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DR. SCHOLL'S ZINO - PADS



## SOUPS FOR WINTRY WEATHER

**D**URING this "War - time Winter," let us give sensible and practical consideration to soup, not so much as a thin, clear, hot liquid, which is an appetiser and a good beginning for the meal because it starts the flow of digestive juices, but more in the light of a "One Pot Dinner"—like the old Scotch Broth and Cocka-leekie, the Hare Soup of Carnarvonshire, and the Fish Soups of the north of England. These all contain various vegetables, besides rice and barley and sago; and very often tiny suet dumplings have been popped into the pot for the last 20 minutes. Then the soup is served as a first course, and the pieces of meat, or hare, or fish, with the vegetables and a dumpling or two make a very nourishing and appetising second course. All that is necessary then is to provide some fruit, raw if possible, to complete the meal. If sufficient raw fruit is not available—though, of course, there are plenty of apples just now!—try baked rhubarb, cut up and cooked in a covered casserole with only a very little water, and a couple of spoonfuls of honey or golden syrup and some lemon rind, which is removed before serving. Rhubarb tastes extra good when cooked this way.

### Cream and Milk Soups

These soups contain the additional nourishment of milk, or, if possible, cream. They are made by straining the stock obtained by boiling cracked bones, and cut-up shin of beef, or neck of mutton, or any of the cheaper cuts of meat, or mixed vegetables, through a wire strainer; and then mixing the resultant liquid or puree with an equal quantity of milk, and thickening with arrowroot or cornflour. Alternatively, you may thicken the milk first, by melting a little butter in a small pan, adding an equal quantity of flour, and cooking together for a few minutes till thoroughly

blended, and then stirring in gradually the warmed milk, making really a sauce. This is less likely to curdle than plain milk, when added to the stock; but most busy housewives find it much easier and more practical to use the first method (besides having no extra saucepan to wash up).

### Puree

This is made by boiling either fruit or vegetables with very little water till quite soft, and then rubbing through a fine sieve. You may have either fruit or vegetable puree, or a mixture of both—tomatoes, carrots, potatoes, artichokes, apples, spinach, and so on, may all be made into puree. Vegetable puree is mixed with milk, seasoned and heated, to form a cream soup. Fruit puree is sweetened and dissolved gelatine added, to make desserts.

### Food Value in Soup

People often wonder if there is much food value in soup. Well, as an American Student of Food Value has said, no one claims that soup is a complete food; but when you consider what goes into its making, calcium and gelatine from meat bones, and essences from the meat, minerals, soluble proteins and vitamins from vegetables and fish, as well as cereals like rice and barley; and dried vegetables such as beans, and peas and lentils, you will see that it is a very practical form of nourishment, besides being savoury, appetising, and last but not least, hot!

### Scotch Broth

Two pounds neck of mutton, 4 pints of cold water, 1 turnip diced, 1 tablespoon chopped parsley, 1 carrot diced, 3 tablespoons pearl barley, 1 good sized onion diced, pepper and salt, 2 leeks cut small, a small cauliflower (or 1/2 small cabbage), cut up small. Cut mutton into small pieces, put in saucepan with the cold water, bring slowly to the boil, then skim. Add the prepared vegetables and barley. Simmer gently for 2 to 3 hours with lid on. Just before serving add parsley and season to taste with pepper and salt.

### Cream of Barley Soup

A knuckle of veal about 2 lbs., 3 ozs. pearl barley, 4 pints cold water. Wash barley and soak overnight. Cut up the meat from the knuckle, put it with bone into saucepan, with water, 1 teaspoon salt, and the barley. Bring slowly to the boil, skim, and simmer slowly 3 or 4 hours. Strain through sieve, rubbing through as much as possible of the meat and barley. Return this to saucepan and add an equal quantity of milk, or sufficient to make the desired thickness.

### Scotch Lamb and Cauliflower Soup

This is not unlike the first recipe, but there are some differences. Like the French "pot-au-feu," the meat may be served separately, or in the broth. Three pounds neck or forequarter of lamb, 3 quarts cold water, 3 medium sized

## MEDLAR JAM

### JAM

Wash 3 lbs. medlars and put into preserving pan with 1/2 pint water, and the juice of 2 lemons. Stand over slow heat and simmer for an hour. Then put into colander with a dish underneath. Mash well with a wooden spoon, taking care that no pips pass through. Then put fruit into preserving pan with 3 lbs. sugar, and boil fast for about 3/4-hour. Pot and cover as usual.

### JELLY

Wash fruit and put in preserving pan with water about 1/4-inch over the top of the fruit. Boil till pulpy, strain through jelly bag and to each pint of liquid allow 3/4 lb. sugar. Add the warmed sugar to the boiling juice. Stir till melted, then boil fast till jelly sets. When tested keep well skimmed. Pot and cover.

onions, peeled and diced; 2 leeks, if liked; 1 medium sized cauliflower, 3 teaspoons salt, 1/2 teaspoon pepper, and 3 tablespoons of pearl barley. Remove as much fat from the lamb as possible, but keep the meat in a single whole piece. Put in a big saucepan with the water, onions, leeks with the tops removed, and the salt. Cover with a lid and cook about 2 hours and a-half. At the end of one hour, add the barley, and at the end of two hours, add the cauliflower broken into small flowerettes. At serving time remove the meat. Cut some of it into small pieces and place in the tureen with the soup. Serve the meat itself as a second course.

### Hare Soup (Simple)

Skin a hare and hold it over a basin to catch the blood. Cut it up in pieces, keep the thinnest parts for the soup, and place them with a quart of cold water in a pan. Add the blood, which has been sieved. Add a turnip, a carrot, and one or two sliced onions. Simmer gently for 2 1/2 hours, and season. The fleshy parts of the hare, such as legs and back, may be stewed separately and served with vegetables and gravy.

### Mulligatawny Soup (Indian)

Melt 1/4 lb. butter in saucepan and fry in it a carrot, 2 or 3 onions, and a green apple peeled and chopped. Add a small chicken, boned and cut up small, or a young rabbit, or about 1 1/2 lbs. of lean neck of mutton cut small. Let it brown slowly, adding pepper and salt to taste. Add 1 1/2 tablespoons good Indian curry powder, and continue frying, stirring, for about 10 minutes. Then add about a quart of stock, made by boiling the bones from the chicken or rabbit — or some mutton broth; also 2 tablespoons of rice, and 2 potatoes cut small. Simmer all slowly for a hour or so. Allow to cook, skim off the fat, heat up again, and serve, adding sugar to taste.

### Lentil Soup

One breakfast cup lentils, 2 1/2 pints stock or water, 1 or 2 onions, 2 stalks celery, parsley, pepper, and salt, 1 blade mace, 1 tablespoon flour, 1 oz. butter,

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A most important thing to know about

# VITAMINS

is that you get A, B, B<sub>2</sub>, and E in

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BREAKFAST FOOD and COOKING CEREAL