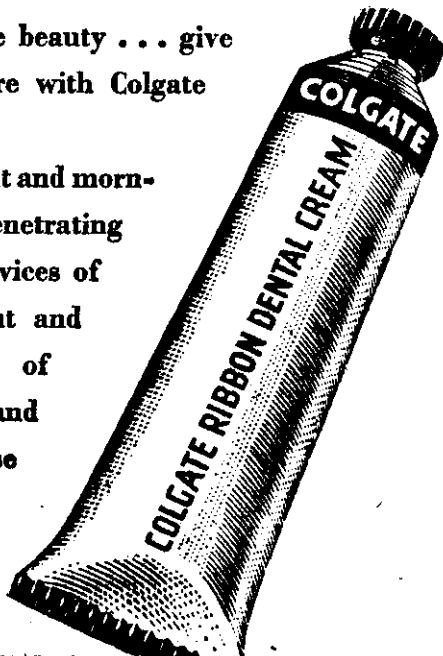


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SAUCES AND SALADS WITH TOMATOES

HERE are some more sugges-
tions for using up the big
crop of healthful tomatoes.

Tomato Relish

Twelve large tomatoes, 1 tablespoon salt, 6 medium onions, 1 teaspoon curry powder, 1lb. brown sugar, 1 teaspoon mustard, ¼ teaspoon of white pepper, ¼ teaspoon cayenne. Peel and slice tomatoes and onions, put in pan and barely cover with vinegar. Bring to the boil and after 5 minutes' boiling add the salt and sugar, stirring well. Mix the other ingredients with a little cold vinegar and add. Boil all together for an hour. Cool a little before bottling. If liked thicker, add a little cornflower when mixing the mustard and curry powder; and a half teaspoon each of ground cinnamon, nutmeg and ground ginger stirred in when taken from fire will add a delicious flavour.

Tomato Chutney (with honey)

Four pounds of tomatoes, 2lb. sultanas, 1lb. dates, 1lb. apples, 1 large onion, 1lb. honey, ½ teaspoon ground cloves, 1 tablespoon salt, juice of 2 lemons, ½ cup vinegar. Peel and cut up tomatoes, apples and onions. Put all together and boil for 2 hours.

Sweet Chutney

Three pounds of apples, 2lb. tomatoes, 2lb. peaches or apricots, 4lb. brown sugar, 2lb. onions, 1lb. sultanas, 2 tablespoons salt, 1 tablespoon ground ginger, ¼oz. cayenne pepper, ¼oz. ground mace, ½ gallon vinegar. Slice finely, and cover with the sugar and the vinegar. Leave overnight. Next day boil for three hours, adding the juice of 2 lemons, about 1 hour before ready.

Tomato Sauce (with honey)

Eight pounds tomatoes, 2lb. honey, 1lb. large onions, 2 tablespoons salt, 1 teaspoon ground cloves, 1 teaspoon cayenne pepper. Cover with vinegar and boil for three hours. Should not ferment.

Stuffed Tomato Salad

Cut a slice off top of tomato, and scoop out most of the pulp. Sprinkle the inside of the tomato with pepper and salt. Mix the pulp with celery, chives, parsley, and mint, all finely chopped. If no chives, use a little spring onion. Add a little mayonnaise, to bind all together, and pack the tomato cases with the mixture, piling high. Across the top arrange crosswise four strips of cooked fish, or cheese, or meat; or a hard-boiled egg cut into four, longways. Arrange slices of cucumber around the tomato, the whole being placed on a fresh lettuce leaf.

Tomato and Cucumber Salad

Cut a slice from top of tomato, and scoop out a little of the pulp. Grate a fresh cucumber and fill the tomato case with it; season with pepper and salt. Mix the scooped-out pulp with a little mayonnaise, and put on top of the cucumber. Serve on crisp lettuce leaves, with cold green peas heaped around. Another very

tasty filling for tomatoes is cream cheese, flavoured with chopped chives or onion. The pulp can be put back on top of the cheese.

Tomato and Cauliflower Salad

Two good tomatoes; some cooked cauliflower; ½ pint of hot water in which is dissolved 2 dessertspoons of powdered gelatine (½oz.); some shredded lettuce; 2 hard-boiled eggs; 2 tablespoons sweetened condensed milk; 1 level teaspoon mustard; 3 tablespoons vinegar; salt and pepper; 1 teaspoon chopped onion. Arrange sprigs of cauliflower, slices of tomato and lettuce in a mould. Sprinkle chopped egg-white between layers. Make a sauce by mashing the 2 egg-yolks till fine, in a basin, adding the condensed milk and the mustard mixed with a little vinegar. When well mixed, add the onion, the pepper and salt, and stir in the 3 tablespoons of vinegar slowly. When the gelatine liquid is cool, add it also; and pour the whole sauce over the vegetables in the mould. Leave to set. Turn out on to a bed of lettuce; or serve cut in slices on lettuce leaves.

Tomatoes Stuffed with Fish

Cut off tops of medium-sized tomatoes and scoop out pulp. Place this in greased casserole or piedish, adding a little water, brown breadcrumbs, pepper and salt. Have ready thin strips of fish (could be partly cooked), season with pepper and salt, twist them and pack them into the tomato, and put a dab of butter on each. Stand these filled tomatoes on the prepared bed of pulp in dish, put into hot oven, near top, and cook about 25 to 30 minutes.

Eggs Baked in Tomatoes

Cut off top of tomato and scoop out most of pulp. Sprinkle inside with pepper and salt (celery salt is good.) Break an egg carefully into the tomato and replace the chopped pulp on top of it. Cover with buttered paper and place in pan or dish. Bake in moderate oven near top about 30 minutes. To serve with bacon: remove the paper after about 15 minutes, and lay small strip of bacon on instead.

FROM THE MAILBAG

Cheese Straws

These are for E.W., Newtown. Cheese straws are a cheap and popular savoury—nice for suppers or buffet teas. They may be made with the scraps of flaky pastry left over when cutting out tarts, or trimming pie crusts. Gather these pieces all together, and roll them out into a thin sheet. Sprinkle with a thick layer of grated cheese; season with cayenne pepper—or white pepper; fold over and roll out three times. Then cut into thin strips or "straws." Bake in a moderate oven about 15 minutes.

Another recipe uses breadcrumbs—3oz. breadcrumbs, 3oz. flour, 3oz. butter (or substitute), 3oz. grated cheese, and salt and cayenne to taste. Mix all the in-

(continued on next page)