

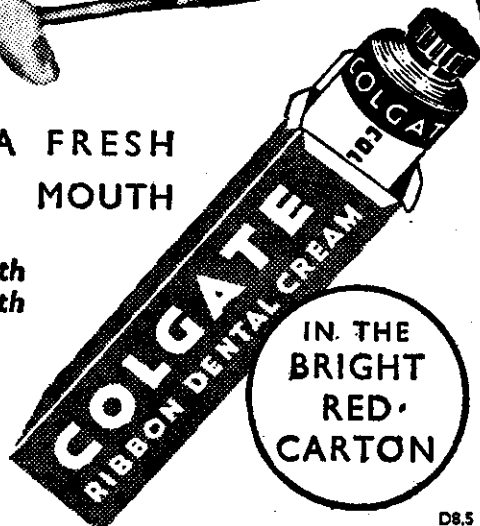


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FRESH SPRING MINT

THE fragrance of the new spring mint is welcomed by all housewives. It adds a zest to salads—a little mint, chopped finely and judiciously sprinkled over a plain or mixed salad makes it a new dish. Mint sauce can almost make hot or cold roast hogget deceive the family into thinking it is the more expensive spring lamb. By the way, when chopping up mint leaves very finely for mint sauce, sprinkle them with a little sugar—it makes the job easier. And if you pour hot vinegar over, instead of cold, and leave it to steep awhile, adding more sugar to taste, you will find it more flavoursome.

Mint Jelly

This is very convenient to serve with cold lamb (or mutton) instead of mint sauce, and is quite decorative, too. For outdoor meals, or picnic luncheons, it is easier to carry than mint sauce.

Take 1 cup finely chopped mint, 3 or more dessertspoons sugar, 1 cup hot water, 1 cup vinegar. Boil all except mint, then add 1 tablespoon powdered gelatine, moistened. Stir in till dissolved, adding the mint at the same time. Set in little pots; or pour into a sandwich tin and leave to set, afterwards turning it out and cutting it into cubes or fancy shapes. A few drops of green colouring added makes it more attractive.

Mint Sauce to Keep

This recipe was sent in by "Maud Ann," of Kilbirnie. One bottle of vinegar and 1lb. of brown sugar are boiled well together for half an hour. Have at least 2 or 3 cupfuls of mint ready chopped. Put the mint into a warmed preserving jar and pour the boiling liquid over. Tie down with paper, and do not use a metal cover.

Mint Lemonade (American)

This is delightful for an outdoor party. Combine in a saucepan 1 and a-third cups lemon juice, 1½ cups sugar, 1 cup chopped mint leaves, and 1 cup water. Bring to boil, then cool, with a cover over it. When the party is ready, strain the mixture into a big jug, and add 9 cups of ginger ale. Serve with cubes of ice, in the glasses, and fresh tiny mint leaves floating as a garnish.

Mint Stuffing (American)

This is used to stuff a boned shoulder of lamb (or hogget). Simmer 2 tablespoons minced onion in 1 cup of good shortening until tender. Add 6 cups of soft breadcrumbs, 2 or 3 tablespoons of finely chopped mint; pepper and salt to taste, and mix well.

Mint and Apple Jelly

Two pounds windfall apples. Quarter them without peeling, almost cover with water, and boil 10 minutes. Add 4 tablespoons chopped green mint. Boil 20 minutes, then strain. To each cup of juice allow ½ cup sugar, and boil till it will set on a cold saucer.

Mint and Fruit Cocktail (American)

This is a popular and healthful cocktail, useful for a party dinner. Prepare beforehand the fruit juices—1½ cups of

grapefruit juice, ¾ cup orange juice, 2 tablespoons of bottled or fresh lime juice; and 3 tablespoons (or less) of sugar. Keep in cool place; and just before serving add a cupful of ginger ale or plain soda water. In each of 6 cocktail glasses arrange ¼ teaspoon of very finely chopped fresh mint, and pour the cocktail over. Serve at once.

Easy Mint Chutney

This is delicious and keeps well in screw-top jars. Two cups of mint, 2 packets of seeded or seedless raisins, and 1 pint vinegar. Mince the raisins and the mint together. Bring the vinegar to the boil and pour over the mixture. Mix well and leave to cool.

Old English Mint Chutney

One pound firm, ripe tomatoes, 3 cups sugar, 1lb. peeled sour apples, 1 cup raisins, 8 medium-sized onions, 2 dessertspoons dry mustard, ½ breakfast cup mint leaves (pressed down), 2½ cups vinegar, 2 teaspoon salt, 4 chillies. Put all fruit and mint leaves through mincer, medium cut. Bring vinegar to the boil, add mustard previously mixed with a little water. Add salt and sugar. Bring back to the boil before taking off the fire. Pour over minced pulp, and mix well. When quite cold, bottle and cork, or cover with paper. Store in cool place. Leave 10 days before using.

Mint Sherbert

The sender of this recipe says that she serves this with fruit salad, and that it is a favourite dish. Pour one breakfast cup of hot water over a packet of lime jelly. Pour a second cup of hot water over a good handful of chopped fresh mint. Let this infuse for a while, then strain it into the jelly. Let it stand till cold, then add the well-beaten whites of 2 eggs, and beat till light. Set in one large mould, or in eggcups for individual servings.

FROM THE MAILBAG

Tainted Thermos Flask

Dear Aunt Daisy,

I am always interested in your page in *The Listener*, and whenever possible I listen to your session; and always enjoy it. My trouble is a thermos flask smell! By accident, some cocoa was left in the flask for about three weeks. Being warm weather it soured and since then we have not been able to use the flask. Even when the contents have only been in a few moments they are quite nasty. I have tried filling the flask with earth, and leaving for a week or two, but it still has the nasty taste. All last winter we left it out in the frost, but that did not improve it either. Could you please reply through the *Listener*? I do want to know what to do about it. Perhaps someone else has had the same trouble and could help.—E.M.F.

Try putting in a handful of charcoal, which you can buy from chemists. Charcoal has great power of absorbing taint. Or leave a strong solution of baking soda standing in the flask. Try putting it in hot. Repeat several times. Do please let us know whether this does the trick.