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little vanilla flavouring and four tea-spoons of baking powder. Rub the butter into the flour, add the sugar and the fruit dredged with a little of the measured flour. Make a hole in the centre of the mixture, beat the eggs lightly, add the essence and pour this into the hole. Then pour in the boiling milk, thus forming a custard. Mix all together. This is a wet mixture, but don't add any more flour on any account, and the result will be a lovely moist cake. Have a slow oven, regulo two, and cook for four hours. Ice with almond icing. The bottom of a petrol tin makes an excellent cake tin.

As I have just taken a new page, it seems a pity to waste the space, so here are two useful hints:

(1) You know how the tray at the bottom of the gas stove is often forgotten? Use it to drain the dishes when washing up and it will always be clean.

(2) If when doing the family washing you find you want a little perfectly clean hot water, to rinse something dainty, fill the dipper with cold water and stand it in the boiling copper.

I enjoy listening to you, and often think that if we could all be as helpful and friendly toward one another, what a happy world it would be. You're certainly doing your bit, and I try to do mine.

Wishing you and Barbara lots of happiness.

Yours sincerely,

Betty Buttercup (Lyall Bay)

Many thanks, Betty Buttercup, for your good hints, your kindly encouragement, and for your unselfishness in sparing the time to write so useful a letter. The cake recipe is a most useful one.

Tomatoes with Meat

Dear Aunt Daisy,

I have been told that if one eats fresh tomatoes with meat, a leathery and indigestible substance is formed when they reach the stomach. Do you think this is true. We are all so fond of tomatoes (and lettuce) with cold meat, and really have never noticed any indigestion after eating them together. Tomatoes are so plentiful now, and I should like to have my mind at rest.—“Anxious Annie” (Featherston).

Make your mind quite easy, Annie, for whoever told you that tomatoes and meat are enemies instead of friends, has made a great mistake. They go nicely together, and don't antagonise each other in any way at all. In any case, you have really proved that for yourself, haven't you? There are so many “food-fads” nowadays, and very often one diet quite contradicts another, so that one may get very perplexed if one pays attention to all the different theories put forward. Tomatoes go well with all the proteins—that is to say, with meat, fish, eggs and cheese. Tomatoes are very rich in Vitamin C, and also in Vitamin A, as well as containing a little Vitamin B; and are specially good if eaten raw, because vitamins A and C are lessened by cooking.

Streaky Butter

Dear Aunt Daisy,

A young friend of mine, who has married a farmer and gone to make a home on a small place in the country, has written to me for advice about her butter making; and I thought perhaps

there might be other girls in the country, also “new to the game,” as she is, who are having the same difficulty. So perhaps a few hints on this subject may not come amiss. My husband, who has handled cream by the hundreds of gallons weekly, taught me how to make butter, and I used to be very proud of the demand there was for it, though I don't make it now.

My young friend's chief trouble was getting her butter “streaky” and I have told her how to prevent that. If you put

FRUIT SYRUP

A DANISH RECIPE: Put any fruit in a preserving pan and cover well with water. Boil well and then strain the pulp. Add sugar in the proportion of three-quarters of a pound to each quart of juice, and boil up for half an hour. Then bottle and cork down. Fruit juice is much drunk in Denmark. It is mixed with water and served in jugs. They call it “Sattevand.”

the salt in the churn with the cream, you will never have a streak in the butter, and it will be evenly salted and delicious. In fact, it is really best to add the salt to the cream each day, when you put it into the stone jar, or whatever you keep it in. The correct proportion is one heaped dessertspoon of ordinary cooking salt to every two pints of cream. Stir well, too, each time you put in the fresh cream. In this way, the salt is well and evenly mixed.

The Temperature

The temperature of the cream when about to be churned is very important, too. It must not be too warm, or too cold, either, though that is not likely at this time of the year, of course. The proper temperature is 62 degrees, though it is all right if it is as low as 58 degrees. After churning, run off the butter milk, and then wash the butter three times in the churn, with clean water of the same temperature as the cream. Do not add any more salt and be sure to “work” the butter very well, getting every bit of moisture out. The buttermilk, of course, will not be of any use at all, for either cooking or drinking, as it is too briny.

Strange As It Seems

On no account let a dog get at it to drink. I killed my brother's beautiful collie dog, which I was minding for him, by leaving the buttermilk where he could get it; and the poor thing died within twenty-four hours.

Preserving the Cream

Many people use a little boracic acid to preserve the cream; but my man says “Add a little icing sugar also.” You will be able to judge the quantity—just enough to hide the boracic—and the cream will keep sweet for a week, even in summer. I do hope this is clear.

Mother (Featherston).

I think that is splendid—to write us such a clear account of butter making. It will be a great help to many inexperienced, struggling, butter makers. I wonder if it was really the buttermilk which killed the dog, or whether he had picked up some poison somewhere.

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