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arch are being pulled back into their place. It is not sufficient to wear shoes with reinforced arches, for these cannot be adjusted to the individual foot. In the case of my friend's son, the foot-arches were badly drawn up, instead of having fallen down, but the result was the same—great strain and excessive perspiration. He was fitted with arch-supports, and improved at once, being practically quite comfortable after three or four months. It is necessary, also, to bathe the feet night and morning, and to dust them well with an antiseptic foot powder, putting some of this also inside the socks. I will give you the name of the firm which makes the arch-supports and the foot powder, if you send me a stamped and addressed envelope, as we cannot give trade names on this page. While you are waiting for the special powder, you could make up equal parts of Fuller's Earth, powdered starch and zinc powder. This is excellent. There is also a Special Foot Soap Powder—a finely granulated powder, which dissolves away the unpleasant acids, and is very refreshing to use for all kinds of tired feet.

Polishing Cloth:—This is a very handy article. Just bring to the boil in a saucepan about two quarts of water, a good tablespoon of the usual plate powder, and a single cupful of cloudy ammonia. Drop in a couple of clean dusters, and stir them well in the hot solution for about ten minutes; then throw them over the clothes-line to dry, without wringing.

An alternative mixture is made with a breakfast cup each of whiting, water and ammonia, and about a teaspoonful of liquid Gum Arabic from the chemist. Soak a clean dry cloth in this, and hang it out to dry.

Cleaning Silver Easily:—Here is a quick way to clean silver. Once a week is quite often enough. Melt a cupful of shredded-up soap in a pint of boiling water, and add a tablespoon each of borax, whiting and washing soda. Mix it up well, and store in golden syrup tins, or similar ones. When washing up, after washing the silver, put them into a bowl of very hot water containing 2 good tablespoons of this. Leave them in while you wash the dishes, then take out piece by piece and dry on a clean cloth. This is a much easier way than "cleaning the silver," for it only makes an ordinary "washing-up" a little longer.

I'm sure you will enjoy any grilled steak or chop. The "marinade" I gave for the porterhouse is very good; but just a little pepper and salt rubbed into the meat is almost as nice. Always put a little butter on the steak when grilling it, and have the grill very hot indeed (red hot), before putting the meat under it. When one side is well sealed, in 3 or 4 minutes, turn the steak over and seal the other side, after dabbing it, too, with butter. Then lower the heat a little, and cook both sides. Always have the steam or chops for grilling cut fairly thick, so that there is plenty of juicy meat beneath the sealed outside. Fish is more delicious grilled than any other way, I think; remember to put butter on before grilling. Try some freshly-caught trout this way. Just cut it into steaks.

Sultana Biscuits

Dear Aunt Daisy,

Could you kindly give me a recipe for sultana biscuits to be eaten with butter? As I am not always able to be

in when your session is on the air, would you please answer this in *The Listener*?—"Tahora," (Taranaki).

I wonder whether you mean the biscuits called "betwixt and between"? They are very nice indeed. Cream together one level breakfastcup of sugar, and half a pound of butter and good beef dripping mixed. Add one beaten egg, and 2 tablespoons of sultanas, 2 heaped breakfastcups of flour sifted with 2 small teaspoons of cream of tartar, and one small teaspoon of baking soda, and a little salt. Add enough milk to make a stiff dough. You can use 2 teaspoons of baking powder instead of the cream of tartar and soda if you wish, but don't forget the salt. Roll the mixture into a roly poly, and cut it into quarter-inch rounds with a sharp knife. This is a quicker way than rolling the dough out quarter of an inch thick, and cutting out rounds with a tin or cutter. Bake about 20 minutes in a medium oven. (Regulo 4 or 350°). Prick the biscuits with a fork before putting them in the oven.

Spotted Gloves

Dear Aunt Daisy,

Your pages in *The Listener* are always the first I turn to in search of new recipes and hints on various topics. It is such a treat to get something different for meals, etc. when one lives in the country, and can't just go and buy what one fancies. You have such a fund of knowledge about other subjects, too, that I feel emboldened to ask your help with two matters that are troublesome. Recently I found that my best pair of navy kid gloves had become spotted, not badly but still enough to spoil the look of the gloves. So I wondered if you could tell me how to treat them, please. They were a present, and were expensive, I know.

The other problem is how to stop shoes from squeaking. If there is one thing I hate, it is squeaky shoes. They were not cheap shoes, either, but I think they are New Zealand made. They have a nice appearance, and would be most useful if only they wouldn't squeak.—"K" (Clevedon).

Many thanks for your kindly encouragement, which is very heartening. The spots on your kid gloves should yield to the following treatment. Get a few pieces of rock ammonia from the chemist; put them into a jam jar, and put the gloves in, too, protecting these from actually touching the ammonia by putting some tissue paper between. Screw the lid down and leave them for a day or so; the spots on the gloves should have gone, and you can just put the gloves on, and rub them up with a piece of silk. Very often a consignment of gloves from overseas for a drapery firm arrives in a spotted condition, due to humid conditions and imperfect packing; these are generally sold at half price or less, though really expensive gloves. People can buy these, and screw them down in this way with rock ammonia and thus get very good gloves very cheaply.

Squeaky Shoes

Squeaky shoes are supposed to be caused by air between the layers of leather. Try pricking a few holes in the sole with a strong needle to release the air. Another idea is to stand the shoes overnight in a flat plate containing a thin layer of linseed oil—not enough to soak up into the uppers and stain them, of course. Sometimes the squeak will go off after the shoes have been worn on one or two wet days.

-CALM YOURSELF

Mrs. JACKSON



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