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Cashmere Bouquet

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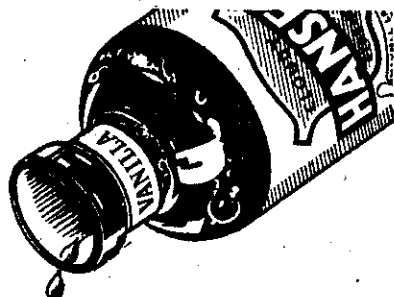
HANSELL'S

FLAVOURING ESSENCES



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SUET IS GOOD FOOD

DIET specialists regard beef suet as one of the most valuable of fats; and now that we eat less butter, we must look to suet for supplying a good proportion of the necessary calories. The most palatable way to take suet is in the form of steamed puddings; and few families will grumble at being frequently confronted with steak and kidney pudding, sea-pie, apple-pudding, plum-duff, and even plain boiled suet-pudding to be eaten with heated golden syrup containing a dash of lemon juice.

At one time it was even considered that plenty of suet in the diet was a safeguard against tuberculosis; and a teaspoon of finely-shredded suet stirred into a breakfast cup of hot milk, and sweetened a little, was sipped slowly at bed-time for a bad cold or cough.

The probable reason for any former prejudice against suet is that it used to be chopped or shredded at home, and by hand; and often the pudding contained little lumps of soap-like pieces which had not dissolved in the cooking. But the modern hygienically-packed, machine-shredded suet is like fine grains; and being sprayed with rice-flour, it remains unsticky and un-musty. Lots of us have sent packets to England to the great delight of our friends who have been for so long short of cooking fat.

Plain Suet Crust

To make a plain suet crust, sift 2 cups flour (one could be wholemeal) with 2 teaspoons baking powder and $\frac{1}{4}$ teaspoon salt. Blend in $\frac{3}{4}$ cup to one whole cup of finely shredded suet according to the richness desired. Mix to a firm paste with water. This can be boiled as a plain pudding and eaten with jam or syrup; or may be rolled out and used as a crust for a meat or fruit pudding.

Special Suet Pudding

This is good for convalescent patients, as well as for well people: 4oz. flour, 1oz. breadcrumbs or sponge cake crumbs, or both mixed; $1\frac{1}{2}$ oz. shredded suet; 1 egg; a tablespoon of lemon juice; pinch of salt. Mix the sifted flour, the breadcrumbs and the suet. Beat the yolk of the egg with the tablespoon of lemon juice, and a little water. Mix this liquid into the flour, etc., and lastly fold in the stiffly beaten white of the egg. Three-parts fill a greased basin with the mixture, cover with greased paper and steam for about 2 hours. May be served with jelly, jam, marmalade or honey.

Roly Poly Rabbit

This is quite a de-luxe dish, and cheap, too. Rub a rabbit over with lemon-juice and sprinkle with pepper and salt. Make a special stuffing with $\frac{1}{4}$ lb. minced liver, 2 bacon rashers; 2 scalded and chopped onions; $\frac{1}{2}$ cup or so of breadcrumbs; 2 tablespoons shredded suet; chopped parsley, pepper and salt. Fill the rabbit with this, and sew up or tie. Now make a soft suet crust and wrap up the rabbit in it. Tie in a well-floured cloth (or else wrap a butter-paper round before putting the cloth)

and put into a saucepan of boiling water. Keep boiling steadily for 3 hours. Serve with onion sauce sprinkled with chopped parsley; baked or boiled jacket potatoes and a green vegetable.

Mince Pudding

Put through the mincer 2lb. good steak. Then mix with it $\frac{1}{2}$ lb. of finely shredded suet, and $\frac{1}{4}$ lb. flour, with pepper and salt to taste, and a little grated onion. Bind the whole with an egg. Now line a pudding basin with this mincemeat, reserving some for a "lid." Fill the centre with finely diced vegetables—carrots, parsnips, turnips, etc. (and in season include green peas). Pour over this some good white sauce (best with chopped parsley added) and then put on the cover of mincemeat. Put a greased paper over all and steam for 2 hours. Serve with a good gravy or parsley sauce.

Kidney Croquettes

(For Breakfast)

Two kidneys, 1 egg, 1 cup breadcrumbs, 1 slice bacon, 1 shallot (or small onion), pepper, salt, parsley and a little milk. Soak 1 tablespoon breadcrumbs in the milk, add 1 teaspoon chopped parsley and chopped onion; chop bacon and kidney. Mix all together, season to taste with pepper and salt, and bind together with part of the beaten egg. Shape into round balls; dip each into the rest of the beaten egg, then in breadcrumbs, and fry in hot fat. Drain on soft paper and serve with fried potatoes.

Little Cakes with Suet

This is a recipe worked out by our indefatigable Link in the Daisy Chain, "Dorothy Anne," of Christchurch. She says they are really lovely little afternoon tea cakes, that they keep well for a week, and that you do not even notice the absence of butter. Slightly warm together 1 small teacup sugar, 1 dessert-spoon golden syrup, and 3 tablespoons shredded suet. Cream this well, then add one egg and cream again, putting in a little essence of lemon. Next add gradually a breakfast cup of flour sifted with a teaspoon of baking powder, alternating with a little milk; and 1 cup of any kind of fruit (dates, sultanas, raisins) and chopped walnuts. Bake in greased patty pans, moderate oven, approximately 15 minutes.

FROM THE MAILBAG

Wanted—A Spider

Dear Aunt Daisy,

I may be able to help the writer who was worried about small flies in her meat safe.

Just put a SPIDER inside the safe. He will not touch the food, and the flies will soon vanish.

We tried this with a nice Daddy-Long-Legs and the result was marvellous.—One of your Daisy Links.