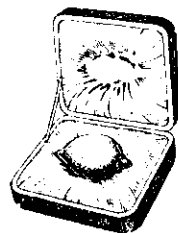


THE USEFUL LEMON

THERE are hundreds of uses for lemons, and most housewives regard them as an almost indispensable item in their kitchen cupboard. In the north, most homes have a lemon tree in the garden; and it is seldom that there is any scarcity in our shops. Lemon juice, though acid, produces an alkaline reaction in the body, which is probably one of the reasons for the following well-known early-morning drink.



Anti-Rheumatism Drink

Put a tablespoonful of raisins to soak overnight in the juice of a lemon. Cover the glass with a clean piece of paper. First thing next morning, fill up the glass with hot water and sip the mixture. When the liquid is finished, chew the raisins slowly. This is not only good for rheumatism, but is also splendid for the skin and health generally.

With Meat

Rub steak with a cut lemon, and brush over with olive oil about 10 minutes before cooking to make it extra flavoursome and tender.

Substitute for Vinegar

Lemon juice may be used instead of vinegar in almost any recipe which specifies the latter—except in pickling.

Lemon Cheese

Here is a recipe from Fifeshire, but it was given to me in London. The lady said she found it such a useful means of using up cracked eggs. Peel 2 lemons as thinly as possible, and squeeze out the juice. Put both the rind and the juice in a saucepan with 8 oz. of sugar and 5 oz. of butter, and dissolve very slowly. Now beat up 2 eggs, then stir the lemon mixture into them. Strain, return to the pan and stir over a low heat until the mixture comes to the boil and is thick and creamy. The cheese may be made most satisfactorily in a double saucepan. The steaming ensures the slow melting of the sugar and butter, which is so essential.

Lemons with Dried Fruit

Add a little lemon juice, or a piece of lemon rind, when stewing prunes or dried apricots, peaches, and so on. Re-

move the rind before serving. Lemon rind also improves stewed rhubarb very much.

For a Cold

This is an excellent old-time night-cap when you have a cold. Bake one or two slowly in a moderate oven, till well softened. Then cut open, drench with honey, and eat with a spoon while hot. Through the day, drink copiously of hot lemon drinks, using the juice of 2 lemons to each breakfast cup of hot water. For your dry and tickly throat, keep a saucer of honey and lemon juice, complete with teaspoon beside you, and eat as much as you like. How comfortable to have a remedy which is good for your stomach as well as for your cold! Nothing to upset either children or adults.

Lemon Chiffon Pudding

Soak 1½ tablespoons powdered gelatine in ½ cup cold water about 5 minutes. Separate 2 eggs, and to the beaten yolks add ⅔ cup of sugar, ¼ teaspoon salt, ½ cup lemon juice and 1 tablespoon grated rind. Mix well, and cook in double boiler, stirring until like custard (perhaps 5 minutes). Then stir in the gelatine and cool. Whip egg whites till stiff, and combine with ½ cup sugar;

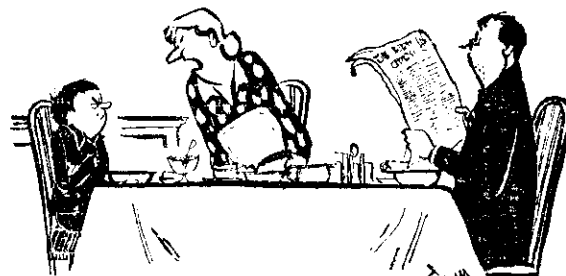
add this to first mixture. When cold and beginning to thicken, fold in 2 cups chopped mixed fruits (canned pineapple, peaches, pears, oranges, etc.). Serve with whipped cream.

Mint Julep

Strain juice of 5 lemons into basin, add 1½ teacups sugar, 2 teacups hot water, and a handful of bruised mint leaves. Stir well, strain and allow to cool. Just before serving, add 3 pints ginger ale, chilled if possible. Float a few small sprigs of mint on top.

Lemonade

Take 2 or 3 large lemons and scrub well. Peel very thinly into an earthenware jug or crock, being careful not to (continued on next page)



"If you don't eat your porridge, how do you expect to grow into a big strong man like Mr. Davidson next door?"

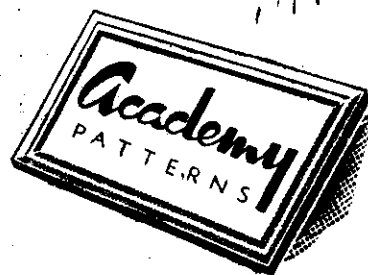
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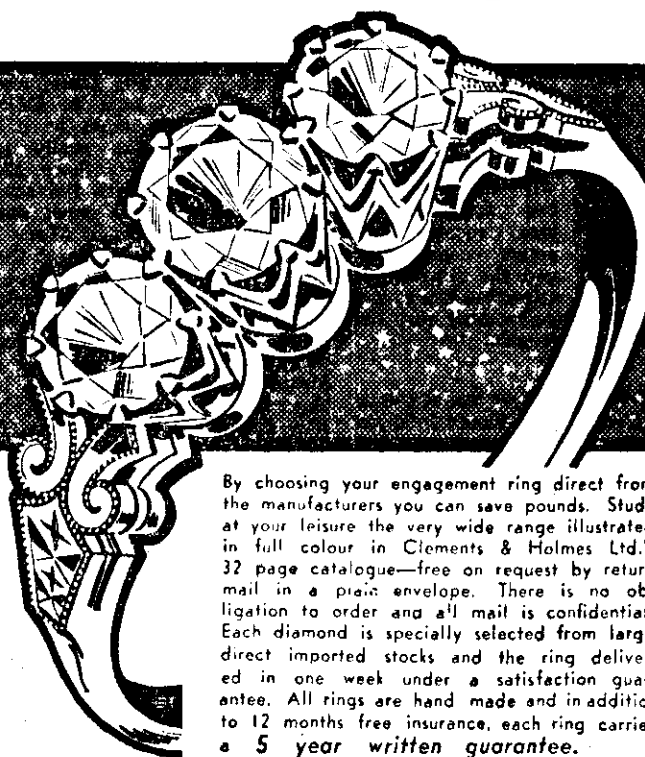
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