

(Continued from previous page)

pan and stirring in one and a half table-  
spoons of flour, till smooth and free from  
lumps. Season with pepper and salt, and  
add, very gradually, one and a half cups  
of hot milk. Take it off the fire and add  
the yolk of an egg (or two), stirring  
briskly. Pour this sauce over the fish,  
which should first have been sprinkled  
well with finely chopped parsley. Put  
the lid on, and bake for about thirty

minutes in a moderate oven. When serv-  
ing sprinkle the top with crushed corn-  
flakes, and serve with cut lemon.

#### Pork Chops En Casserole

This is an American recipe which  
specifies sweet potatoes, so we will use  
our good New Zealand kumaras. Put a  
layer of sliced, raw kumaras in a  
greased casserole, dust with salt, pepper,  
and a little brown sugar, then put  
another layer of slices, and seasoning,

and continue till the casserole is two-  
thirds full. Heat up one or two cups of  
milk, and pour it over the kumaras—  
it should just cover them. Now place  
your pork chops on top, put on the  
lid, and bake at three hundred and fifty  
degrees for an hour. Remove the lid,  
season with salt and pepper, and con-  
tinue cooking with the lid off until the  
chops are tender and nicely browned on  
top.

**Variation:** Use tart apples, in place  
of the kumaras.

#### Sausages and Spaghetti

Put a pound of pork sausages into  
boiling water and simmer gently for ten  
minutes. Take them out, and skin them.  
Have ready three cupfuls of cooked  
spaghetti—just boiled gently in plenty  
of salted water for about half an hour  
or till quite soft, then drained and  
washed under the cold tap to run off  
the excessive starch, as we cook rice;  
drain it well. Mix the cooked spaghetti  
with half as much tomato purée or even  
thick tomato soup, half a cup or more  
of grated cheese, and a little salt and  
cayenne. Pour half of this mixture into  
your casserole, put the skinned sausages  
on top, and then cover with the rest  
of the spaghetti. Put on the lid and  
bake for about forty minutes in a mod-  
erate oven.



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### FROM THE MAIL BAG

#### Silver Polishing Cloth

Dear Aunt Daisy,

A line first of all to say "thank you"  
for the many helpful recipes, etc., you  
have helped me with, and long may your  
work go on! Now, I am not a first-class  
cook, and I have never tried grilling, but  
your recipe for grilled porterhouse steak  
in *The Listener* read so appetisingly that  
I'd like to try some. Would you kindly,  
some time when you have room, give me  
all the hints you know about this, please?

I notice all kinds of questions are  
asked, so would you please advise me  
what to put on a cloth for polishing  
spoons? I use the usual well-known plate  
powder, but I know there is a way to  
have cloths treated so that they are  
always ready for use.

Now one more question. You will think  
this is a fearful mix-up of questions,  
I know, but my lad's feet perspire very  
much so that his socks are ruined in no  
time. Could you tell me anything simple  
that will help this distressing business?

"Daisy Bell" (Timaru)

We will begin at the end of your  
letter—with the trouble with your lad's  
feet. A friend of mine had a son with  
the same trouble, and you will be cheered  
to know that it has been cured! The  
cause of the excessive foot perspiration  
is nearly always *strain*. Remove the  
strain, and the trouble disappears in a  
short time. You know how beads of per-  
spiration stand out on the forehead of  
a man who is doing heavy lifting or any  
work which is a strain! Well, there are  
twice as many sweat glands on the soles  
of the feet as there are on the forehead;  
so that if the feet are strained at all,  
perspiration is inevitable. One or other  
of the "foot-arches" must be weak—  
either constitutionally or because the  
arches have fallen, even though you  
can't detect it yourself. The remedy is  
to go to an experienced and accredited  
chiropractor, and have the feet examined,  
and adjustable arch-supports made to  
fit the foot. Each foot needs specially  
fitting, just as each pair of eyes needs  
fitting with special spectacles. Moreover,  
the supports need re-adjusting every  
four or five weeks, as the ligaments and  
muscles of the foot regain strength from  
the rest which the arch-supports are  
giving them, and the bones in the foot-

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