

THE attractive radio actress above is Sheila Sewell, a Macquarie Award winner who plays a leading part in I Love a Mystery, a new series of selfcontained, dramatic programmes beginning from all ZB stations on Tuesday. June 2. Continuity for the series is maintained by a narrator, a sardonic individual with an engaging chuckle, who is as likely as not to make a facetious remark when the tension is at its highest. The programmes in the series are contributed by different writers, and include mystery stories from all over the world. I Love a Mystery will play on Tuesdays at 7.30 p.m.

(continued from previous page) you must use boiled vinegar with sugar or golden syrup, a little salt and spices: cut peppers in slices and place in jars and pour the boiled vinegar, sugar, and spices over. This pickle keeps indefinitely and is very delicious. Sweet peppers are also very nice put into mustard pickles or chutney. Don't be afraid to use them, as they really are not hot in spite of the name of peppers; you very seldom come across one that is I think we are the biggest growers of sweet peppers in N.Z.; we send to friends all over the Dominion. If people only knew the really valuable vitamins in sweet peppers they would be much more used. We never have a meal without them in some form or another. Here are a few methods of using them: (1) Cut peppers about 14 inch thick, just cover a pan with boiling water, put peppers in with a little salt and a lump of butter, place lid on and simmer. Only takes a few minutes. Use as a vegetable. (2) Cut top off peppers, take out centre. fill with minced meat and bake in a casserole. (3) Cut peppers into thin slices and use as a salad with tomatoes and onions. (4) Mince peppers and add to any force-meat for poultry, pork or mutton. Most delicious. (5) Make into sandwiches with bread and butter and

meat extract or cheese. "M.M.L.," Auckland.

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