



## DON'T FORGET THESE MEATS

**D**ON'T forget the cheaper meats—such as Liver, Kidney, Brains, Sweetbreads and Tripe. Tastily seasoned and intelligently cooked these can form delicious meals, and nutritionally, they furnish as good protein as other meat. Liver is one of the very best sources of iron. Kidneys run a close second. Liver is also especially rich in Vitamins A, B1 and B2. It is wise to order these meats from the butcher in advance.

### Brain Pie

(Good Food-Value)

Soak four sets of sheep's brains in salted water for half an hour, then drain. Place in saucepan, bring to the boil, then drain and chop lightly. Butter a pie-dish, line thickly with breadcrumbs, then put layer of brains, sprinkle with chopped parsley and season to taste. Repeat layers till dish is full, finishing with crumbs. Beat two eggs with a breakfast cup of milk, and pinch of salt, pour over all, and dot with small pieces of butter. Bake in moderate oven about 20 minutes.

### Liver Rissoles

(Good Food-Value)

Chop up a sheep's or lamb's fry, with about two ounces of lean bacon or ham and a small onion, add about an ounce of shredded suet and a cup of breadcrumbs, pepper and salt to taste. Mix well, bind with a beaten egg, and form into little cakes. Roll in flour and fry in deep boiling fat until brown. Make gravy in pan after pouring off most of fat. Serve with green vegetable and jacket potatoes.

### Poor Man's Goose

(Good Food-Value)

Slice thickly a lamb's or sheep's fry. Make plenty of sage and onion stuffing with 8ozs. breadcrumbs, 2 chopped par-boiled onions, 2ozs. butter, about 1 dozen sage leaves chopped finely, or a teaspoon of dried and powdered sage, a pinch of ginger, pepper and salt to taste and mixed with a beaten egg (or even milk if egg not available). At the bottom of greased casserole or pie-dish put a double layer of sliced par-boiled potatoes, then a layer of liver-slices, then a layer of stuffing. Repeat layers till dish is full, finishing with potatoes. A little chopped bacon may be added if liked, and some people like to pour over a teacup of water or gravy before covering with lid or greased paper, and baking in moderate oven for about 1½ hours. Serve with apple sauce.

### Faggot Loaves

(Traditional Hampshire Recipe)

Beat up an egg and make into a batter with 2 tablespoons flour and a little milk, adding pepper and salt, and dried sage to taste. Mince about ½lb. raw liver, 2 medium onions and 2 rashers of bacon, soak 2 or 3 slices of bread in milk. Then mix all ingredients with the batter, and put into greased tins or cups, cover with greased paper and cook in hot oven for half to three-quarters of an

hour, or cook in meat-tin marked into squares, and covered with greased paper. Eat hot or cold. Good with apple-sauce.

### Captain's Kidneys

Skin kidneys, split open, flour well and season with pepper and salt. Peel large onions, scoop out centre and insert half a kidney. Cook in greased, covered casserole in oven, or over low heat, until onions are soft. Serve with gravy, jacket potatoes and a green vegetable.

Next week:—Oxtail, Tripe and Kidneys.

## FROM THE MAIL BAG

### The Over-Salted Chutney

Dear Aunt Daisy,

With reference to the Link in our Chain whose chutney was too salt, let me explain as briefly as possible what I did when my tomato sauce was far too salty to use. While the sauce was boiling, I peeled several large potatoes, and cooked them in it. They were far too salty to eat afterwards, so I kept up this procedure until I had boiled up four lots (about five potatoes each time to the three quarts of sauce, roughly). The last lot of potatoes were beautiful to eat while hot, and the sauce is now a howling success. I kept the lid on so that there would be little evaporation. The potatoes did the trick!

When I first began housekeeping away from Mum, I made some white cabbage pickle which was much too salt, so I made a second lot of pickle (just as you have recently suggested), without salt, and mixed the two, but still it was too salty, and so was disposed of. That was 17 years past.—From Ivy of Hamilton.

That is an excellent hint, Ivy, thank you very much. I had tried boiling a potato in very salt soup or stew, but never thought of repeating the process as you did until the salt was really absorbed.

### A Cream Idea

Dear Aunt Daisy,

Here is a good "cream tip." Make a big cup of custard with vanilla custard powder, cool it, and then whip in a small tin of cream. Really delicious, and makes a great deal. We had it with baked apples, and then had enough for breakfast with bananas and passion fruit.—M.G.R., Hamilton.

### Cleaning Paua Shells

Dear Aunt Daisy,

You were speaking the other day about cleaning Paua shells. Here is my experience. I had a few in the house, those small ones with the row of holes and very beautiful colours. I had rubbed these with vaseline some time before, and noticed that the brown outside coat was falling off the backs of them. Now, having a large one, I rubbed it back and front with plenty of vaseline, especially

the back, and left it in a very warm, sunny room. That was a fortnight ago, and I am enclosing some of the crust which I took off with my fingers. I used a blunt knife, and had the shell almost clean in five minutes. All the beautiful colours are showing up, clear and bright, and they look like lovely tiny leaves and flowers. I wish you could see the shell. I am sending this discovery also to a friend of mine, who has used the sandpaper, and even a grindstone in a strong effort to clean up a shell.—Sincerely your, Titirangi.

That does sound an easy way, and would not break or harm the shell, either. Try polishing with a little floor-wax, after rubbing with a paste made of olive oil and whiting.

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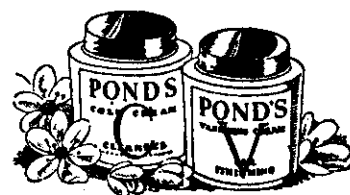
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