

It's Beautiful!

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It's Roomy

It's Balanced

IT'S A Strand

It's everything a fine bag should be—
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STRAND BAG COMPANY LTD.—CHRISTCHURCH.—February, 1948

BEST FOR COOKING

It is the extra wheat germ in VI-MAX that makes it so valuable as a breakfast and cooking cereal. VI-MAX greatly improves the flavour and texture of biscuits, cakes and puddings.

In "Coarse" and "Fine," in 3lb. cartons and 7lb. bags. Hygienically prepared from selected wheat in the VI-MAX factory of D. H. Brown and Son Ltd., Moorhouse Ave., Chch.



BEST FOR BREAKFAST



SALAD DRESSINGS AND RELISHES

BY using a variety of salad-dressings, and mayonnaises, and salad relishes, we can vary our salad meals nicely and avoid monotony. A good American practice, when having a cold salad-meal, is to serve first a little hot, rich soup. Of course, in the hottest weather, the soup may be jellied and iced; but often for a "porch meal," where the salads and desserts are served buffet style, the home economists advise bringing out from the kitchen a pitcher of hot soup, which is filled into pretty soup-cups and handed round first. Then coffee to end up with; and hot rolls and layer cake.

Beet Salad Relish

One cup finely chopped white cabbage; 1½ cups chopped cooked beets; ½ cup finely diced celery; 1 tablespoon minced parsley; 1 teaspoon onion juice; French dressing to blend. Combine the ingredients in the order given, chilling for a few hours before serving.

Simple French Dressing

One tablespoon vinegar; 2 tablespoons good cream; ½ teaspoon salt; ½ teaspoon sugar; 1 tablespoon cooked potato; a shake of pepper. Salad-oil may be substituted for the cream. Mash the potato and mix with the pepper, salt and sugar till smooth. Add the cream or oil gradually, and when well blended, stir in the vinegar drop by drop. These proportions may be multiplied as necessary.

"No-oil" French Dressing

One teaspoon powdered gelatine; 1 tablespoon cold water; ¼ cup hot water; 3 tablespoons sugar; ½ teaspoon each of salt and paprika (or pepper); ½ cup fresh lemon juice; 1-8 teaspoon dry mustard. Soften gelatine in the cold water, and then dissolve in the hot water. Add sugar and salt. When cooled, add lemon juice, mustard and paprika. To this you may add chopped onion or garlic, green peppers, or other seasonings to taste.

Southern Salad Relish

One-third of a cup each of chopped apple and chow chow pickle; 2-3rd cup chopped celery; 1-3rd cup minced green pepper. French dressing. These peppers are often available now at green-grocers. Combine the ingredients and moisten with French dressing.

Italian Dressing

Measure 3 parts oil to 1 part vinegar. Drop oil slowly into vinegar, beating well. Add salt and pepper to taste. A few drops of onion juice may be added.

Magic Mayonnaise

Quarter of a cup of vinegar or lemon juice; 1 teaspoon dry mustard; 1 egg yolk (unbeaten); ½ cup salad oil or melted butter; ½ teaspoon salt; few grains cayenne; 2-3rd cup condensed milk. Place ingredients in pint jar. Fasten top on and shake vigorously for

2 minutes. Chill before serving. May be made by stirring ingredients in a bowl.

Golden State Dressing

Combine the following ingredients and cook in basin standing in saucepan of boiling water until thickened. Chill. Serve with a fruit salad plate containing sections of orange, pieces of pears and apples, any berries and grapes, with lettuce and cucumber. Two eggs lightly beaten; ¼ cup sugar; ¼ cup lemon juice; ½ cup orange juice.

Tomato Salad Dressing

Four tablespoons tomato juice; 1 tablespoon lemon juice; ¾ teaspoon salt; ¾ teaspoon pepper; ½ teaspoon

WAYS OF PICKLING NASTURTIUM SEEDS

1. Spread seeds in sun for 2 or 3 days to dry. Put in jars, sprinkle with a little salt. Fill up jars with boiled, spiced vinegar, and seal when cold. Leave 2 months before using.

2. Put green seeds in salt and water for 2 days; then in cold fresh water for 1 day. Pack into jars, cover with boiling vinegar, seasoned with mace, peppercorns, and sugar. Cork.

prepared mustard; 1 teaspoon sugar. Put ingredients into a bottle and shake well.

Fruit and Nut Relish

One small banana, sliced; 1 large orange cut in chunks; one cup diced fresh pineapple; ½ grapefruit coarsely chopped; an apple, diced; ½ cup coarsely chopped walnuts (or peanuts). French dressing. Combine all in the order given. Chill and serve in lettuce nests.

FROM THE MAILBAG

Ginger Beer "Plant"

Dear Aunt Daisy,

Have you the recipe to start ginger-beer—the sugar and ginger one? A friend of mine gave me the "bug," as some people call it, but I broke the jug and now cannot start it again.

"Balclutha."

Yes, here is the good old ginger beer plant recipe—almost a pioneer one. Into a large 2 quart jar put the following: 1 small cup warm water; 1 deserts- spoon sugar; 1 teaspoon ground ginger; 2 teaspoons compressed yeast dissolved in a little warm water. Let all stand 24 hours. This is the "plant."

In a jug mix 1 small cup sugar; 1 teaspoon ground ginger; 1 cut up lemon, without the white pith. Add enough hot water to dissolve the sugar, add cold water to make it lukewarm, then pour on to the plant. Then fill the jar right up, and leave 24 hours. Strain off through muslin, bottle and cork tightly. Make up another mixture as before, and