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ASK Aunt Daisy

WHAT'S FOR BREAKFAST?

FOR a long time now I have been recommending people to have a properly balanced—even if small—breakfast; and to restrict the mid-morning "break" to just a stimulating cup of coffee or tea, with a ten-minute rest. We are very particular that children should have an unhurried and sufficient breakfast; but when these children leave school and enter upon adult occupation, it happens far too often, in towns at any rate, that they do not allow themselves time for a proper meal, but dash off to work after a piece of toast and a cup of tea, looking forward to sending out at 10 o'clock for hot scones, sausage rolls, cheese-cakes, and such alluring titbits, which are still procurable in this favoured country of ours. Farmers, and country people, generally have sensible breakfasts.

A balanced breakfast should include some sort of porridge for an energy-food with sugar or syrup for heat; a little protein, or building-food, such as a fish or fish roe, or kidney, bacon or other meat; and milk, both on the cereal and in tea or cocoa or coffee. Porridge alone is not a satisfying meal, because starchy foods are digested quickly, so that the stomach is empty again in an hour or so, and clamouring for more work to do.

Like all meals, breakfasts must be planned ahead, particularly where the housekeeper has also to go to work, as so many do during war-time. Almost always they can be prepared in a few minutes the night before; left-over mashed potatoes and parsnips and carrots can be mixed up with a little flour, and an egg if available, ready to be shaped into potato cakes next morning, leaving only the parsley to be added, freshly picked and chopped. The remnants of meat can be chopped or minced, ready to be added to cold chopped potato and mixed with left-over gravy, to be heated as a flat cake in a thick frying pan, and browned underneath, to form a dry hash. Brains on toast make a lovely breakfast and a quick one—here is the recipe.

Brains on Toast

Prepare the brains the day before, by soaking in slightly salted water for half an hour, then putting into boiling water with a little salt and a dessertspoon of vinegar, and simmering for 10 minutes. Remove from water and chop up. At breakfast time, make thick white sauce (melt 1 tablespoon butter, stir in 1 tablespoon flour and stir till smooth, then add sufficient milk—about a breakfast cup, gradually, and stir over heat till thick and smooth, seasoning with pepper and salt, and adding a good tablespoon of chopped parsley). When ready, add the chopped brains, heat up again and serve on buttered toast, with a slice of lemon as garnish.

Batter with Bacon

When eggs are scarce, here is a very tasty substitute:—Two tablespoons corn-flour, 1 tablespoon flour, salt and pepper, 1 egg (well beaten), 1 cup milk, small

teaspoon baking powder. Mix and cook in the bacon fat after the bacon has been lifted out. Have a good heat to make it nice and brown, both sides. Drain a moment on paper and serve nice and hot with bacon.

Savoury Kidney Patties

Mince 2 sheep's kidneys and 1 small onion, and add them to 2 cups mashed potatoes, and any cold cooked vegetable (chopped carrots, peas, beans, etc.). Bind all with an egg beaten with a tablespoon of cold water. Season to taste. Flour the hands and form into cakes or balls, roll them in breadcrumbs or flour, and fry in very little fat till brown on both sides.

Creamed Fish Hash

Two tablespoons butter, or other shortening; 2 cups cooked fish, flaked up; 2½ cups diced boiled potato, 2 tablespoons minced or grated onion, 1-3rd cup top milk, 1 teaspoon lemon juice, salt and pepper to taste. Melt shortening in frying pan. Combine all the other ingredients; spread them in the frying pan and fry slowly until well heated and slightly browned, about 10 minutes. Serve plain or sprinkled with chopped parsley.

Kidneys on Toast (quick)

Mince 2 sheep's kidneys. Make ½ oz. butter hot in small saucepan, put in the minced kidney, and fry for 5 minutes, stirring all the time. Add the beaten yolk of an egg, pepper and salt to taste, stir, and dish up immediately on buttered toast.

Hot Devilled Ham on Toast

Combine 1 cup finely minced cooked ham with 1 teaspoon (or more if liked) of mustard made with milk, a level teaspoon of sugar, and 1 teaspoon worcester sauce. Spread on toast. Very nice topped with a poached egg.

FROM THE MAILBAG

Tiny Flies in the Safe

Dear Aunt Daisy,
Just a few lines to ask if you could possibly help me in some way about keeping midgets out of a meat safe. Every time I put meat in the safe these little things get all through it, and also lay little white eggs over it. I have tried spraying out with a fly spray. It kills the ones that are there, but a new lot seem to come as quickly as ever. So if you know of something that would keep them away altogether, I would be very pleased if you would answer through *The Listener*.—Midget, South Westland.

I would suggest closing up the safe and burning some sulphur in it. Just cover over the perforated sides, and burn the sulphur in a tin. This is supposed to kill the eggs as well as the flies. You may have to do this 2 or 3 times, with a few days' interval between, before they are finally disposed of, but I think you will be quite clear in the end. Perhaps someone else may suggest a remedy, too; it is not an uncommon happening in many country districts.