

sugar, ½ teacup rice and salt to taste. Stir till it boils and simmer 20 to 30 minutes. Serve the rice in the soup.

Ox Tail Soup

One ox-tail, a slice of ham, 1 carrot, 1 turnip, 2 small onions, 1½ quarts of water, 1oz. butter, 1 leek, 1 head of celery, 1 bunch herbs, 1 bay leaf, 4 cloves, 12 peppercorns, 1 dessertspoon salt, or to taste. Cut the tail into pieces and fry in pot with butter and sliced onion. Shake the pot occasionally to prevent sticking. Then add the sliced vegetables, the herbs, peppercorns and a cup of water. Cook for about 10 minutes, stirring occasionally. Then add rest of cold water and salt. Simmer gently 2 or 3 hours, or until the tail is tender. Take out the tail, strain the soup, thicken with flour and put back some of the pieces of the meat. Re-heat.

Kidney Soup

One pound of kidney, 2 carrots, 1 turnip, 1 or 2 onions, 1 tablespoon chopped parsley, 3 pints stock or water, ½oz. flour, 1oz. butter, pepper and salt. Wash and cut the kidney and vegetables into small pieces and fry in the fat for about 5 minutes. Add the liquid, simmer for about an hour, thicken with the flour and add chopped parsley.

Cream of Barley Soup

A knuckle of veal about 2lbs., 3oz. pearl barley, 4 pints cold water. Wash barley and soak overnight. Cut up the meat from knuckle and put it with bone into saucepan with water, 1 teaspoon

NEXT WEEK: More Uses for Honey

salt and the barley. Bring slowly to the boil, skim and simmer slowly 2 or 3 hours. Strain through sieve, rubbing through as much as possible of the meat and barley. Remove this to saucepan and add equal quantity of milk, or sufficient to make desired thickness.

Room for Living

SOME months ago *The Listener* took up the question of urban sprawl, and so apparently provoked further discussion among interested people. In Christchurch some of the women's organisations have been looking at this problem of where and how they might best be housed. On Wednesday, July 24, in the National Women's Programme, representatives of the various points will discuss *Space for Living*. The chairman is Eileen Saunders, and those taking part are Nancy Northcroft, Regional Planning Officer for Christchurch; Mrs M. E. Fury, an ex-President of the Christchurch Housewives' Union; R. R. Livingstone, a real estate agent; and C. A. Lake, a family man very much concerned with architecture.

This discussion is not only a follow-up of earlier ideas, but it also could provide some background ideas for the next major series of programmes from these sessions, which will cover the building of a house from the first tentative plans to the final furnishings.

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