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Youthline



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RECIPES FOR TOMATOES

MAKE every possible use of tomatoes, for they are a most valuable fruit-vegetable. One good-sized ripe tomato will give you about half the vitamin C you need for the day as well as some vitamin A and mineral salts. Moreover, cooking does not make tomatoes lose much vitamin value. Try not to peel or cut them long in advance of serving.

Tomato Juice

Cut up tomatoes roughly and put into saucepan with very little water. Cook on low heat, stirring and mashing, for a few minutes. Then strain, add salt and sugar to taste, and serve very cold.

Pulping Tomatoes

This is a most useful way of preserving tomatoes—including imperfect or very ripe ones, so long as not over-ripe or at bursting point. Cut away any bruises. Boil the cut-up tomatoes without water in a greased (buttered) pan until thoroughly pulped. Then strain, reboil for 10 minutes, and bottle straight from the pan, into heated sterilized bottles, sealing each one immediately as it is filled to overflowing. Some people prefer to sterilize the bottles of pulp in water bath at boiling point for 30 minutes as an extra safeguard; but it should keep quite well if ladled in boiling until bottles are overflowing, and sealed properly.

Stuffed Tomatoes

Cut the tops off medium, round tomatoes. Scoop out the pulp and mix it with some chopped celery, and fry it in butter. Mix in some breadcrumbs, onion juice, black pepper, and any flaked left-over cooked fish. Fill the tomatoes, and pile up on top. Bake in oven for about half an hour.

Tomato Paste

Skin and cut up ½ lb. tomatoes, and simmer in small saucepan with ½ oz. of butter for 5 minutes. Add 2 oz. of sliced packet-cheese, 1 beaten egg, 4 oz. soft breadcrumbs, pepper and salt to taste and a little grated onion. Beat well together. Stand saucepan in another pan of boiling water and cook slowly until it thickens. Do not boil. Put in small jars. Will keep (if unopened) for a week or so. The breadcrumbs may be omitted.

Tomato Sauce

Ten pounds tomatoes; 1 lb. apples; 3 onions; juice 5 or 6 lemons; ¼ lb. salt; ¾ lb. white sugar; ¾ oz. whole cloves; 1 oz. allspice. Cut tomatoes and apples in pieces without peeling. Peel onions and cut into cubes, and add other ingredients. Boil 2 hours. Rub through fine sieve. Put on stove and boil up again. Then put into sterilised bottles, and cork tightly.

Tomato Rarebit

Two tablespoons butter; 2 cups melted cheese; 2 tablespoons flour; 1 egg; ¾ cup milk; ¾ cup stewed tomatoes; 1-8 teaspoon baking soda; salt, mustard and pepper to taste. Melt the butter, stir in the flour until smooth. Stir in the

milk and cook, stirring constantly, until thick. Next strain the tomatoes, stir in the soda and condiments, and, as soon as it has finished frothing, stir them into the sauce. Add the slightly beaten egg. Cook one minute, and then add the melted cheese, and pour over toast. Serve at once.

Mock Raspberry Jam

Skin and cut up 4 lb. tomatoes, add 3 lb. sugar and the juice of 1 or 2 lemons and bring slowly to boil, stirring frequently. Boil gently for approximately 2 hours or till it will set when tested. Remove from fire and stir in ½ bottle of raspberry or strawberry essence—a little more or less according to taste. Do not add essence while boiling or the flavour will be lost.

Small Tomatoes in Jelly

One dozen very tiny tomatoes peeled. Dissolve 2 dessertspoons gelatine in 1 breakfast cup hot water. Add ¼ cup sugar, ½ cup vinegar, ½ cup chopped

GOOD COD FAT

Four pounds cod-fat minced—often the butcher supplies it ready minced. One cup water. Bring to boil and continue boiling for 15 minutes stirring often. Strain through a pudding cloth. Before quite cold add the juice of a lemon and mix. It to be used within a week, add, when nearly cold, ½ cup of top milk and beat well with wheel-beater. Can be used in all cooking. It will keep perfectly well with the top milk added, but the appearance is not quite as good after a week.

mint. When cold add ¼ cup cold water. Put the peeled tomatoes in a vegetable dish or casserole, pour over the mint jelly.

Poinsettia Salad

Choose firm tomatoes, good shape. Cut down into eighths but leave joined at the bottom. Open out like a flower; in the centre of each put a good teaspoon of cream cheese. Cover with dressing or mayonnaise, and sit in a bed of lettuce.

FROM THE MAILBAG

Curing Sheepskins

Dear Aunt Daisy,

There was a letter in *The Listener* lately about sheepskins, and your correspondent mentioned that she had cured them by a method which I have never heard of. Could you please publish some alternative methods for curing the skins, in detail, as I am ignorant of even the elementary facts. Your advice would be greatly appreciated.

"Margaret," Auckland.

The first thing is to wash the sheepskin well in plenty of warm suds, containing a good dash of cloudy ammonia. Do it fairly quickly, just as you would wash woolly garments, and then rinse in two or three clean luke-warm waters, also containing ammonia, till all the