## FROM THE MAILBAG

### To Clean Alabaster

Dear Aunt Daisy,

We have a very large alabaster fruit bowl which I am quite at a loss to know how to clean, so I was wondering if you could help me, please. The bowl, which is white, is composed of a detachable stand and the bowl proper which concerns me most. Surrounding the edge of the bowl are ornamental grapes and leaves with intertwining stems. The leaves and grapes have become covered with a layer of dust that I find impossible to remove with brushing. I tried washing the bowl in lukewarm soap flakesuds, but this only made matters worse; besides which the suds left a filmy layer over the alabaster spoiling its original semi-transparency. "B.B."

Here is the only recipe I have for cleaning alabaster: One part pumice stone, 1 part chalk, 2 parts washing soda. Have all ground finely, and mix with cold water. Apply this thin paste with a brush, and later wash with clean water. I suppose you could get both the chalk and the pumice stone from the

chemist.

# Butterscotch Tart

Dear Aunt Daisy,

Would you please publish in The Listener your recipe for butterscotch tart? You put it over the air a month or two ago and it sounded very simple. The recipe I have is very complicated and expensive. "Lyall Bay."

This is an easy one: One cup brown sugar; 2 tablespoons butter; 2 generous teaspoons flour; 1 egg yolk; 1 cup milk; I egg-white beaten well. Boil the sugar and butter together until soft. Beat the egg yolk well and add to the flour, then add the milk. Beat this until very smooth, Mix this well into the sugar and butter, and cook until it thickens. Lemon or vanilla can be used as flavouring. Pour this into a pie-pan lined with baked pie crust. To the beaten egg white add 1 tablespoon sugar, spread over top of pie and brown in oven.

This is a very good one too: One pint milk; I large egg; 7 tablespoons flour; 1/2 teaspoon vanilla; 1/4 teaspoon salt; 1/4 teaspoon vinegar; 1 cup brown sugar; I tablespoon butter. A baked pastry shell. Scald 11/2 cups of the milk. Mix the remainder to a smooth paste with the flour. Add the salt and stir into the milk. Cook and stir till the mixture thickens. Then add the sugar and the egg yolk beaten light, and mixed with a tablespoon of cold water. Cook and stir about 2 minutes longer. Add the butter, vanilla and vinegar. Half cool, pour into the baked pastry shell. Dot with a meringue made from the eggwhite beaten stiff and mixed with 1 tablespoon of icing sugar. Then brown the meringue in a very moderate oven, about 10 minutes.

### Shipping Iced Cakes

Dear Aunt Daisy,

I heard you asking about sending an iced cake overseas. Well, my daughter was married four years ago to an American boy, and we posted the top tier of her cake to his people in Louisiana. It arrived in perfect condition with not a scrap of icing broken. My husband packed the cake in a tin and packed bran tightly around it. Then he drove two steel pins right through tin and all, and screwed a nut on the outside and the cake never moved. I might mention that as it was during the war, it took four months to reach its destination.

"Mt. Albert."

# de Wwake

IN spite of her age she's one of the busiest and most popular women in the neighbourhood. 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 brimfulof-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 tasteappeal 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.

A product of the Sanitarium Health Food



FOR HEALTHY HAIR

Made for Drugs Ltd., 145 Sydney Road, London N.10, England

illy cin

Sold by all chemists,

stores and hairdressers.