



## Refreshing CHARM



The delicate flower fragrance of Cashmere Bouquet stays with you day-long after your bath. Its creamy, gentle lather keeps your skin soft, flawlessly clear. Adopt Cashmere Bouquet as your personal every-day soap.

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51.5

# Cashmere Bouquet

THE ARISTOCRAT OF FINE TOILET SOAPS  
COLGATE-PALMOLIVE LTD. PETONE

# HANSELL'S

"CLOUDY  
for strength"

## FOOD FLAVOURINGS

"The Essence of Success"



## MORE ABOUT BREAKFAST

I AM glad that more and more people are now realising the importance of replacing the modern sketchy snack in the morning, before rushing off to work, with a properly balanced, though not necessarily large, breakfast, eaten less hurriedly. With the return of so many of our servicemen, more and more requests are coming in for ideas for healthy though comparatively light breakfasts, quickly prepared. Three meals a day are so much better for us than snacks every two hours or so.

### Hot Griddle Cakes with Syrup

One and a-half cups sifted flour, 2 teaspoons baking powder, ½ teaspoon salt, 1 cup milk, 1 egg, 2 tablespoons melted butter (1 level tablespoon sugar is optional). Sift into a bowl the flour, baking powder, and salt; add the well-beaten egg. Then add the milk and melted butter and mix well. Cook on hot griddle slightly greased. Drop the batter by spoonfuls on to the hot griddle, and when bubbles appear, turn and cook on other side. Serve hot, spreading each with a little butter, and piling 3 or 4 one on the other. Pour over hot maple syrup (or golden syrup heated and thinned a little with hot water and a dash of lemon juice) or heated honey or even heated jam. Or to save buttering each, add a knob of butter to the hot syrup and beat well in. Half honey, half golden syrup, and lemon juice heated together, makes a lovely sauce.

### Apple Griddle Cakes

Use the same recipe, adding ¼ teaspoon cinnamon and 1 cup finely chopped apples to the batter before cooking.

### Eat Griddle Cakes with—

1. A fried pork sausage.
2. A couple of rashers of fried or grilled bacon.
3. With small meat patties made with minced left-over meat, a few bread-crumbs, a scraping of onion, and rolled in flour.
4. Try rolling each griddle cake round a spoonful of pork sausage, like a sausage roll. Pour hot syrup over.
5. Eat with bacon and a dash of marmalade instead of syrup.

### Fried Cereal

Make sufficient porridge (any kind) to have a quantity left over for next day. Pour the left-over into a loaf-pan and leave to get cold and set. Next breakfast-time, cut it into slices, dip them into seasoned flour and fry them brown in very hot fat; or brown under hot grill until crisp and brown. Can be eaten with bacon or other grilled or fried meat; or just with golden syrup or jelly. Or may have sultanas mixed with the cereal before cooling.

### Scrambled Eggs with Croutons

Three-quarters cup small pieces of diced bread; 2 tablespoons butter or bacon fat, or sausage fat; 4 eggs; 1-3 cup milk, ½ teaspoon salt, ¼ teaspoon pepper. Fry the bread croutons golden in the fat. Beat the eggs a little, and add the milk and seasoning. Pour this over

the fried croutons, and scramble all over a low heat, scraping up the mixture as it solidifies. Serve plain, or with fried onions, or fried or grilled tomatoes.

### Minced Fresh Herring Fritters

These are splendid to have when the boys have been out fishing and have brought home a lot of herrings.

Cut open the herrings. Carefully take out backbone; cut off heads and tails. Then put herrings through the mincer. Make a batter, put in the minced fish and fry in hot fat by tablespoonfuls.

### Sausage Puffs

Mix together 1 cup mashed potatoes and a beaten egg. Add ½ cup flour sifted with ½ teaspoon baking powder, pepper, salt to taste. Roll out on floured board, and cut into squares. Put sausage meat on each square, fold over like an envelope, damping the edges so that they will stick. Fry in hot fat; or brush with a little egg saved from first mixture, and bake in quick oven. Any chopped seasoned meat may be used instead of sausage meat. Quite a favourite breakfast—specially the fried puffs.

### French Toast

One egg, 1-3 cup milk, ¼ teaspoon salt, 3 slices bread. Beat egg only sufficiently to combine yolk and white; stir in the milk and salt. Dip slices of bread in the mixture and fry in hot pan with plenty of butter.

### Deluxe French Toast

Beat up 3 eggs and ½ cup milk, and dip slices of bread into the mixture. Fry in deep fat. Wonderful eaten with scrambled eggs or bacon, or sausages. Or topped with beans in tomato sauce.

## FROM THE MAILBAG

### Waterproofing Mixture

Into a pail of soft or rain water put ½lb. sugar of lead and ½lb. powdered alum. Stir every now and then till mixture becomes clear. Pour it off into another vessel. If wanted for a tweed coat, immerse the whole garment in mixture for at least 24 hours. Hang up to dry without wringing—may take 2 or 3 days to dry.

### Too Sweet

Dear Aunt Daisy,

In making melon jam, I made a mistake when weighing the sugar, and put much too much. The jam is like syrup, and far too sweet. I would be very grateful if you could suggest what to do with it, so that it may be eatable. I thought of adding more melon to it. What do you think?—Constant Listener, Taupiri.

You could try cutting up a marmalade orange or two (according to the amount of jam you have), covering with water for 24 hours, and then boiling till soft. To this add the very sweet melon jam, stir well in, and boil till it will set when tested—which may be quite soon, so watch carefully. Or you could boil tree tomatoes in the same way, and add to the melon. You do not say how much you have, so must just use your own judgment as to quantity.