

Domestic

By MAUREEN.

Vegetable Marrow Jam.

Cut six pounds of marrow and put in a large basin with the peel and juice of four lemons, four ounces of ginger slightly bruised, and six pounds of loaf sugar. Leave all together for 12 hours. Then boil till the syrup thickens and the fruit clears.

Ginger Biscuits.

Required: Half a pound of flour, 2oz of butter, 3oz of ground ginger, 2oz of castor sugar, an egg, milk, half a teaspoonful of baking powder. Method: Rub the butter in the flour, add the sugar and baking powder; mix with the egg enough milk to make the whole into a stiff paste. Roll out, cut into small round cakes, and bake on a greased tin in a moderate oven for about twenty minutes.

Simple Seed Cake.

Ingredients: 1lb of flour, 3oz sugar, 3oz butter, three eggs, one teaspoonful baking powder, 2oz runaway seeds. Rub the butter into the flour and add the runaway seeds and the sugar. Beat up the eggs thoroughly and add to the flour, stirring in the baking powder in the last. Line the cake tin with kitchen paper or grease well, and pour in the mixture, and bake at three quarters of an hour in a quick oven.

Mushroom Ketchup (by request).

Place the mushrooms in layers, with a pinch of salt between each layer, in an earthenware dish, and cover with a damp cloth. Let them stand in a warm place for thirty-six hours; then wash and drain. To each quart of mushrooms add 1 1/2 pints of vinegar and boil this for thirty minutes; add 1/2 oz of cloves and whole cloves, half an ounce of whole nutmeg, and nutmeg of mace. Then simmer for fifteen minutes. When cool, strain and bottle.

Swiss Roll.

Ingredients: Two teacupfuls castor sugar, two teacupfuls flour, two teaspoonfuls baking powder, four eggs. Mix the sugar, flour, and baking powder together, and break the eggs into the dry ingredients, beating all for five minutes. Have ready a flat tin such as is used for a batter pudding, and pour the mixture in evenly, baking for eight or ten minutes in a sharp oven. Turn on to a sheet of sugared paper, spread with jam quickly, and roll the cake carefully while still hot, otherwise it will crack.

Exercise as a Preventive of Chilblains.

These disagreeable accompaniments of cold weather are to be attributed to pooriness of the circulation. Obviously, the proper remedy is that which will cause the blood to circulate more briskly, and therefore the first remedy is exercise, preferably in the open air, but exercise of some kind it must be, that quickens the action of the heart and makes the pulses throb. The chilblain is caused by a portion of the blood becoming stagnated; after a time it partially congeals and sets up inflammation. This condition is the cause of the irritation, that must not be yielded to, for the swelling of the part causes the skin to be distended so that it is easily cracked, when an unhealthy and ulcerous condition supervenes; frequently this becomes obstinate and does not speedily yield to treatment. After exercise comes fresh air as a preventative, for fresh air purifies the blood as it passes through the lungs and thus quickens the circulation. The windows of living or sleeping rooms should never be entirely closed even in the coldest weather, for the breathing of foul air is the cause of many physical ills that we associate with winter weather.

Household Hints.

A teaspoonful of turpentine drawn into the nostrils will stop an internal flow when bleeding at the nose.

When making fireproofers, put in one layer of paper from an old thick glove, as it is a non-conductor of heat.

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