

EAT MORE FISH

IT is not always easy to buy good fresh fish, for a variety of reasons; nevertheless, fish is a very valuable food, and we should make it a frequent part of our diet—especially sea-fish, which are rich in phosphorus, and iodine. Phosphorus is needed for our nerves, and iodine is valuable in checking the development of goitre.

All fish is an excellent protein food—(tissue building)—and is also rich in mineral matter. It should be eaten as regularly as meat or cheese or eggs. Moreover, groper (or hapuka), terakihi (terraki), herrings, pilchards, and mullet are all rich in oil—another of our necessities. Flounder, sole, and cod are more delicate fish, but in them the fatty value lies chiefly in the liver, instead of being distributed through the flesh, as in the others mentioned, so that we do not profit quite so much by them.

The bones, skins and heads of fish are generally wasted, which is as bad as wasting our vegetable water. These so-called waste parts are rich in gelatine, itself a valuable source of protein, and they should be boiled and the liquor strained and used either for fish soup, or to make the sauce to serve with the meal. How often we leave the skins and bones at the fish shop, and carry home the cutlets or filets! It may save a little trouble, but we are throwing away half our nourishment.

The most popular ways of cooking fish are frying and boiling—neither of which can be regarded as especially good. Fried fish is often hard to digest, and boiled fish loses much of its food value into the water, which is too often thrown away! Baking and grilling and steaming fish are all good methods of cooking. Some people like to wrap the fish in greased or butter paper, for both baking and steaming. This saves the juices, which can be poured over the fish when served.

Baked Groper (Hapuka)

Put a good thick piece of groper (or terakihi, or mullet or moki—any oily fish)—into your baking dish. Cut up sufficient potatoes and half as many parsnips into halves or quarters. Dip these into milk, and arrange them round the fish. Season all with pepper and salt, and dot the fish with pieces of butter or good dripping. Pour about $\frac{1}{4}$ cup of milk over the fish, and bake in a steady oven for about an hour, or until cooked. If you cover the dish with a lid, or kitchen paper, remove this the last few minutes to brown the top.

Baked Cutlets

Arrange the cutlets in a shallow baking dish, and cover first with thin slices of onion, and then with pieces of bacon. Nearly cover with milk, and bake till tender. If no lid, baste once or twice. Serve the gravy either as it is, or slightly thickened. Flounder, too, is very nice baked in milk, either with or without the onion or the bacon. If without bacon put pieces of butter on the flounder, which is not an oily fish.

Baked and Stuffed

Gurnard, or schnapper, or trevalli, or any good medium sized fish are very good stuffed and baked. Sew the fish up, after stuffing with ordinary forcemeat made with breadcrumbs, grated onion, chopped bacon, and parsley, and bound with egg or milk. Put into baking dish with very little dripping, and put slices of bacon on top. The fish may be floured first. Cover with a lid or greased paper, until nearly cooked, and then remove this to brown the fish and crisp the bacon. Onions or parsnips or tomatoes (in season), may be baked with the fish. When the fish and vegetables are dished on to a hot dish make gravy in the pan, using vegetable water with a little flour or cornflour to thicken, and in this way the juices from the fish and vegetables are used, too.

Skate is a good nutritious fish, and cheap, and should be more popular. It is practically boneless—a great advantage with children. It is very nice if baked in a covered dish, with alternate layers of forcemeat and fish. Remove the cover when nearly done, and add a layer of breadcrumbs and several knobs of butter. Put back in oven for 10 or 15 minutes to brown nicely.

Grilling Fish

This is a delightful way to cook flounder, sole, or trout. Wipe the fish, spread with butter, and put under the heated grill. Turn after a few minutes, to seal the other side. Baste with the butter and juice which falls into the pan, and pour this over the fish when serving. Segments of lemon and sprigs of parsley are served with grilled fish.

More fish recipes soon.

FROM THE MAIL BAG

Keeping Kid Gloves

Dear Aunt Daisy,

I wonder if you or one of your Daisy Chain could help me. I have had a pair of good navy "nappa" gloves given to me, and as I always wear woollen gloves in the winter I wonder what I could do to them, or wrap them in, to keep them from getting spotted during the winter months. I had some spoiled in this way last year, and must not risk a similar happening.—"Constant Listener" (Island Bay).

Here is the "shop" method used for removing spots of mildew from gloves, and it will do equally well to prevent them from getting into that state. Get a box long enough to take the gloves flat. In the bottom sprinkle some powdered rock ammonia from the chemist, then put two or three layers of newspaper, and on them lay the gloves, flat, and lightly wrapped in a sheet of tissue paper. On top of the gloves put more layers of newspaper, then more powdered rock ammonia. Now put on the lid and seal box up airtight. For just

keeping the gloves in good condition I would not advise much rock ammonia; but for removing the spots put a little more. Be careful, always, not to let the ammonia come into contact with the gloves.

It is dampness which causes kid gloves to become spotted with mildew. See that they are not damp with warmth and perspiration from the hands when they are put away in a dry place. A cake of camphor in the drawer also helps to keep them dry.

Camphor blocks absorb moisture—hence many people hang a block or two inside the piano, and it also helps to discourage moths from getting into the felts.

Asthma Agony Curbed in 3 minutes

Choking, gasping, wheezing Asthma and Bronchitis poison your system, ruin your health and weaken your heart. Mendaco, the prescription of an American physician, starts relieving Asthma in 3 minutes, and builds new vitality so that you can sleep soundly all night, eat anything and enjoy life. Mendaco is so successful that it is guaranteed to give you free, easy breathing in 24 hours, and to satisfy completely or money back on return of empty package. Get Mendaco from your chemist. The guarantee protects you.

Ends Asthma . . . Now 3/5; 6/8; 13/2.

Nursing under fire

Lady Doverdale has taken up nursing during the war. However, Lady Doverdale's complexion looks just as lovely to-day as before the war. She says, "Life is so busy just now that I simply haven't time for beauty treatments, but I find I don't miss them one bit. Pond's two creams keep my skin beautifully soft and smooth."



On or off duty
Lady Doverdale's
skin looks perfectly
lovely . . . thanks to
Pond's Two Creams

Pond's two creams will work miracles for your complexion. First, Pond's Cold Cream sinks right into the pores and floats out all the dust and powder that has accumulated there. Your skin becomes clearer. Those little "worry" lines vanish.

Then, smooth on Pond's Vanishing Cream, and away go those tiny bits of dry skin that roughen and dull your complexion. Your skin looks delicate, clearer—and it feels definitely softer. Pond's Vanishing Cream

Lady Doverdale is the wife of the third Baron Doverdale. She is slim, petite, brown haired, with a lovely clear skin and big blue-grey eyes.

gives a lovely matt finish that takes powder with exquisite smoothness—and holds it for hours. Always use Pond's Cold and Vanishing Creams together as a complete beauty method.



Sold at all stores and chemists in tubes for your handbag and jars for your dressing table.