

up poultry or game and dry pieces with a cloth, do not wash them. Heat 1 tea-cup oil, or equivalent in lard, and fry with 1 or 2 sliced onions till brown. Turn contents of pan into saucepan or casserole, add equal quantities stock and red wine, a few little dice of bacon, 1 clove, garlic, a few onions, 2 or 3 chillies, some herbs, salt and pepper. Bring to boil, skim, then leave to simmer, stirring frequently with a wooden spoon. Three-quarters of an hour before serving add giblets. Serve piping hot.

FROM THE MAILBAG

Preserving Pears

Dear Aunt Daisy,

Somebody wanted to know why preserved pears had gone dark. This is how I have done them for twenty years. Mine keep beautifully, always white. Make the syrup 1 cup sugar to 2 cups of water, and boil 20 minutes. Peel the pears, and drop them into a basin of cold water until enough to fill a bottle, then put them in the syrup and simmer till cooked. Lift out and put them in a warmed jar, cover with juice and screw down. As one lot is being cooked, peel the next lot. I do all fruit like that, cooking before putting into jars, and peaches and apricots always stay whole and look well. By cooking first, you get more in. I hope this will help the lady who had her pears go discoloured in the jars.

"Olive," Rangiora.

A Hint and a Recipe

Dear Aunt Daisy,

I always read your page in *The Listener* with interest and have got some good hints from correspondents, some of whom have had bad results from preserving their French beans. The trouble I am sure has arisen from using iodised salt — that always turns beans black, hard and mouldy. Here is a recipe for baked fish. Roll fillets of sole or yellow flounders, put in pie-dish and cover thickly with fine breadcrumbs, savoury or plain. Bake in an oven hot enough to brown the breadcrumbs. Any fish may be used either in fillets or steaks.

"F.G.," Christchurch.

Colours Ran Back

Dear Aunt Daisy,

I heard you asking about the mixture for setting colours. I had a pair of cottage-weave curtains, and as I thought, washed them carefully; but when I hung them out to dry all the colours had run into each other. They really were awful. So I tried this hint, and believe me, you have no idea the difference it made. The colours just seemed to go into their own place again: Grate 2 medium-sized potatoes as finely as possible, add ½ cup vinegar, and ¼ cup of salt. Allow this mixture to stand 10 minutes, add a gallon of rain water if possible. Let material or garments soak for 20 minutes before washing. The colours are not only set by this method, but also sun-proofed.

"E.E.," Mt. Albert.

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