

Cucumber Nests

Use either young apple cucumbers, or small ordinary cucumbers; peel, cut in halves length-wise, and scoop out centres. Fill the centres with any favourite filling—such as tinned New Zealand fish mixed with mayonnaise (salmon is best, but not available.) Another good filling is just cooked peas and mayonnaise, sprinkled with chopped mint; or cold flaked fish mixed with cold parsley sauce flavoured with mustard and onion juice. Serve on curly lettuce leaves, or chopped lettuce and cress, and surrounded with shredded raw carrot and slices of beet-root or wedges of tomato.

In our hot climate this is very trying, and I thought you might be able to give me some good advice. — "Distracted," Hastings.

Here is your answer, from Lyttelton.

Dear Aunt Daisy,

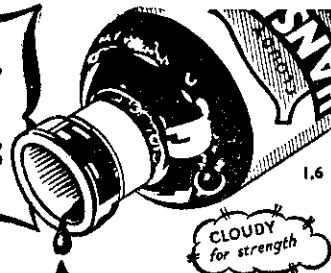
What about wire netting, the kind we use for fowlruns? You can get the mesh any size and it wouldn't need a very small one to keep the birds out. Wire netting can be nailed on outside, and has the advantage of stopping neither the light nor the air. The smaller meshes would also stop the larger moths from coming in. It looks quite tidy if it is put on nicely. Hoping this will help.—M.S., Lyttelton.

Full Flavour from a few drops

Economical because so highly concentrated, 1 oz., 10d. — 4 oz., 2/8.

HANSELL'S 29 FLAVOURING ESSENCES

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FROM THE MAILBAG

Sending Fat to English Friends

Dear Aunt Daisy,

I've sent many parcels to England, and more now that the rations have been cut again there. Those packets of shredded suet are very much appreciated. Also lard does arrive in perfect condition, if just put into a good airtight tin and paper pasted over the top. I've sent it this way, and my people say it arrives in perfect condition. I understand they get no cheese rations, so am sending our good packet cheese, too, now. I did want you to know about the lard, for with their winter coming on, they will need all the fat we can send them. I know my neighbour has sent dripping, too, but has not yet heard how it arrived. Soap, also, is very much appreciated.

Yours sincerely, G.B., Wadestown.

Discoloured Washing

Dear Aunt Daisy,

Would you please do me a favour and "put over" the directions for making Javelle Water using chloride of lime? I think many country listeners who have been forced to use bore water during the shortage would like to be reminded of it, or to hear about it for the first time. About nine years ago I had to resort to it, and it certainly worked wonders on a badly discoloured wash. I have forgotten how to make it. Thank you very much. I would have asked for a personal reply had I not felt that many others will benefit by hearing about it. I know how glad I was to hear from you about it, which was the first time I had ever heard of Javelle Water.

North Auckland.

Javelle Water

Take ½ lb. chloride of lime, and put it in 2 quarts of cold water and let it stand all night. Dissolve 1 lb. of washing soda in 1 quart boiling water, and when cold add to the lime water which has been very well strained. It is absolutely safe to use in the proportion of half and half (plain water), leaving for a few hours and then washing and boiling in the usual way.

The Friendly Fantail

Dear Aunt Daisy,

Can you tell me how to keep fantails out of the house? They are such lovely little birds, but are a dreadful pest indoors. My mirrors are never clean, and now I find I must keep doors and windows shut to keep the little pests out.



When you're not feeling up to scratch you'll more often than not find that the cause is irregularity, because faulty elimination means that your system is saddled with tiring, energy-sapping poisons.

Regularity, in the majority of cases, is not difficult to achieve. Wise living habits — regular hours, a full quota of sleep, and plenty of outdoor exercise — are of course, the basis of success. But equally helpful is the taking of a natural corrective such as San Bran.

San Bran is not a medicine. It is a finely milled bran that makes up a bulk or roughage deficiency in our modern, refined foods. And it's pleasant

eating. San Bran combines tastily with morning cereals and summer desserts; it adds pleasant nutty flavour to puddings, cakes, scones and biscuits.

Buy a packet and use it daily. You'll soon be saying "I'm well," and feel it.

SAN-BRAN

A NATURAL CORRECTIVE FOR IRREGULARITY, MADE BY THE SANITARIUM HEALTH FOOD COMPANY, CHRISTCHURCH AND AUCKLAND.