

(Continued from previous page)

you will never eat boiled peas again.—
"A Listener" (Papanui).

I shall certainly try steaming the peas in this way, and so, I am sure, will hundreds of other "Listener" readers. We are now beginning to realise how important diet is, and how good food can have its food value destroyed by wrong methods of cooking. Here is another letter on the subject.

Dear Aunt Daisy,

I heard you read a letter from a lady regarding cooking peas. Well, Aunt Daisy, I would like to endorse what she says. I have been married 12 years, and have never cooked peas any other way, except that I add a little mint, and also a little water if cooking a big pot full, as it saves the butter, and we all try to be economical these days. I might add that my mother and grandmother also used this method which is, I believe, a Danish way of cooking peas.—A.M.K. (Masterton).

Girdle Scones

Dear Aunt Daisy,

Here is my recipe for girdle scones: I have used it for years and never had a failure yet; in fact I used this one when I owned a home cookery business. There is a secret, Aunt Daisy, in the

make a soft dough. (Half water and half milk should be used, say about 1 breakfastcup, added slowly in case it may be a little too much, for all cups are not the same size.) Roll out to required thickness; some people like a thick scone, and some would rather have a thin scone. Cut into quarters, running the knife through each way. Now here is the secret. When removing the scone from the board, take each quarter separately, with the right hand, and turn it upside down on the left hand, then just slip off the hand on to the girdle. It is the turning of the scone on the hand that makes all the difference, because you have the floured part of the scone on top of scone instead of underneath, which is inclined to keep them from rising. When on the girdle, lightly brush flour from the tops of scones with a small brush or clean cloth. When cooked on one side, turn scone on the other side. Take from the girdle when cooked, and stand on their edges to cool.

I hope I have made this clear, and that it will be of use to you and the lady who inquired for it. This is a recipe given to me by a Scots lady. It has always been a great success with me.—"A Stratford Listener."

Another listener, writing about girdle scones, says, "One important thing is that, whether thick or thin, no girdle scone should be turned too soon; it must be cooked fairly well through before turning, as that makes it lighter." Then comes the question of whether it is an absolute necessity to buy a proper girdle for cooking the scones, or whether a thick iron frying pan would do. An ordinary scone-tray is not thick enough; but one good idea sent in was to use an asbestos mat under a scone-tray, or a frying pan.

An Oamaru link says, "Roll girdle scones about a-quarter of an inch thick, and pop them on the girdle as soon as possible. Always roll them quickly and lightly, and from you all the time. I

(Continued on next page)

How To Make Bath Salts

A nice Christmas present can be made by packing the following bath salts into an attractive bottle, tying it up with a ribbon, and sticking a gay Christmas sticker on it.

From the chemist buy 2 lbs. of soda crystals, and put them in a large basin. Now pour over, a few drops at a time, some very strong tea to colour them all a pale cream. Stir them about. Another idea for colouring is to sprinkle in a little powdered washing blue; you can also get food colourings in the three primary colours so that you can have any colour of the rainbow. When they are coloured, add six or seven drops of sandalwood oil, and mix it well in. Now add, drop by drop, two teaspoons of oil of lavender, or oil of verbena, or some other essential oil. They are all ready now for putting into the bottles. Don't forget to cork them well to keep the perfume in.

HEALTH SALTS FOR SPRINGTIME: ½ lb. icing sugar, 2 ozs. cream of tartar, 2 ozs. carbonate of soda, 2 ozs. tartaric acid, 2 packets epsom salts, ½ oz. magnesia. Roll the epsom salts and mix with the sugar. Add the remaining ingredients, the magnesia last. Mix well, and put into an airtight bottle. Dose: 1 teaspoonful in ¾ glass of water first thing in the morning.

handling of girdle scones when removing them from the baking board to the girdle, and if I can explain it to you here, I will.

Two heaped teacups flour, half a teaspoon of salt, 3 teaspoons of baking powder and enough milk and water to

INDIGESTION ended!



"I was afraid to eat"

Here is proof that chronic indigestion can be overcome. Read this report, just one more of the remarkable tributes to De Witt's Antacid Powder.

Another user, Mr. V. E. W., says:—

"I suffered terribly with chronic indigestion for years. I was afraid to eat anything and was just about a wreck when I tried De Witt's Antacid Powder. Within a week I was looking forward to my meals. Now I really thank De Witt's Antacid Powder for having made me feel better than I have done for years."

The first dose of De Witt's Antacid Powder gives instant relief because it immediately neutralises stomach acidity, the cause of heartburn, flatulence or pain after meals. One ingredient soothes and protects the stomach lining and another helps to digest your food.

In fact, De Witt's Antacid Powder is really the modern triple-action treatment for indigestion and stomach troubles.

From to-day—eat what you like! Enjoy every meal! Be sure you get the genuine—

DE WITT'S ANTACID POWDER

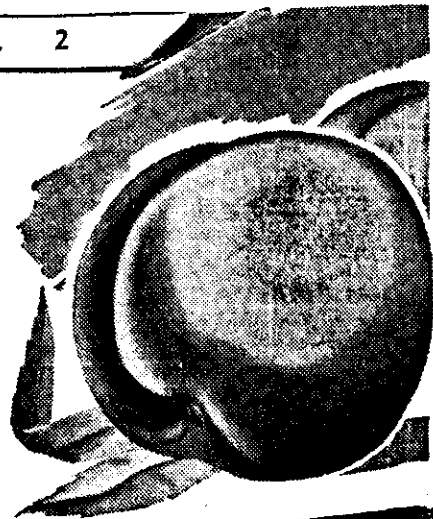
The quick-action remedy for Indigestion, Acid Stomach, Heartburn, Flatulence or Gastritis. Of all chemists and stores, in large sky-blue canisters, price 2/6.

DELICIOUS DESSERTS No. 2

Luscious PEACHES and Lushus JELLIES...



Every fruit dessert is made twice as enjoyable when it's served in company with "Lushus" Jellies. "Lushus" is recognised everywhere as the Jelly with the perfect real fruit flavours. "Lushus" is New Zealand's "quality" Jelly—first favourite with the whole family. Serve "Lushus" in YOUR home.



Lushus

DESSERT JELLIES

6d packet.