

A Career for Girls

PSYCHIATRIC NURSING

There are vacancies for Psychiatric Nurses at the following Hospitals:

NORTH ISLAND:

Auckland.
Kingseat (Near Papakura).
Raventhorpe (Near Papakura).
Tokanui (Near Te Awamutu).
Porirua.

SOUTH ISLAND:

Nelson.
Seaview (Hokitika).
Christchurch.
Seacliff (Dunedin).

— P A Y —

Commencing Salary £4/3/4 per week after payment of tax and with board, lodging and uniforms provided.

After one year's service salary is increased to £270 p.a., provided Junior Nursing Examination is passed, and to £285 p.a. after 2 years' service. Further promotion to higher positions with increased salaries subject to passing the Senior Psychiatric Examination.

Registered General Nurses. Commencing Salary £285 p.a. Less £60 p.a. Registered General Nurses may qualify as Psychiatric Nurses within two years of appointment. Promotion for double trained Nurses is very rapid. Excellent accommodation is provided (separate rooms) in the Nurses' Homes. Uniforms including shoes and stockings are provided.

When Hospital fully staffed Nurses have every third day off duty.

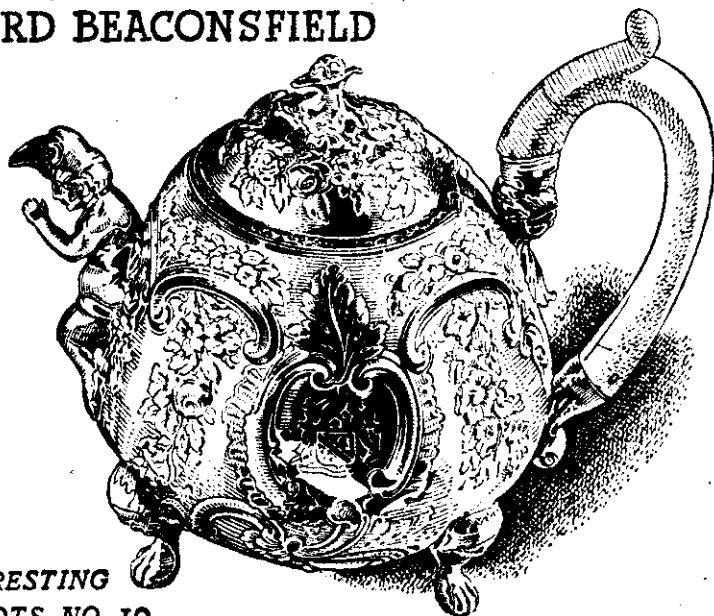
TWO MONTHS' LEAVE PER ANNUM is granted to compensate for hours worked in excess of 40 per week. Average hours of duty are 44½ per week.

COOKS AND LAUNDRESSES.—Vacancies exist at some of the above Hospitals for Cooks and Laundresses. Rates of pay, 37/6 to £5/10/- per week according to position; 40-hour 5-day week with penal rates for work on Saturday afternoon, Sunday and statutory holidays.

HOW TO APPLY.

If near to a Hospital, call and see the Superintendent or write to the Director, Division of Mental Hygiene, Health Department, Wellington, or to any District Office of the Labour and Employment Department.

From QUEEN VICTORIA to
LORD BEACONSFIELD



INTERESTING
TEAPOTS, NO. 10

BENJAMIN DISRAELI was Queen Victoria's favourite Prime Minister, so in addition to the Earldom of Beaconsfield he was given this very Victorian silver teapot with an ivory handle.

BELL

THE TEA OF GOOD TASTE

Your teapot may not be a royal gift, but it will give you a royal cup of tea if you put in Bell—the tea of good taste!



HOME-MADE BEVERAGES

I GET many requests for whole-some home-made beverages both in winter and in summer, and so I suggest you cut out this page and keep it in a safe place.

Lemon Champagne

Slice into big bowl 6 to 8 lemons. Put also in 8 breakfastcups sugar, 1 good breakfastcup raisins. Pour over 1 quart hot water, and stir well. Put all into any large vessel, adding cold water to make up 4 gallons. Stir, cover with cloth; leave 3 or 4 days. Strain, bottle, cork, and tie on corks. Open carefully.

Cold Water Beer

Twenty cups water, 3 cups sugar, 3 teaspoons cream of tartar, 3 teaspoons essence of lemon, 3 teaspoons ground ginger (tied in a piece of muslin), 3 teaspoons tartaric acid. Stir all well; bottle for use.

Ginger Beer

Two pounds of sugar; 2 gallons water; 4 lemons; 1 tablespoon ground ginger; 1 packet raisins. Put all into preserving pan, first mixing ginger to smooth paste with little water, bring to boil, let stand 3 days in warm place. Strain and bottle, ready for use in 3 or 4 days.

One pound sugar; 1 dessertspoon cream of tartar; 1 dessertspoon lemon essence or 3 dessertspoons of lemon juice; 1 level teaspoon tartaric acid; 1 gallon cold water; 1 dessertspoon ginger; 1 handful raisins. Mix till dissolved, then leave for 2 days. Strain and bottle. Ready in a few days, but better kept.

Beetroot Wine

Take 4 quarts of water, 4lb. of beetroot, and 3lb. sugar. Wash and cut up the beet and boil in water till tender. Strain and boil the liquor again with the sugar added for 20 minutes. Strain again and work in ½oz. of yeast. A little ginger may be added if desired. Do not cork the bottles for some time. If kept till it is quite clear and dark it will taste like port wine. The beetroot should be just freshly dug to be used.

Parsnip Wine

Wash parsnips. Weigh out required quantity, cut into slices, boil until tender. When cool enough, strain through muslin bag, taking only a small portion at a time so as to get all the liquid out. When this is done make up water to required amount (as some water boils away), add 3lb. sugar to each gallon of liquid; when luke warm add a little compressed yeast (dissolved, in luke warm water), let work 3 weeks, stirring several times daily for first week. At the end of the third week strain, being careful not to disturb the sediment at the bottom. Let stand again for another 3 or 4 days. At this stage a day or two longer makes no difference. Strain again as before. Now put in keg or large vessel, bung tightly, leave for 7 months. If not possessing a keg to mature wine in, be sure and work out thoroughly before corking up bottles, as wine matures

through the wood, whereas if corked up tightly in bottles, it would be heady when opened.

Hints on Wine-Making

All fruit that is over-ripe for any other purpose makes good wine. The amount of sugar per gallon of water depends on the ripeness and sweetness of fruits. Nice sweet fruit requires about 3lb. sugar per gallon. For average soft ripe plums use about 3½lb. For blackberry 3¾lb.; for ripe grapes 3lb. The colour of the wine varies with the variety of plum used. Christmas cherry plum makes a very pale-coloured wine; small red Christmas plum a nice red wine; Satsuma plums make a muddy-coloured wine which appears not to have cleared properly. All other wines clear as they mature, and isinglass is not necessary.

Most people do not use enough fruit to the gallon of water. A reasonably good wine can be made by using 8lb. of fruit to the gallon, but if fruit is plentiful, anything up to 12lb. can be used. This equals half fruit juice and half water. Parsnip wine is the exception to this rule, as 3lb. parsnips to 1 gallon of water is sufficient, and 3lb. sugar to each gallon of liquid. Never work wine in a tin or metal container owing to the chemical action on all metals by the acids contained in the fruits. Never let the wine get chilled during the period of fermentation. Never cork up tightly until all fermentation has ceased. If wine is properly worked out, it may be used in one month's time after corking up tightly, but the longer it is kept the more it improves.

General Directions

First weigh fruit. Mash thoroughly. Put required water into barrel with fruit, which starts to ferment immediately. Stir several times daily for first few days, while fermentation is active. May be anything from 6 to 8 days before this ceases. Then strain through muslin bag, taking only a small quantity at a time so as to get the liquid out. Now measure quantity of liquid. Add required sugar. Let work for 3 weeks, stirring several times daily for first week, and at end of third week strain carefully, not to disturb sediment at bottom. Let stand again for 3 or 4 days. At this stage a day or two longer makes no difference. Strain again as before. Now taste, and if wine is not sweet enough dissolve some sugar in a little boiling water and make it to required sweetness before putting in keg. The keg can now be bunged, and put away for approximately 7 months, and the wine will mature through the wood.

Most people who make wine appear not to get the required sweetness before putting in keg. All fruit should be picked during dry weather and not immediately after rain, especially blackberries. It is always advisable to keep a covering of some light material over top of wine while it is fermenting, as it attracts a lot of insects.