



## Refreshing CHARM



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51.5

## Cashmere Bouquet

THE ARISTOCRAT OF FINE TOILET SOAPS  
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## CHEESE INSTEAD OF MEAT

**C**HEESE is a staple diet—cheese with a little bacon and onion to give variety. It is actually a meat substitute. In fact, pound for pound, it contains more nourishment than meat, because it is more concentrated; therefore it should be served with a bulky material like lettuce and green salads of all kinds, and with fruit. Cheese and apple go excellently together. Try these cheese meals.

### Savoury Pancake

This makes a good and tasty meal if served with rashers of bacon, baked potatoes or kumaras, and a green vegetable, steamed Brussels sprouts or spring cabbage; or even better, a green salad, lettuce, endive, or chopped cabbage heart. Fry a good panful of sliced onions, add ½ teaspoon sugar, pepper and salt. Pour over 3 well-beaten eggs, and cover with thinly sliced or shredded cheese. Let this set, and lightly brown underneath. Then turn over like a pancake. Cut into wedge-shaped pieces in the pan, and lift out on to hot plates.

### Yorkshire Rarebit

(Traditional Recipe)

Four ounces cheese, ¼ oz. butter, 3 tablespoons milk; a little vinegar, mustard and pepper; 2 slices buttered toast, 2 poached eggs. Cut the cheese into small pieces and put into a saucepan with the mustard made with milk, a few drops of vinegar and pepper to taste. Stir and cook gently till the mixture resembles thick cream. Meanwhile prepare two slices of buttered toast, and pour some of the cheese preparation on each piece. Place a poached egg on top of the cheese, and serve very hot.

### Cheese Roly Poly

(Californian Recipe)

Make the pastry as usual—or use this recipe:—Sift together 1 cup flour, 1 cup wholemeal; ½ teaspoon dry mustard; 2 rounded teaspoons baking powder, a pinch of salt. Chop in or rub in ¼ lb. of butter or good dripping, and mix with milk to pastry consistency. Roll lightly to an oblong shape, and half an inch thick. Spread then with this mixture:—1½ cups cheese put through the mincer, 1 small onion minced, mixed with a beaten egg and a tablespoon of melted butter and a dash of Worcester sauce. Roll up, press the ends together, and place fold side down in a greased baking dish. Brush over with milk and bake 30-35 minutes in a hot oven. Serve hot, sliced, with a vegetable salad, and tomato sauce.

### Cheese Balls

(Los Angeles)

Beat 2 egg whites until stiff, and add to them 1½ cups of grated cheese, 3 tablespoons flour, ¼ teaspoon paprika

(or pepper), and ¼ teaspoon salt. Shape into balls the size of large marbles, roll in finely chopped walnuts, and fry golden brown in deep fat hot enough to brown a bit of bread in a minute. Drain on paper, and serve on tiny cocktail picks as "hors d'oeuvres."

### Savoury Paste

Mash the yolk of 1 hard boiled egg, add 1 tablespoon butter and mash again. Grate in ¼ lb. soft "processed" cheese, 1 cup cooked mashed carrot and again beat all, adding 1 teaspoon sugar. Put in little pots, cover with melted butter. This is very nice in sandwiches with chopped celery or chives.

## FROM THE MAILBAG

### To Remove Marking Ink

Dear Aunt Daisy,

Can you help me in this problem? I had given to me some linen and towels, which have marking ink on them. I wonder if you could tell me some way of taking this out.—C.P., Herne Bay.

Try soaking the marks in a saucer of spirits of turpentine, which you can buy from a chemist. Afterwards, rub the linen between the hands, and then wash in warm suds. This has been found quite effective. Or you may be able to remove the marking ink with an Ink Remover, obtainable at stationers' shops. Another remedy is pure methylated spirits with a dash of ammonia in. Soak and treat as in the turpentine method.

### Brightening Up a Bedroom

Dear Aunt Daisy,

Could you please tell me how to get the blue enamel off a duchess? I would like to varnish it again, as I have two varnished beds in the room now. Wishing you every happiness.—E.S. (Foxton).

You have quite a big work before you, E.S., but with true keen New Zealand perseverance you will probably make a very good job of your duchess. First go over the whole thing thoroughly with paint and varnish remover, which you buy from a paintshop. Next wipe over well with turps; and then sandpaper it thoroughly. Now you use your varnish stain and the job is complete! Get a good, well-known brand. You can get Light Oak, or Dark Oak, or Walnut — whichever will match your beds. Let me know how you get on.

### Saving Fuel

Dear Aunt Daisy,

I have been wondering if you would care to know of a method which I use in cooking vegetables, and which saves both washing-up and fuel.

I buy one of those packets of special cooking paper, quite cheap; and then, using a large saucepan, put in a small amount of salted water. In that I put the vegetables which take longest to

(continued on next page)