opened. Mix the white lead to a paste with gold size. If the cracks are open enough, fill them with the paste, and leave it to dry. Meanwhile, spread the paste on a piece of strong white linen, and put this on the outside of the basin, over the crack. This forms a hard cement-like surface, which prevents the crack from becoming worse.

## Pasteurising Milk

Dear Aunt Daisy,

Let me pass on my experiences in pasteurising milk, which I have done in my home for many years.

I have a thermometer, but do not use it now; for when the milk forms a skin of cream on the top and wrinkles freely, the milk has reached 150-155 degrees. Knowing it must not go over 160

## Green Peppers

THESE can be used cut up in salads. Also-cut a slice off the stem end, or cut in two lengthwise, and remove the inside seeds and fibre. Put them into boiling water and let them just simmer for ten minutes; then drain. Fill with a mixture of any minced meat, or ham, with cooked tice or breadcrumbs, minced onions and so on, just as you would It should be highly tomatoes. seasoned; then bake for about half an hour in a shallow pan with a little water or stock. One very nice filling is made of breadcrumbs and grated cheese mixed with melted butter and salt to taste.

degrees, I then turn the stove off, push the pan to one side, with just a very little bit of it on the ring. Then before cooling it rapidly, I pour it all into another container.

If you haven't one large enough, pour some of it into your largest jugs, and swiftly pour it back again, repeating the process a few times. This mixes the cream thoroughly, and you do not lose your precious cream in an unpleasant skin. Otherwise a good frequent stir will do the trick.

I have an electric stove, and I start the pasteuring on high for five minutes. then turn it to low until the "wrinkling" takes place.

It does pay, over and over, to watch the milk carefully while it is heating. It doesn't take long! A few rows of knitting will help to pass the precious time.

With many thanks for all your useful hints and recipes in the past.-Yours sincerely, "Just a Bud."

## To Soften Shoe Polish

Dear Aunt Daisy,

You asked if anyone could suggest how to soften shoe polish which has got very hard. Well, as I happen to work at a factory manufacturing shoe polish, I thought I would spare a few minutes to write and let you know what we do. Stand the tin of dry polish in a dish of hot water on top of the stove, until thoroughly melted, remove and set aside till cold, when it will be as good as new. C.R., Wellington.

Another suggestion is to stand the tin in a cool oven, this softening the dried polish; while another way is to mix a few drops of turpentine and hot water with it.



we can but the demand is rather terrific. That shows how good Marmite is.



Made by the Sanitarium Health Food Company, Papanul, Christhurch.

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