

(Continued from previous page)

it from the fire, and stir occasionally while it is cooling. Do not on any account, leave the soap when it is nearly at boiling point, as it comes up so silently and boils over.

Mild Soap

In this recipe the borax is added after taking the soap off the fire. Nine pints of water; $\frac{3}{4}$ lb. resin; $\frac{3}{4}$ lb. caustic soda; 4 lbs. of fat; and a good handful of borax. Dissolve the caustic in half the water, and when dissolved, add the resin, and rest of the water. Boil 1 hour, and watch it in case it boils over. It may take only $\frac{3}{4}$ of an hour, depending on the richness of the fat, but keep a strict eye on it. Take it off the boil, add the borax, and let it set. It makes from 10 to 12 lbs. of soap.

Soap Without Caustic

Seven pounds of clean fat; $1\frac{1}{2}$ lbs. unslaked lime; $1\frac{1}{2}$ gallons of water; 4 lbs. of washing soda; $\frac{3}{4}$ lb. of resin. Boil the lime and soda with the water, and let it stand overnight, and strain. Then boil the liquor with the fat and resin about 20 minutes. Makes a lot of soap.

Soap With Benzine

One pound of caustic soda; 1 small teacup benzine; 4 pints of water; 1 tablespoon of borax; 7 lbs. of fat. Put the caustic soda, borax and water together. The soda will boil the water. Melt the fat. When the soda water is cool, add to the fat when it also is cool. Then add the benzine, and keep stirring now and then, till you can stir it no more. This needs no boiling.

FROM THE MAIL BAG

Cooking Preserved Beans

Dear Aunt Daisy,

I wonder if you can give me any information about cooking preserved beans. I put some down according to your directions—a layer of beans and a layer of salt, and so on. Well, yesterday I put some on to cook. They were not a bit salty or anything wrong in that way, but after being on the stove for three-quarters of an hour they were still hard and not cooked at all. I would be very grateful to you if you could tell me what to do about them. They were young and fresh straight from my garden and I have also done some with your sugar and salt method.—“Constant Listener” (Ponsonby).

You will probably find that the beans preserved with the sugar and salt will cook more quickly; but still, these others should certainly be quite satisfactory. Did you thoroughly wash them in cold water before cooking, to remove as much salt as possible? Try putting them (in a colander) under the cold tap, and letting the water run fast over them for some minutes, turning them about so that all get thoroughly washed. Then cook them in boiling water without any salt, adding a little sugar. A “Link” from Marton reminded me that it is a great help to add a tablespoon of good dripping to the water, too, as this helps to soften them. Be prepared for them to take a long time—put them on early. Has any other Link in the Daisy Chain any suggestions to make? The method of preserving beans in layers of salt is very old-established and well-known, and was

almost universally used by the older generation of housewives, so that it must be possible for the beans to be palatable when cooked. Here is an extract from a letter from Moera:

“This morning you spoke about the lady who said her preserved beans would not cook soft in three-quarters of an hour. I have done them for years, and usually take them out of the jar and run the cold water tap on them for a while, then soak all night. Cook them next day—just bring to the boil and pour that water off; put on in fresh water, and I usually find that they are cooked in about half to three-quarter hour. No salt is needed as they are salt enough. Perhaps she used iodised salt when preserving

them. They say iodised salt makes them go hard.”

This Link soaks them all night, you see, which may be the secret of making them cook quicker; and it also appears from the wording of her letter that she puts them on in cold water instead of boiling.

Home Made Peanut Butter

Dear Aunt Daisy,

At last I think my chance has come to make myself a Link in your “Daisy Chain” by helping others. Somebody has asked for a reliable recipe for home-made peanut butter. Well, I have been making it for years and am sure that if the Chain will try this recipe, they will find it good. Take 1lb. of shelled peanuts

and add $\frac{1}{4}$ lb. butter and a little salt. Bake the peanuts till a golden brown, but not too brown. Rub all the outside skins off. Put the peanuts through the fine part of the mincer six times. I have found that the more times you put them through the mincer the more oily the butter becomes. If hubby is at home and in a good humour, he will put it through nine times.

Sprinkle lightly with salt—about a saltspoon, melt the butter in a saucepan, and add the minced nuts. Mix all well together and put into small jars.

—“Devonport” (Auckland).

Thanks for your useful hint. It is a good idea to rub the outside skins off the baked peanuts in the open air, so that the light skins are blown away.



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