

water overnight. Dissolve 1lb. washing soda in 1 quart of boiling water, and when cold, add to the lime water, which has been very well strained through muslin. Use in the proportion of half and half with plain water. Soak the clothes in this for several hours, then rinse thoroughly. This is a good bleach for white things.

Rheumatism and Grapefruit

Dear Aunt Daisy,

I am troubled with rheumatism, and am very fond of grapefruit. I have been told that they should not be eaten by anyone troubled with this complaint. Will you kindly tell me if this is correct?

"Rocky Bay."

You would be wise to ask your doctor, who will advise whether your particular form of rheumatism would be made worse—or better. In general the acid of citrus fruits has an alkaline reaction in the body, and is actually beneficial in cases of rheumatism. Grapefruit has even been found helpful in cases of mild anemia, and for blood-pressure. But check up with a doctor.

Egg Stain on Suedette

Dear Aunt Daisy,

I have a brown suedette bolero, never worn. When we were moving an egg broke over it. The dry cleaners can do nothing. Have you any suggestions, please?

"P.T."

I think it is pretty hopeless, if the professional people refused it. But you might just try patient sponging with cold water for awhile; then, if a greasy-looking spot remains, sponge with carbon tetra-chloride, dabbing rather than rubbing. Sometimes a little diluted peroxide has helped—sponge carefully and rinse with clean water.

Easy Fruit Loaf

Dear Aunt Daisy,

Have you this recipe for a fruit loaf? Two cups wholemeal flour; 1 cup sultanas, or any fruit; ½ cup golden syrup and 1 teaspoon baking soda dissolved in 1 cup milk. Just mix all ingredients together, put in basin and steam for 1½ hours. I cover mine with two thicknesses of greaseproof paper, just to make sure the moisture is kept out. It is really delicious. I make it at least three times a week, it is so easy.

"R.S.," Grey Lynn.

Cleaning Photographs

Dear Aunt Daisy,

Perhaps I could help F.M.E. with her fly-spotted photo problem. I had the same trouble with a spider-spotted photo. After months of worrying over what I was sure was a ruined photo, I took it to a photographer, who cleaned it. It looks like new and only cost a shilling. "Picture Cleaner," Te Puke.

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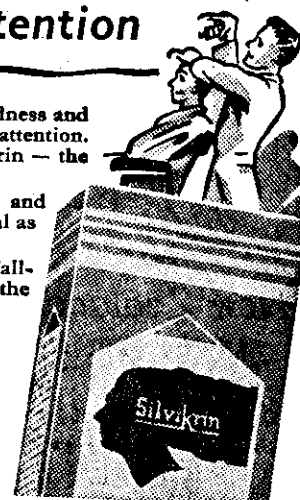
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