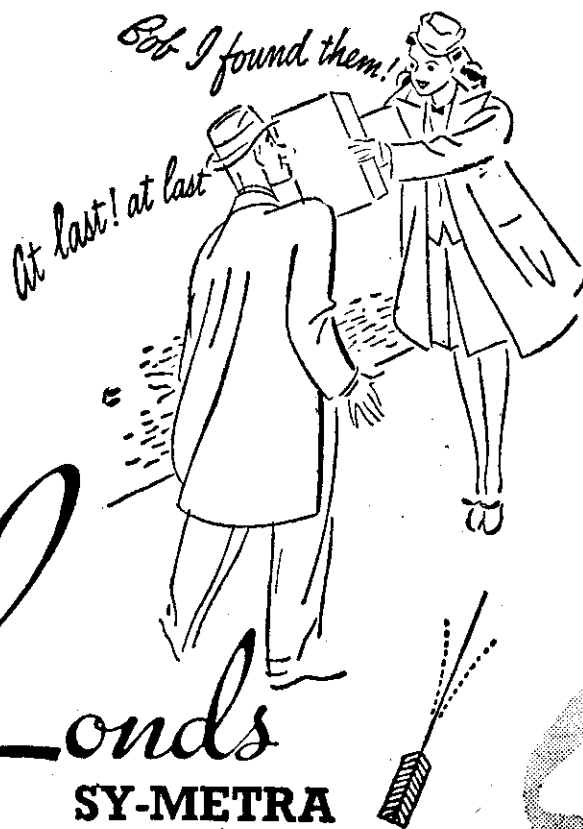


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MORE OYSTERS—AND OTHER FISH

HERE are some more suggestions for making the most of oysters. Just as in a mixed grill we support a small quantity of an expensive article with a good padding of cheaper, though still nourishing meats, so in these oyster recipes, we try to spread out a dozen or two among a whole family. During Lent, of course, there is an especial interest in, and need for, these suggestions.

Oysters and Butterfish

Into a buttered casserole put a layer of butterfish fillets—preferably rubbed over with lemon juice. On these put first a few dabs of butter, and then a layer of oysters which have been rolled in wheatflakes or crushed watercrackers, or baked breadcrumbs. Cover with another layer of butterfish and dabs of butter. Bake in a moderate oven with the lid on. If liked crisp, take off the lid when cooked, and sprinkle with more breadcrumbs or flakes, and let crisp up for a few more minutes. A very solid and tasty meal. Should be eaten with fresh lettuce or watercress and either bread and butter, or potatoes baked or boiled in skins.

Casserole of Fish with Dumplings

Prepare a medium sized fish — any kind — rub all over inside and outside with lemon juice, make your own favourite stuffing, fill the fish and sew it up. Place in casserole, sprinkle with salt and pepper to taste, and a little brown sugar. Pour over the top 1 pint of tomato puree, put on lid and cook in a slow oven for about 1½ hours. When time is up, drop very small dumplings into the tomato puree round the fish. Put lid on and cook for another half hour.

Dumplings.—Sift 1 cup flour, 1 teaspoon icing sugar, pinch salt and cayenne to taste, 1 teaspoon baking powder. Add 2 tablespoons finely shredded suet, 2 tablespoons finely grated cheese. Mix to a soft dough with about ½ cup warm milk and water, mixed with a few drops of celery essence.

Fish and Cheese

Spread filets of flounders with finely grated onion, and a good bit of grated cheese, pepper and salt. Lay in buttered dish, put on cover and bake 20 minutes. Have ready a cup of good white sauce, pour over and sprinkle with more grated cheese. Put back in oven to brown. Last thing, sprinkle with crushed flakes.

Fish and Sweet Corn Pie

Put about a pound of any cold boiled fish into a casserole with a little of the water it was boiled in—about a teacupful. Sprinkle with chopped onion, pepper and salt to taste. Cover with a large cupful of cooked corn, cut from cob; and pour over a cupful of good parsley sauce. Now put on a good crust of nicely mashed potato, add a few dabs of butter, and bake brown, about half an hour in a moderate oven.

Fish and Potato Salad

Salad: Boil 3 potatoes in their jackets, skin and cut into dice. Flake cold fish, and place layers of fish and diced potato alternately in salad bowl. Add a sprinkle of lemon juice and a layer of

diced beetroot just before serving. Finely slice 1 lettuce and arrange round bowl, with mayonnaise piled on top, and either tomatoes or sliced beetroot.

Mayonnaise: Two tablespoons condensed milk, pinch mustard, 2 tablespoons vinegar, pepper, 1 tablespoon sugar, salt. Mix all well together. Sour cream would do instead of condensed milk.

Oyster Casino

Wash and open oysters. Into each half shell put ½ teaspoon strained oyster liquid, a few drops of lemon juice, then the oyster sprinkled with salt and pepper, and covered with buttered crumbs. On each lay a square of bacon, and put in a hot oven for 10 to 12 minutes. If the half shells are embedded in coarse salt, they will be kept from tipping. Shallow oven-ware little dishes may be used.

Scalloped Roes

Wash and simmer the roe for 10 minutes in salted water with 1 tablespoon vinegar. Cut roe into small pieces and re-heat in a good white sauce. Serve in a border of mashed potatoes, or with toast fingers. It may also be put into a greased pie-dish, covered with buttered crumbs and browned in the oven.

Oyster Nuts

Make a batter of 1 egg, 1 cup flour, 1 teaspoon baking powder, pinch of salt, add enough milk to make batter fairly thick, and add 2 dozen oysters. Have a pan of smoking hot fat ready and into this drop spoonfuls having 1 oyster in each spoonful. Fry quickly until a light brown. Pile on hot dish and serve.

FROM THE MAILBAG

Delicious Beetroot Without Vinegar

Dear Aunt Daisy,

Do you know of this delicious way to serve beetroot?

Boil and dice—or dice and boil—the beetroot. We do the latter and use the juice. Ladle out the beetroot and add sufficient honey to sweeten the juice—about a level tablespoon perhaps, according to the quantity, but 1 tablespoon to 1 pint is a good formula. Then add sufficient lemon juice to the syrup, instead of vinegar. This is delicious and much more digestible than when sugar and vinegar are used.

Also, a delightful lemon drink is made by using honey instead of sugar. Lemon or orange drinks should be drunk when freshly made, as the vitamins are best then. A good liver tonic is the lemon drink made like this:—Juice of half a lemon (ordinary size), ½ teaspoon honey, 1 saltspoon bicarbonate of soda. Stir these and add water hot or cold. This is much better than artificial cold drinks.

Other things may be done with honey; for instance, salad dressing which is lovely with honey and lemon juice. On the farm we get some cream occasionally too, as Buttercup will give sometimes more than is arranged for by the marketing board. Strangely enough this is the only time we ever want cream—in salad dressing! —“Hillside” (Waverley).