



## "He Cut His Teeth

without my knowing"—writes a mother. Keep baby regular during teething and at other times by using Steedman's Powders—they keep baby's bloodstream cool. Give this gentle aperient to children up to 14 years of age.

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(Continued from previous page)

I always say that is the second best recommendation I have had as a cook. The best is the one my wife is ready to give on my behalf at any time. As this will be censored by the wife I will say no more in the above strain.

During the last war, 1914-18, the Liverpool City Council issued a Cookery Book for war time. No recipe cost more than 6d. For the moment, we cannot find it, but I will send it for you to see when found.

Hoping you enjoyed Eastertide in every sense; and with congratulations on your work with your page, which I am sure must be a boon to many.

—E.R.H. (Northland).

We are always very flattered to get letters from men—and we do not consider the "mere" at all. What a grand cook you must be! I shall be most interested to see the Liverpool Cookery Book—I have heard of it before, but have never seen a copy. I shall take great care of it and return it to you. Thank you very much for writing. The cuttings from the Church Army Gazette are very interesting, and will be most useful.

### Bulrushes in Pillows

Dear Aunt Daisy,

In a recent issue of *The Listener* I note that a correspondent was asking

about the use of bulrushes for a pillow. Now, I have made both beds and pillows out of bulrushes or raupo, and it is very good indeed. You wait till the stems of the plant begin to ripen, then strip the soft part off into a bath or some large vessel. It is similar to kapok, and flies about. I used to put mine, when stripped off, into bags, and then baked it in an oven just to ensure it being quite free from insects, etc. It makes a good soft bed, and lasts a long time. Hoping this will be of help to the lady who was inquiring.

—M.J.R. (Pelorus Sound).

### Wait for the Frost

Dear Aunt Daisy,

I noticed in your column in *The Listener* that a reader was inquiring about bulrushes for stuffing cushions. In my younger days we often gathered it for that purpose, and the method was to wait for a few frosts, when the bulrush fluff loosens from the stalk and can be easily stripped off. It is much like kapok, but heavier, and only needs a few days in the sun (in bags, of course) to make it useable.

Hoping this will help your reader.

—"Motueka."

Thank you both, M.J.R., and "Motueka" for your reliable and proven methods. It is good of you to write.

### Soft Oatcakes or "Haver Bread"

Dear Aunt Daisy,

I wonder if you could give me a recipe for some oatcakes which I remember in my early childhood? In my old home in England, nearly all the poor widows earned their living making oatcakes; and their children brought them round to the doors in time for breakfast. They are not hard and dry like the Scotch and Yorkshire Oatcakes, but more like pikelets; and we used to have bacon and cheese cooked in the oven and rolled inside the oatcakes.

Please, dear Aunt Daisy, do not scorn the bacon and cheese cooked in this way, if you have never tried it. It is very delicious, even with bread, but with the oatcakes it is more so. Sausage and cheese are also very nice. So if you can persuade one of your "Chain" to produce an oatcake recipe, you will delight "Interested Listener" (Mercer).

Yes, I have been told about this kind of oatcake before, by some Staffordshire people. They said the proper name for them was "Haver Bread," and that they were soft, as you say, and used to be hung over the oven door to dry! They used to be mixed with beer in Derbyshire, said my friends, but the recipe that was given me specified water. My friends used to eat them with butter or jam, or sometimes fry them with bacon; but the bacon and cheese cooked in the oven and then rolled up inside the oatcake sounds far the most tasty of all. This is the recipe:

### Staffordshire Oatcake

Six teaspoons of oatmeal, 8 teaspoons of flour, a small teaspoon of carbonate of soda,  $\frac{1}{2}$  teaspoon of salt, and sour milk, or milk and water to mix. Mix all the dry ingredients together, and then mix to a thin paste with milk and water, or sour milk. Cook on a hot girdle like pikelets, wrap in a clean teacloth, and keep warm in the oven till the bacon is ready. They are very nice with honey. If you don't get them right the first time, just try again. Be sure to have the batter thin.

### Lancashire Oatcake

Quarter of a pound of fine oatmeal,  $\frac{1}{4}$  lb. coarse oatmeal,  $\frac{1}{2}$  lb. white flour,  $2\frac{1}{2}$  oz. of lard, 1 teaspoon salt, pinch carbonate of soda. Rub the lard into the flour and the oatmeal, add the soda and salt, and mix to a dough with hot water and roll out very thinly. Place on a floured baking sheet, and bake in a moderate oven, turning them over half way through.

I fancy it is the Scotch Oatcake which is hard. At any rate, the story is told of the little English boy who was staying with his Auntie in Edinburgh, and as a reward for running some errand, was

### FRESH FIG CHUTNEY

Here is a recipe for those who like a chutney to tingle on the tongue.

Four and a half pounds of fresh figs;  $4\frac{1}{2}$  lbs. of apples, when peeled and cored;  $4\frac{1}{2}$  lbs. of onions; 3 lbs. of sugar; 2 oz. of garlic; 2 oz. of allspice; 2 table-spoons of salt; 2 teaspoons of cayenne pepper; 24 small chillies; 1 quart of vinegar. Cut up the figs, onions, apples and garlic very fine. (I peeled my figs, as I find they break up better.) Add all other ingredients, and boil all together for three hours. The fruit could be minced if liked. (From Onehunga.)

given one of her oatcakes spread with raspberry jam. After a few minutes, the boy came back and said: "The jam was lovely, Auntie, and I've brought you back your board."

Perhaps some English readers will write us some more information about "Haver bread."

### Help in the Laundry

Dear Aunt Daisy,

Will you publish the following washing fluid for the poor souls who cannot afford a washing machine? It is so absolutely reliable, and will not injure any colours that are fast. I would like to share this excellent help with others.

**WASHING FLUID:** One pound of caustic soda, 1 lb. of borax, and, from the chemist, one ounce of salts of tartar and one ounce of muriated ammonia. Dissolve it all in two gallons of cold water and bottle. In the first copperful of boiling water, to which has been added 1 cupful of this fluid, and 2 to 3 inches cut off a bar of soap, put in the clothes dry; boil the slightly soiled ones approximately ten minutes; and the more soiled a little longer. To the second boil, add  $\frac{1}{2}$  cup more of the fluid, and more soap if necessary. Rinse well before blueing.

—W.J. (Wanganui East).

### Bulrushes in Pillows

Dear Aunt Daisy,

I read in *The Listener* about the suggestion for using bulrushes, or raupo, for cushions and pillows. Yes, they make good fillings and last for years, if aired in the sun occasionally. Put the heads in a bag, not too many, and either put in a 'cool oven, or hang in the sun until ripe. Put your hands into the bag, and strip the fluff off the sticks. Leave it to fluff up more before filling the cushions. My grandmother had all her mattresses filled with this filling in the old pioneer days, and they lasted for years.

Wishing you and yours all the best in the future.—E.W. (Palmerston North).

NEW ZEALAND LISTENER, MAY 16

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