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You can end constipation *naturally*, promptly, effectively with NYAL FIGSEN. Figsen is a pleasant-tasting laxative. Chew one or two tablets before retiring. Figsen acts overnight without disturbing your sleep. No stomach upsets, no griping pain. In the morning Figsen acts—mildly, gently, but thoroughly. Figsen is equally good for young and old. Sold by chemists everywhere. 1/6d. a tin. *The next best thing to Nature.*

Nyal Figsen
FOR CONSTIPATION

OVOLINE EGGS NOW

To-day's low egg prices make preserving wise; in fact, essential. Start right away. Buy your jar of Ovoline Paste Preservative or tin of Liquid Ovoline and commence putting down eggs for next winter's use.

Providing the eggs are fresh when you Ovoline them, you are absolutely assured of successful results. Ovoline has been on the market now for close on 40 years—and it has never failed. Obtainable from All Grocers.

OVOLINE
PASTE or LIQUID.
KEEPS FRESH EGGS FRESH.

When Make-up lets you down



No, you can't camouflage that cold. To get rid of that red nose get rid of the cold—with "Baxters." Sniffle-Sniffle-Cough-Cough never made anybody popular. Root that cold right out with "Baxters," the proved pleasant remedy with the tonic action. The first dose brings marked relief.

BAXTERS
LUNG PRESERVER

(Continued from previous page)

All Grapefruit Marmalade

Cut the grapefruit very finely, and to each cup of fruit allow $1\frac{1}{2}$ cups of water. Let it all soak for 24 hours, then bring to the boil, and boil for three-quarters of an hour. Let it cool, and to every cup of pulp allow one cup of sugar. Boil till it is golden, and test. Always add the warmed sugar to the boiling pulp.

Orange Peel Marmalade

One cup of cut-up orange peel, 1 whole lemon, 3 cups of water. Cut up the lemon and mix with the peel; soak for 24 hours in the water. Then bring to the boil, and boil for half an hour. Leave for 24 hours again, then add cup for cup of sugar. Boil now until it will set.

One Day Marmalade

This has been made for 31 years. Seven poorman oranges—the jam will set a little quicker if these are just slightly green, and it will not affect the flavour; 1 sweet orange, 1 large lemon, 21 cups of warm water and 7lb. of sugar. Grate the fruit on the coarse grater, and add the water. Boil briskly for three-quarters of an hour. Then add the warmed sugar, and boil briskly, again till it will jell — about another three-quarters of an hour. It must be boiled fast once the sugar is in.

Lemon Marmalade

Three lemons, and 3 oranges. Cut them up finely, and cover with water. Leave all night. Next day, boil till tender, and leave overnight again. Then bring to the boil, add cup for cup of warmed sugar, and boil till it will set when tested.

FROM THE MAIL BAG

Oil Stains on a Page

Dear Aunt Daisy,

Could you kindly give me a recipe for removing oil-stains from white paper? I have a fairly large oil-stain on a page of an expensive book; but I am afraid to touch it since it may ruin the page.

Hoping that you will answer my query through the columns of *The Listener* and wishing your section continued success—"A Reader of Your Column."

I am very doubtful whether you will be able to remove the oil stain completely, or at least without altering the appearance of the paper so that the place is always noticeable. The "finish" of the paper is almost sure to be spoilt. I discussed the matter with a library expert, who suggested trying first the old method of brown paper and a warm iron. Sandwich the page between two pieces of brown paper, and press firmly. Do not have the iron hot enough to scorch, or the last state will be worse

Apple Gems

These little cakes are all the rage: Half a cup of melted butter, one egg, $1\frac{3}{4}$ cups flour, 1 teaspoon mixed spice, 1 cup sultanas, $\frac{3}{4}$ cup sugar, 1 cup apples, stewed, allowed to drain, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ground nutmeg, a pinch of salt, and 1 teaspoon baking soda dissolved in a little cold water. Mix as usual, and cook in hot gem irons, or failing these, patty pans. They should take about 20 minutes.

than the first. I would also suggest sprinkling fuller's earth between the brown paper and the stained page. Fuller's earth will absorb grease. Then please write again and tell me the result, won't you, because my library expert has promised to look up various methods using acids, and so on. However, these methods would almost certainly affect the finish of the paper, which is the reason he suggested trying first the method I have given you.

Mutton Fat in Baking

Dear Aunt Daisy,

Can you tell me if there is a way of making mutton fat soft and pliable enough to use in cake making, the same way as one would use beef dripping? We eat more mutton than beef, and I get quite a lot of mutton fat.

—"Forget-me-not" (Wellington).

I invited the Links in the Daisy Chain to discuss this question, for it is of interest to so many country farmers who kill their own mutton. Here are a couple of good replies:

Dear Aunt Daisy,

I heard you asking about mutton fat for baking. Well it is splendid. I used no other for years. Being on a sheep station, it was all mutton! I was considered an expert on biscuits, and all of them were made with mutton fat. I used to cut off all the extra fat from the chops and roasts (if too fat). I never used any that had been cooked. I melted all the outside fat either in the oven or in a pan on the top of the stove. When it was melted and set, I used to put it back in the pan, just cover with water, and bring to the boil. Let it set again, and then remove any sediment from the bottom. This I did several times, and the result was lovely, white, tasteless, soft fat. It was put aside just for biscuits and puddings, and most of our cakes, and they were always lovely. Of course, a little extra salt must be added when baking, as there is none

in the dripping. If the Link tries this method, I do not think anyone who eats her cooking will know that mutton fat instead of butter was used.

—Cambridge.

And here is the other letter:

Dear Aunt Daisy,

While listening to you this morning, I heard you ask whether mutton fat can be effectively used in cooking. Well, I happened to be looking in an old hint book, and here is what it said: "If a few drops of vinegar and olive oil are beaten up with mutton dripping, it can be used for baking purposes, just as well as beef dripping." Hoping this hint may be of some use.

—"A Listener" (Stratford).

And here is a recipe using mutton dripping:

Mutton Dripping Pastry: Quarter of a pound of dripping; 6oz. flour; 1 teaspoon baking powder; 1 tablespoon vinegar; a little salt; and milk to mix, or milk and water. Cream the dripping, rub the dry ingredients in, and then all the vinegar and milk. This makes lovely pastry. The oven should be hot.

"Ask Aunt Daisy"

Dear Aunt Daisy,

All right, I will! As one of the more or less superfluous sex, I wonder if I might implore you to ask some of your more mature correspondents if they can tell me where to get hold of a pinch of the variety of cape gooseberry seeds which we always sowed ten to twenty years ago. The fruit was smaller than that grown from the seeds which we get in the sixpenny packets nowadays; but it was a prolific cropper, and very early, all ripening at once like a field of wheat in January; and though it was a heart-breaking job to sit down to take the outer garments off a kerosene tin full of them, the resulting jam was well worth the labour. The present race of seedsmen don't seem to be able to supply these cape gooseberries; though they used to grow wild in some parts of the North Island. I'd like to give them another flutter this year, if I can get some; and would save some of the seed for future years. —"George" (Ohura).

Well, now, can any of George's contemporaries help him? I don't think it is possible, because many fruits do alter a little as years go by, owing to changes in soil, and climate, as well as to developments in the plant or tree. You know how apple trees have changed in the last ten years. Some of the old popular varieties, the Irish Peach, for instance, seem to have petered out, and new kinds have evolved and taken their places. Flowers alter too, and some even disappear. There used to be plenty of musk plants, sweet smelling, and with a little yellow flower, but now we never see them at all. Geraniums, too, used to grow everywhere, almost wild, large and beautiful; while now they are far more in the hot-house class, and rare. An expert gardener tells me that the best thing for "George" to do is to save the seeds of any cape gooseberries he comes across, which seem to be approximately the kind he remembers; and dry them in the sun, on a sheet of paper. He said he used to buy cases of any specially good ones, shell them, crush them through the rollers of an old mangle, then wash the pulp through several waters, till only the seeds remained; afterwards drying them as above.