

yellowish colour, and as I want to un-pick it to make baby clothes with. I am asking your advice.

I don't know what I'd do without your cheery "Good morning"—your half-hour brings me a great deal of enjoyment. I feel as if you are in my dining room having a cup of tea and a friendly chat.

"Rocksay" (Wellington).

Many thanks for such a friendly letter. The cardigan is really slightly sun-scorched. This often happens when drying woolies in a summer-sun, but you seem to have been caught on a bright winter's day. Still, white woolies nearly always get yellowish with age. Try kneading the cardigan well in a thin paste made of powdered chalk and water. Get the chalk

and shake it up with that—then put it to dry outside. Be very careful of FIRE if you use benzine.

#### Care of Nylon Stockings

Dear Aunt Daisy,

I have been reading in *The Listener* your hints about the care of nylon stockings in reply to "Nylon" (Thames). I wear stockings which are 100 per cent. nylon, and here are the instructions given with them:

1. Before using, soak nylons in clean cold water for 3 or 4 hours. Squeeze lightly and dry away from sunlight.

2. After wearing, rinse each time in clean cold water and dry as above. The use of warm water and soap is not recommended.

Hoping these hints will be useful to you.

"M.L." (Christchurch).

Many thanks from us all.

#### APPLE CAKE

One and a-half cups flour; 1 breakfastcup sugar; 1 teaspoon mixed spice;  $\frac{1}{2}$  cup raisins; 2 eggs (well beaten);  $\frac{1}{2}$  cup butter; 1 teaspoon baking soda; 1 cup thinly sliced apples;  $\frac{1}{2}$  cup wal-nuts; cinnamon.

Cream butter and sugar, add well-beaten eggs and flour sifted with soda and spice. Into that stir raisins and nuts. Put half mixture in prepared cake tin. Then a layer of sliced apples. Sprinkle them with 1 tablespoon sugar and a pinch of cinnamon. Then put rest of mixture in. Bake in good oven 1 hour. When nearly done sprinkle over top 1 tablespoon brown sugar, a little cinnamon and nutmeg, and lay greased paper on top of that so that the sugar will not burn. Take paper off about 2 minutes before taking up the cake.

from the chemist, and use 2lb. of chalk to every pound weight of wool. Afterwards, rinse in several waters, lukewarm, and with a little borax dissolved in it. Borax helps to whiten wool.

Another way is to make a soft soap with a cake of that well-known old-fashioned English washing soap, and borax. Dissolve 1 cake of the soap in about a quart of hot water, and mix in  $\frac{1}{4}$ lb. of borax. Stir well up, and let it cool. That will be good soft soap. Now make up a bleaching liquid with 2 table-spoons of that to nearly a gallon of lukewarm water. Soak the woolies in it for some hours—all night will not hurt if the water is cold. Then press and work the garment in it (do not rub), and afterwards rinse most thoroughly in at least three waters—lukewarm, with a dash of ammonia in. Dry in the breeze, but not in the sun.

#### A Soiled Sachet

Dear Aunt Daisy,

I have a pink organdie handkerchief sachet the top of which is formed by the organdie cut in pieces and rolled up to represent a flower petal. I am desirous of cleaning it and think that if I wash it in the usual way the organdie will be limp. Can you tell me how to clean it so as to preserve its stiffness? E.J.N.

You are quite right in not washing the organdie sachet, as washing it would take the curl out of the petals, as well as the stiffness from the organdie. The only thing to do would be to sprinkle it thoroughly with powdered magnesia from the chemist, wrap it in a towel and leave it for three or four days. Then shake out all the powder. Or you could get some dry cleaning fluid, such as carbon-tetra-chloride, or pure good benzine

## For Whiter Hands



## Wide Awake

IN spite of her age she's one of the busiest and most popular women in the neighbourhood . . . active member of most of the local committees . . . half a dozen energetic grandchildren who know that Gran will always give them a big welcome — and as many of those extra special cookies of hers as they can eat — and even then she still finds time to keep her garden looking a perfect picture. How does she do it?

Mrs. Johnson's a sensible woman. She knows the rules of health, and she observes them. Plenty of sleep, plenty of fresh air, and a well-balanced diet keep her in the pink of health all day and every day, and because she knows that you can't have that brimful-of-energy feeling if you're not regular, she adds San Bran to her diet to provide the bulk and roughage that modern foods so often lack.

San Bran is a finely-milled bran, a wholesome, nutty-flavoured bran that adds taste appeal to stewed fruit, cereals or puddings. Most recipe books contain suggestions for using bran, too, when you're baking buns, biscuits or cakes.

Try adding a daily spoonful of San Bran to your diet and see if you don't notice the difference in added zest and vitality.

# SAN-BRAN

A product of the Sanitarium Health Food Company, Christchurch, makers of —

MARMITE • BIXIES • PUFFED WHEAT • WEETBIX • GRANOSE