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once considered the best vegetable for iron, and "Pop-Eye the Sailor" certainly helped thousands of mothers to get their children to eat it. Now, however, cabbage is said to beat spinach easily. As to using vinegar in salad dressing, it is one of the old customs which was only temporarily eclipsed, although many people do prefer lemon-juice which undoubtedly gives a delicate and delicious effect. Most of the old combinations are proved scientifically sound—apple-sauce with pork or duck, for instance. Of course, those people who find that vinegar disagrees with them should let it alone.

Duplicating Ink

Dear Aunt Daisy,

Your valuable hints have been of great help to us at all times, and I now wonder whether you could possibly give me some further assistance. One of the members of our office staff has accidentally rubbed against some duplicating

For Sandwiches or Picnics

Kaitoke Brawn

Mince together 1lb. steak and ½lb. bacon. Soak a 2in.-thick slice of stale white bread in a little water and then squeeze as dry as possible. Beat up 1 or 2 eggs. Mix all together, adding a dash of pepper, and beat till smooth. Worcestershire Sauce and chopped mint are optional. Steam in a basin for about 2½ hours, and leave till quite cold before turning out.

Cheese Spread

Melt together (in a double saucepan or a basin standing in a saucepan of boiling water) a half-pound of cut-up packet cheese and one tinful of sweetened, condensed milk. Beat and stir till smooth. Remove from heat and add one or two tablespoons of butter, and a seasoning of pepper, salt and mustard. Keep in covered jar in cold safe.

ink, and has marked his grey suit considerably. No dry cleaning companies will accept the responsibility of removing it, so I thought you may know some means of getting it off. "Anxious."

I don't suppose we shall really be successful in getting the duplicating ink marks off your suit—seeing that the dry cleaning companies won't even undertake the job. However, this suggested method probably won't make it worse anyhow. Try soaking the marks first with glycerine mixed with a little warm water. Dab it on and let it soak in, several times, and leave it on for about a couple of hours. Then dab with spirits of turpentine, from the chemist. Fold up a thick pad of towelling under the material, and work over that. After that, the colour should be lifted, and a little soap and water sponging ought to complete the job. There is also the CLEAR methylated spirit (bought from chemist), which sometimes removes ink. And also photographer's hypo (from the chemist), about ¾ of an ounce to 1 pint of water. Hypo is said to remove even Indian ink. Try the glycerine method first.

Do let me know if you have any success. Good luck.

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