

Chinese Gooseberry Chutney

Twelve Chinese gooseberries, peeled and cut up; 3 medium sized onions grated, 1 large banana, cut up, 2 lemons peeled and cut into chunks, 1 small cup sultanas or raisins, 1 teaspoon ground ginger, 1 large cup brown sugar, 1 dessertspoon salt, or a little less, ½ teaspoon pepper, and 1 large cup of vinegar. Put all into saucepan, just cover with vinegar, and simmer about 1½ hours. Mash with potato masher—do not strain through colander. When cool bottle and cork well.

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½ pint milk. Wash the lentils, put into a pot with the water, sliced vegetables, and mace. Simmer until the lentils are tender—about 1 hour. Rub through a sieve into a saucepan. Make a sauce of the butter, flour and milk, and pour the soup on it. Season.

Mock Oyster Soup

Two parsnips, 2 potatoes, 1 large onion. Cut up vegetables small, put in a saucepan and cover with water. Boil till soft, then mash through a colander. Put the mashed vegetables back in the saucepan, together with the water they were boiled in. Add 1 pint of milk, pepper and salt to taste, a knob of butter, and a pinch of powdered mace. Bring to the boil, and thicken with cornflour.

Tomato Milk Soup

Two pounds of tomatoes, 1 quart milk, 2 ozs. butter, pinch bicarbonate of soda, pepper and salt to taste. Cut tomatoes up and let them stew 20 minutes in their own liquor, throw in the soda, then strain and press through a colander into the boiling milk and other ingredients, already thickened with a little cornflour. The soup must not boil after the tomatoes are in, or it will curdle.

Oxtail Soup

One ox tail, a slice of ham, 1 carrot, 1 turnip, 2 small onions, 1½ quarts water, 1 oz. butter, 1 leek, 1 head of celery, 1 bunch herbs, 1 bay leaf, 4 cloves, 12 peppercorns, 1 dessertspoon salt, or to taste. Cut the tail into pieces and fry in pot with the butter and sliced onion. Shake the pot occasionally to prevent sticking. Then add the sliced vegetables, herbs, peppercorns and a cup of water. Cook hard for about 10 minutes, stirring occasionally. Then add rest of cold water and salt. Simmer gently 3 or 4 hours, or until the tail is tender. Take out the tail, strain the soup, thicken with flour, and put back some of the pieces of meat. Re-heat.

Tomato and Bean Soup

Three pints water, 3 cups cooked lime or haricot beans, 2 small sliced onions, and 2 stalks celery. Simmer 30 minutes, then rub through a sieve. Melt 2 tablespoons butter, add 2 tablespoons flour, and stir still smooth. Add 1½ cups cooked and strained tomatoes, and stir till hot. Then add the bean mixture, ½ teaspoon pepper, and 1 teaspoon salt. Heat all thoroughly.

Rabbit Soup

Cut up a rabbit, cover with water. Add a cut up onion and carrot, and boil till the meat leaves the bones. Spring onions may be used, and also a turnip if liked. Strain, and return to saucepan. Add ½ pint of milk, thicken with flour or cornflour, and season to taste. Some of the rabbit meat should be put back into the soup. Good and nourishing.

Cock-a-Leekie

One fowl, 2 quarts stock, 2 bunches leeks, pepper and salt to taste. Wash the leeks, take off roots and part of the heads. Scald in boiling water for five minutes then cut small. Truss the fowl as for boiling, put it in with the leeks and stock, and boil for 1½ hours slowly, or longer if the fowl is not young. Take out the fowl and serve whole, separately, or cut into neat pieces and serve with the soup. Thicken the soup with fine oatmeal or cornflour.

Artichoke Soup

About 6 artichokes, and 2 onions. Melt 1 oz. butter in stew-pan, add cut up onions, and simmer a few minutes without browning. Add about 2 pints of water, and the artichokes cut up finely. Cook all gently about 40 minutes or so. Strain through sieve, pressing well. Return to pan, add equal quantities of milk, bring to the boil, and thicken with flour or cornflour. Season to taste.

FROM THE MAIL BAG

Flies in the House

Dear Aunt Daisy,

About the plague of flies in the house. Tell Mrs. H.J.P. to try the only real remedy—viz., screen doors and window frames. She would only need them in the kitchen!—Jack.

Spilt Nail Varnish

Dear Aunt Daisy,

Could you please help me through your page in *The Listener*? A bottle of dark, thick nail varnish was knocked over on a heavy linen tea-cloth. I have asked two local dry cleaners, but they both said they could do nothing with it. It is rather a good piece of material, and I should be much obliged if you could suggest something.—"Radio" (Napier).

I am afraid our amateur efforts will hardly be successful if the professional dry cleaners pronounce against the possibility of cleaning your tea-cloth. However, let us at any rate, try. Get from your chemist a little amyl acetate, and soak the stain in it. If no good, ask him for acetone, and try that. Have you tried the ordinary nail varnish remover? You will, of course, have to wash the cloth properly afterwards, and very often the stain which has seemed hardly dimmed at all by the remedy, does prove to have been loosened by it, and comes right out when washed afterwards. Use only warm, soapy water, not hot, do not rub soap on. Another remedy is pure methylated spirits from the chemist. Soak for an hour or two before washing. Do let us know how you get on, for your experience will help other people who may find themselves in the same dilemma.

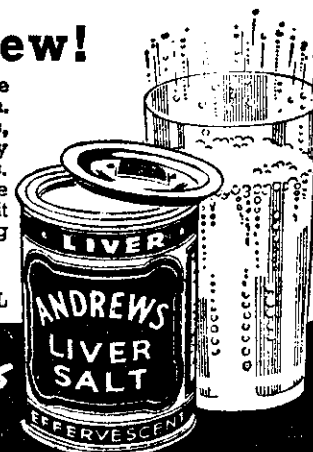
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For Inner Cleanliness
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to nose comfort!

Is a stuffed-up head driving you crazy? Does irritation in your nose torture you every time you breathe? For quick relief, apply specialized medicine right where it is needed to ease your misery.

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Tilt your head back. Put up each nostril a few drops of Vicks Va-tro-nol. Takes only a few seconds. But, oh, what relief it brings!

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Snoring, caused by stuffed-up nose and breathing through mouth, is avoided by using Va-tro-nol.

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