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FOR
COUGHS, COLDS,
ASTHMA, BRONCHITIS, ETC.

(continued from previous page)

the airmen and seamen are doing. One wonders what is in front of us; and what a blessing we women can feel we are helping by knitting comforts for these brave men. Do you ever think of the thousands of prayers offered up while we are knitting kind thoughts into the

socks, mittens, etc.? Every woman feels she wants to help, but there seems so little a backblock woman can do except knit—and help as much as one can on the farm, for my son has been in the Territorials for some years, and goes into camp next month. We are an old couple, but doing our best. I pray it will not be a long war.—“Near Waitotara.”

Thank you ever so much for your friendly letter. You both are certainly doing your share of war-work by sparing your son and carrying on his work meanwhile. Did you know that the Navy League has asked people to sew on to the garments which they send away a slip of paper showing the name and address of the giver, and a cheery message? Often the recipient is very glad to reply, and perhaps a valued friendship is thus begun.

Do you remember the words of the Marching Song?

Knitting, knitting, knitting
With the khaki wool and grey
Mufflers, socks and balaclava caps
They are knitting day by day.
Knitting, knitting, knitting,
With a prayer in every row
That the ones they hold in their
hearts so dear
May be guarded as they go.

Custard Tart

Dear Aunt Daisy,

Just now, when listening in to your session, I heard the lament of the lady with the custard tart.

The secret of a well set custard lies in heating the milk. For a two egg custard intended for a tart filling, put two breakfast cups of milk on to heat. Then, when the pastry plate is quite ready, stir the very hot (but not boiling) milk into the beaten eggs and sugar, and pour into the prepared plate, just before opening the oven door. This gives the custard a flying start, without depressing the pastry.

I attach full directions for making a custard tart.

Pastry: Six ounces of dripping, 8oz. of flour, 1 teaspoon of baking powder, 1 teaspoon of salt, and a little water.

Custard: Two eggs, 2 breakfast cups of milk, 2 tablespoons of sugar, and a little nutmeg.

Beat dripping till smooth (heating if necessary), and separate into three parts. Rub one part into the sifted flour and salt, and add sufficient water to make a soft dough. Roll out, spread with the second portion of the dripping, sprinkle with half a teaspoon of the baking powder, and fold in three. Roll out, and spread with the remaining portion of the dripping, sprinkle with half a teaspoon of baking powder. Fold and roll twice, and the pastry is ready.

Prepare the tart plate, building up the edge with strips of pastry, to make a well. When quite ready, pour the previously heated milk on to the beaten eggs and sugar, stir quickly, and fill the pie plate just before putting it in the oven. When the custard is cooked, the top heat may be reduced.

Stewed fruit makes a suitable accompaniment, and, of course, cream. — “Esmereida” (Otaki).



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