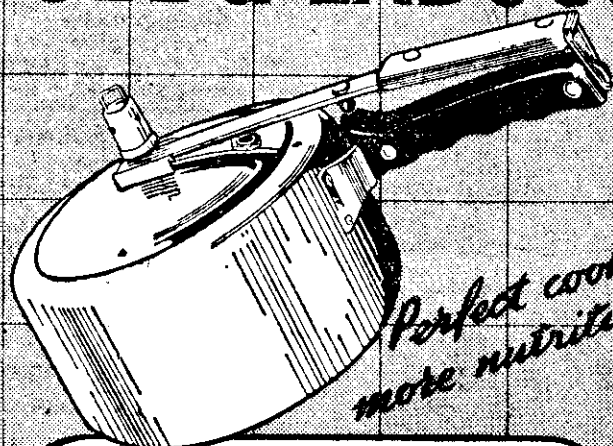


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## SUBSTANTIAL SALADS

THE old idea that a salad meant lettuce has now been well superseded by the modern substantial combination of cold cooked vegetables, eggs, meat or fish and especially cheese, with raw chopped or shredded carrots, tomatoes, celery, apple and slices of fruit in season, such as peaches or oranges, not forgetting to add a few dates and walnuts. If you have a refrigerator, or a very cool safe, you can use practically any left-over vegetables in a salad—peas, beans, potato, cauliflower; and hard-boiled eggs, and cheese make up the solid part of the meal.

### "Red Cap Mushroom" Salad

Shell hard-boiled eggs, cut off broad ends so that they will stand up. On top of narrow ends fit halves of skinned tomatoes. They represent a kind of mushroom with scarlet cap, known in Scandinavia. Arrange these "red caps" in a circle on bed of green salad, with wedges of cucumber in between. Fill centre space with potato salad—cooked potatoes cubed and sprinkled with a little grated onion. Eat with cheese and wholemeal bread and butter. A dab of mayonnaise may be put on red caps.

### Marguerite Salad

First make some cheese balls, thus: Mash together, and work until smooth, the yolks of two hard-boiled eggs, a tablespoon of butter, 6oz. of grated cheese, ¼ teaspoon of made mustard, a teaspoon of sugar, a shake of cayenne, and a dessertspoon of vinegar. Mix the mustard and vinegar first in a small basin, add the egg yolks, and butter and mash till smooth; then work in the grated cheese, and season. Form the mixture into small balls. Now take a cooked beetroot, rub off the skin and slice it. Leave it for half an hour to marinate in a little mild vinegar, then drain. Make a potato salad by cubing cold cooked potatoes and mixing with grated onion, pepper and salt, and any favourite mayonnaise. Using either individual salad-bowls or one big one, put in first a substantial quantity of potato salad, arrange the drained slices of beetroot smoothly on top, and then make the "Marguerites" with strips of white of egg for petals and the cheese balls for the centres. Arrange lettuce leaves around as desired. Serve with crisp wholemeal biscuits, or scones, and more cheese balls.

### Cucumber Salad

Cut small cucumbers in halves lengthwise, after peeling. Scoop out the centre, and fill with salmon mayonnaise, with sardines and chopped lettuce, with chopped skinned tomatoes mixed with a little mayonnaise; or with cold cooked herrings (or any fish) mixed with chopped crisp lettuce. Sprinkle finely chopped mint over the filled cucumber, and surround with alternate slices of tomato and beetroot by wedges of hard-boiled egg. Another good filling for a

cucumber is cold cooked peas and mayonnaise sprinkled with finely chopped mint. Mint may be added to almost any salad with advantage.

### Waldorf Salad

Half a pound of apples peeled, cored, and nicely cut, mixed with crisp celery, dates and nuts. Serve with French or cream dressing on lettuce leaf.

### Honolulu Dressing

One can tomato soup, ¼ cup sugar, ½ cup vinegar; ½ cup oil; 1 teaspoon Worcester sauce; 1 teaspoon mustard; 1 tablespoon grated onion. Put all in jar and shake well.

### Dutch Dressing

Beat 2 eggs with good pinch of salt. Add 1 teaspoon of dry mustard; and beat. Add 4 flat tablespoons sugar. Beat the mixture. Add 1 cup fresh milk and beat. Pour in slowly ½ cup vinegar, and 1 teaspoon cornflour mixed to smooth paste with a little of the milk. Cook in double boiler till thick and creamy. Beating is important. Use as it is; do not thin with vinegar. Should keep about a week.

### Wadestown Mayonnaise

One tin sweetened condensed milk; 1 teaspoon pepper; 1 teaspoon salt; 1 teaspoon mustard; 3 parts fill empty milk tin with vinegar, then fill to brim with water. Add this to milk and seasoning and beat all together with rotary beater. One or 2 eggs may be beaten in if liked, but it is just as nice without. This recipe almost fills a 2lb. preserving jar.

## FROM THE MAILBAG

### Preserved Ginger

Dear Aunt Daisy,

Could you please tell me how to preserve ginger root in syrup, known as "preserved ginger?" Also could you tell me where I could get a piece of "Bulgarian Bug" plant.

"E.P." Henderson.

Here is the Ginger recipe, although I must warn you that it won't taste quite like the professional article. Take green ginger-root, pare it carefully with a sharp knife, throwing each piece, as you finish it, into a pan of cold water. When all is finished, drain it, and put in enamel saucepan. Cover with cold water and bring to boiling point. Drain, throw it into cold water for a few moments, then cover again with boiling water, bring to the boil, drain, and throw again into cold water. Again cover with boiling water, and simmer until the ginger is perfectly tender. Drain, and throw into cold water for an hour. To every pound of ginger allow one pound of sugar, and one pint of water. Put the sugar and the water in enamel pan, stir till dissolved, and bring quickly to the boil. Beat the whites of 2 eggs in half cup cold water till frothy, then stir them into the boiling syrup. Boil and skim till clear, then stand aside to cool. Drain the ginger and dry it on a soft