

FROM THE MAIL-BAG

I HAVE such an accumulation of letters from Links in our Daisy Chain that our space this week must be given over to them.

Madeira Cake Without Sugar

Dear Aunt Daisy,

Now that sugar is so precious, we must pick out cake recipes which use the very minimum of it. Here is one recipe which I have found very good. Six ounces of butter, 6 oz. flour, 2 eggs, 1 teaspoon baking powder, 5 oz. sweetened condensed milk, 3 tablespoons water, $\frac{1}{8}$ teaspoon salt, and the grated rind of 1 lemon, or a little essence of lemon. Put the butter in a warmed basin, cut it up small, and then cream it with the condensed milk. Add the eggs, either beaten or one by one, and mix well, also the dry ingredients and the lemon rind. Then add the water, and bake in moderate oven till a golden brown. Other cakes could be made with condensed milk, working out the amount needed by judging by the amount in this cake. I have made Kisses and Pearl Cakes, and have found them quite a success. I use 1 oz. less of condensed milk than butter. Thus for 8 oz. butter I use 7 oz. milk, but if there are dates or other sweetening in, I use less milk. The milk is not diluted.

Perhaps this idea may be of use to housewives who have to cut lunches for their menfolk who are fond of home-made cake—and who isn't?—"Just Another Link" (Glen Eden).

Don't Waste

Dear Aunt Daisy,

We all know the War Slogan—"Don't Waste." Yet so many of us waste time! With a little ingenuity, we can save so much of it. When making a steamed pudding, I make two, and put the other aside for a future day. They keep, so let them. When making a short crust tart or pie, make two—a custard tart to use straight away, and a date or fruit square to keep for 2 or 3 days. Or, if making a flaky pastry, make double and put half aside—it will keep for 4 or 5 days in a cool place, and is much improved thereby. There are such a number of combinations that, with a little hint, most women can work them out for themselves.—"Woodhill" (Whangarei).

Very sensible. When re-boiling your extra steamed pudding—or even the left over half of the first one, give it at least an hour's steady cooking.

Beginner's Troubles

Dear Aunt Daisy,

As I am new to the "housekeeping game" I find your pages most interesting and helpful. I wonder if you could help me with two problems. (1) Is there anything I can do with some marmalade which hasn't set? It seems such a waste of precious sugar to throw it out.

I made two lots of the Golden Shred recipe you gave in *The Listener*, the first only a small quantity which turned out

very well. The second—the full amount with marmalade and sweet oranges and 1 lemon. It gave no signs of jelling for nearly an hour, and remained a thin, watery fluid all that time, but when it did thicken and was duly "jarred" and cooled, it did not set, but has stayed a sticky syrup, although not gluey. It is a lovely colour with the shreds evenly distributed.

(2) Can you tell me how to remove mildew from a green linen frock? It got mildewed at the end of last summer, and after several unsuccessful attempts to remove it, I must have put it away and forgotten about it, because on bringing it out again now, I find to my horror that the mildew is still there—naturally! I think I tried two methods from your Book of Hints, and found the kerosene one best, although it only just made the mildew a bit fainter. Should I continue with it until it all goes, or would that injure the material?

—"Beginner" (Wairoa).

THE MARMALADE.—Probably you did not boil it nearly fast enough after

the sugar had been dissolved. Try boiling it again very fast for about 15 minutes, and then test it on a cold plate. If still not setting well, add a packet of orange jelly crystals dissolved in some of the juice. Stir well in, and remove from fire at once.

MILDEW.—For your green linen, try soaking the mildewed parts in a very thick mixture of powdered starch and cold water. Then, without wringing at all, just lay it on the grass all night. It will probably be fainter next morning. Wash it out, leaving the soap in, and then repeat the process. I think this will be successful. You could continue with the kerosene treatment—I don't think it will harm the material.

Stiffening Taffeta

Dear Aunt Daisy,

Could you or your Daisy Chain please advise me how I could stiffen up a net evening frock and taffeta slip after washing it?

"Constant Listener" (Onehunga).

Try using gum arabic in the rinsing water. Get 1 oz. from the chemist, and dissolve it in one pint of warm water. Strain through muslin and keep in a bottle. Add it to the rinsing water—for net, in the proportion of about $\frac{1}{4}$ pint of gum arabic water to a quart of the rinsing water; the taffeta having more "body" will need it less strong.

UGLY FAT

Excess flesh is dangerous to health. A leading American Life Assurance Company has said that of 10 women who are fat at 30, only six will live to 60, while, of 10 thin women at 30, nine will live to be 60.

Bright's Disease, high blood-pressure, diabetes, heart failure, apoplexy, have each been called "the fat person's disease". Because fat people are more prone to these diseases than thin persons, life assurance companies consider fat people poor insurance risks.

The Ladies' Institute of Health and Beauty offers a Home Slimming Course which will enable anyone with too much flesh to become as slim as they desire. This excellent Home Slimming Treatment deals with:

Danger of Superfluous Flesh—General Rules for Slimming—Simple Exercises for Slimming—How to Slim various parts of the body (shoulders, bust, hips, legs, ankles, abdomen, face)—Simple Reducing Baths at home—The Scientific Way to Reduce as used in Hollywood—How to use lemons to dissolve fat—Prevention and Treatment of double chin—List of Reducing Foods.

The price of this Home Reducing Treatment is only 10/-.

MANAGERESS (Dept 2),
P.O. Box 469, Auckland.

EAT SAN-BRAN AND

live!

Vigour's in the vogue. Banish constipation and all its attendant ills. Take San-Bran and live. San-Bran is not a medicine—it's a health-food with a laxative action; gentle, thorough and complete.

San-Bran is the bran of the choicest sun-ripened wheat . . . it is the bran bulk which resists assimilation . . . absorbs fluids. Take it every morning added to Weet-Bix, Granose, or other cereals. Or if your case is obstinate, take San-Bran straight for a few days. Be clean inside and well outside with San-Bran.

San-Bran is a Sanitarium Health Food made by the same famous organisation which gives you—Weet-Bix, Granose, Betta Peanut Butter, Puffed Wheat, Puffed Rice, Bixies.

Sanitarium

SAN-BRAN

