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Jockey Juniors

for boys from 3 years upwards

★ WHAT SIZE TO BUY

Jockey Juniors are made in a big range of hip sizes to ensure perfect fit. When you buy Jockey Juniors bring the boys with you if you can, so that they can be measured for their correct fitting. Otherwise please measure your boys at the hips and tell the retailer the hip measurements.

IT'S A BRAND • IT'S A TRADEMARK • IT'S MADE BY *Canterbury*

Cough! cough! cough!

cough...cough.... Ah! They've done

it again! . . . For soothing sore throats

there's nothing like **Eukols**

AT ALL CHEMISTS !!! A TIN



SUNDAY SUPPER SUGGESTIONS

Of course these ideas need not be confined to Sunday nights only. They may help to supply any tasty late meal on any days when a substantial dinner has been omitted.

Ham and Asparagus Rolls

Have cooked ham in thin slices, and cooked stalks of asparagus. Put 4 to 5 stalks on each slice, roll them up, and make very hot in oven or under grill. While rolls are heating make a rich cheese sauce by melting some cheese and gradually adding a little milk, stirring all the time to make a smooth sauce. The proportion is $\frac{1}{4}$ lb. cheese to $\frac{2}{3}$ cups milk. Pour sauce over ham rolls in individual servings. Make a white sauce by melting 1 or 2 oz. butter in a small saucepan, stir in equal quantity of flour and cook till smooth; then stir in cold milk and cook, stirring constantly, until sauce is thickened and smooth. Add cooked peas to this, or a hard-boiled egg or two, chopped up, or even both peas and egg.

French Crayfish

Remove legs and split crayfish lengthwise removing all meat and clean the shell well inside. Chop meat and legs (but not too finely) and set aside sprinkled with salt and pepper and a generous squeeze of lemon juice. Prepare a really good Bechamel sauce taking care it is not over-flavoured with nutmeg; it should be of a consistency like thick cream. Stir in chopped crayfish, which is then put into the half shells and covered with a layer of fresh breadcrumbs, dabbed with butter and put in the oven until nicely browned. Serve hot in the shells with lemon juice. Any good white sauce may be used instead of Bechamel.

Crayfish and Potato Delight

Two pounds cooked mashed potatoes, 3 oz. grated cheese, $1\frac{1}{2}$ oz. butter, $1\frac{1}{2}$ oz. flour, a little milk, pepper and salt. A medium sized crayfish—shell and flake the fish. Line a buttered piedish with some of the mashed potatoes. Then melt the butter in a saucepan. Stir in the flour, add the milk, and stir until it is boiling. Cook for a few minutes, then add the 3 oz. grated cheese, pepper and salt. Place this back on fire and just bring to the boil once more. Remove from fire and add flaked crayfish. Stir well and pour into potato-lined piedish. Pile rest of potatoes on top. Press into shape with fork, add a few small knobs of butter, and put in medium oven till potatoes are well browned.

Savoury Fish Hash

Four slices bacon, 2 cups cooked flaked fish, 3 cups diced cooked potato, 1 tart apple, coarsely chopped, pepper and salt to taste. 1 tablespoon parsley, juice of $\frac{1}{2}$ lemon. Fry bacon, drain on soft paper and keep hot. Pour off some of fat, then put potato and apple into frying pan. Dust with salt and pepper and stir till well heated. Then add fish.

pat it down, lower heat, and cook very slowly till browned. Turn out on to hot dish. Squeeze on lemon juice and serve garnished with bacon and chopped parsley.

Whitebait Souffle

One cup whitebait, 1 cup milk, 1 oz. breadcrumbs, 2 eggs, 1 oz. butter, pepper and salt. Heat milk and butter and pour over breadcrumbs. Add beaten yolks and whitebait, then fold in stiffly-beaten whites. Pour into buttered dish, bake in a moderate oven about 20 minutes (electric, 375 degrees, top off, bottom low; gas, regulo 6), then turn very low.

Scalloped Oysters

Put a layer of oysters in a buttered baking dish. Cover with a layer of breadcrumbs mixed with butter, or with dabs of butter on the breadcrumbs. Sprinkle with finely chopped celery and parsley, and a dash of pepper and salt. Next put a layer of good white sauce made with half milk and half oyster liquor. Do not have this sauce too thick, and make the layer a thin one. Repeat the layers now—oysters, buttered breadcrumbs, celery, and white sauce. Sprinkle the top with buttered breadcrumbs, and bake in moderate oven (400 deg. or regulo 6) for 20-30 minutes.

Sardine Savoury

Make a white sauce with $\frac{1}{2}$ pint milk, a knob of butter, pepper and salt, and thicken with cornflour. Mash up contents of tin of sardines, and put into sauce. Serve on hot buttered toast.

Baked Eggs

The main part is prepared beforehand, leaving only the eggs to cook for supper. Cook about 6 bundles spinach and chop finely. Slice 5 to 6 onions and fry in bacon fat. A few small pieces fried bacon may be mixed with them. Now mix the strained spinach and fried onions so that all is nice and dry. Put this in a shallow piedish. When required put this dish into the oven and when thoroughly hot, make "nests" with a spoon and carefully break an egg into each nest. The whites of the eggs will cover the whole top of the pie. Bake until the eggs are firm—perhaps 12 minutes. Or you can fill the greased piedish with chopped cooked mutton, lamb, beef, chicken, or rabbit; mix in some gravy and tomato sauce, making a thick mixture. Make "nests" for eggs in similar fashion, dust with pepper and salt, dot with butter, and bake in moderate oven. Sprinkle with chopped chives and parsley before serving.

Fish and Bacon

Into a casserole or piedish put rashers of bacon cut in halves. On each half place a piece of filleted fish, sprinkle with a little pepper and a drop or two of lemon juice, then cover with a few breadcrumbs. Put the other half rasher on top, sandwich fashion, and cook in hot oven, near the top. Time about $\frac{1}{2}$ hour.