## Wholemeal Chocolate \*Malt Biscuits

Sitt 1 cup of fine wholemeal, 1/2 cup flour, 1/2 cup coarse wholemeal, 2 teaspoons cocoa, and 1 small teaspoon baking soda, Cream 1/4lb. butter or dripping, 1 tablespoon sugar, and add a few drops of vanilla. Melt 1 tablespoon golden syrup with 1 tablespoon malt. Let this cool, add to the butter and sugar, mix well, and add the sitted flours. Put on greased tray, and press flat with a fork.

until the mixture is of the consistency of stiff ointment. Then rub it into the boots. Here is another recipe from Frankton Junction, sent in by a lady whose husband has used it for years: Two ounces of fine resin; 2oz. of fine beeswax; 2oz. of mutton fat rendered down. Put all in a tin or any convenient utensil, with a little linseed oil; stand in boiling water until the beeswax and resin are all melted. Apply to the boots with a cloth or brush.

#### Keeping Flies Out

Dear Aunt Daisy,

May I offer a suggestion for your "Daisy Chain"—a means whereby flies are kept out of the home? Front-Door Way: I bought 5½ yards of hospital gauze at 11d a yard. It is cut in half and hemmed top and bottom to form 2 long curtains. The two are sewn together in the middle; and a curtain rod in the top, and small boards 6in. square placed in the lower wide hem, which reaches level with the floor. Back Door-way. A single-bed unbleached sheet was sufficient for my back door. By this means I have kept my house cool and fresh. and almost free from flies-almost an impossibility in this hot town.-G.A.H., Canterbury.

### Beans Going Mouldy

Dear Aunt Daisy,

Thank you for your letter received some time ago about preserved beans. You will remember I wrote and told you that mine were going mouldy. Well, they still went on going mouldy, and we were rather desperate about them, as we had so many and had used our precious sugar for them. So my daughter hit on the idea of draining off the brine and boiling it up. This we did, and they now look perfect, and there is no sign of mould. Of course, before pouring it back on the beans, we left the brine until it got quite cold. Perhaps this will help others out of the trouble, so I pass it on as I have heard a number of people say their beans have gone mouldy, and have thrown them away.

-Marton.

#### Mildew and Iron Rust

Dear Aunt Daisy,

You might like to hear my method of getting mildew out of linen, as it is so simple. Just wring the articles through water to dampen them all over, then rub well with common soap, and then rub in some salt. Then lay the articles out on the grass, and leave them there all night, and all day, and all night again, repeating if necessary. Also for marks of iron rust on articles, rub with lemon juice and then a little salt. Lay out in the sun. Another simple way of taking the coloured printing off flour

bags, etc., is simply to boil them with about half a teacup of kerosene in the water. Now, I did several bags in the copper only last week, and when I took them out I just rubbed any marks that still showed, and they all disappeared, so that the bags were all free of the coloured print.

Now I will give you this Carrot Marmalade:-Four large carrots, four lemons, 4lb. of sugar, and 4 pints water. Cut up the carrots finely, and the lemons, and let them stand all night in the water. Then boil slowly for three hours, and add the sugar and boil till it jellies. I mince the carrots and lemon peel.

Hoping you will find these hints of use to someone. — "Housewife" Tokomaru.

#### Grease on Wallpaper

Dear Aunt Daisy.

Could you tell me how to remove grease stains from wallpaper? One is a butter stain, and the other from a greasy head being leant against the wall. -Yours sincerely, D.B.A., Palmerston North.

Try making a paste with magnesia (or Fuller's Earth), and carbon tetrachloride, and plastering it over the greasy marks. Leave on for a day, then lift off with a blunt knife, or something like that. The butter stain may not be gone, but both marks should be much less noticeable, and a second application will probably do the trick. Sometimes a little rub with a clean rag moistened with turpentine helps, too.

# **TROLLEY**



Strong iron Trolley Wheels, two sizes. Price per pair, comrice per pair, complete with 18in. axie. 4 in., 6/-; 5in., 8/6. Postage on one pair, 1/3d; postage on two pairs, 2/-.

Skeates & White Ltd., 48 Fort St., Auckland.



Float them in milk ... smother them on stewed fruits ... sprinkle them on cakes . . . use them in puddings, pies, whips and pancakes ... let them replace bread crumbs in batter ... every dish, savoury or sweet, gains appetite interest, new taste thrills, when Bixies are added.

And no matter how you use them, Bixles are good. They bring you whole-wheat nourishment at its best. Each toast-crisp, nut-brown flake holds its carbohydrates, proteins, and minerals in delicious easily digested form. There's energy, and real bodybuilding food in the big Bixles packet.

Keep Bixies in the cupboard. Any meal . . . any dish . . . tastes better, looks better . . . is better, when you serve the crispest, nuttiest, nicest whole-wheat flakes of them all.

# BIXIES

Another splendid whole-grain product made by the Sanitarium Health Food Company, Papanul, Christchurch.

