

Domestic

(By MAUREEN.)

Meat Roll.

One pound beef steak, $\frac{1}{2}$ lb bacon or ham, $\frac{1}{2}$ lb bread-crumbs, salt and pepper to taste, nutmeg if liked, two eggs. Put the meat through a mincer and mix well with breadcrumbs, salt, and pepper. Beat the eggs well, and mix with other ingredients. Make into the shape of a sausage; roll tightly in a well-floured cloth. Put in boiling water and boil three hours. Leave it to get cold in the water it was cooked in, as this preserves the flavor. Serve cold and covered with brown bread-crumbs. This is excellent as a supper and breakfast dish and for picnics; etc, also for sandwiches.

To Keep a Cake Fresh.

If cake is to be preserved for any length of time, put it into a tin box, but if one is not conveniently to hand an ordinary pasteboard box or any closed receptacle will do. Place with it a large slice of fresh bread; laying it on top or close beside the cake, and in twenty-four hours the bread will be found quite hard, while the cake will be perfectly fresh. If the cake is to be kept still longer, renew the bread each day.

Orange Sponge Cake.

Three eggs, one and a-third tablespoonsful sugar, one-half cupful salt, one tablespoonful lemon juice, one-half cupful cold water, one teaspoonful orange flavoring, one and a-half cupfuls flour. Beat the egg yolks until light and lemon-colored. They should become quite stiff. Add the sugar gradually, then the lemon juice and salt. Beat the whites slightly and add one-half of them to the yolk mixture. Beat again, then add the water and fold in the flour measured after once sifting. Then fold in the remainder of the egg whites, stiffly beaten. Turn into a loaf pan and bake in a moderate

oven for about thirty minutes. Turn upside down in the pan to cool. Remove from the pan and cover with a thin layer of icing. Arrange sections of orange in rows across the cake, so that when cut each piece will have a piece of orange upon it.

Making Food Attractive.

Some people imagine that there is no particular advantage in making a diet attractive beyond the mere gratification of appetite, but physiologists think differently, for scientific research has shown that appetising diets actually stimulate the action of digestion. Variety in food is a great diet aid in cooking appetising meals, and also serves to ensure a supply of all the chemical ingredients needed.

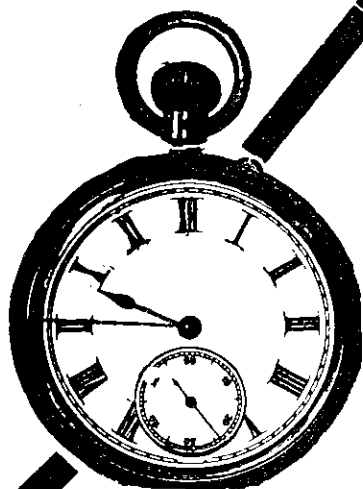
The Value of a Hot Foot-Bath.

There is nothing like a hot foot-bath to tranquillise the nervous system after a siege of prolonged study, literary labor, or other intellectual activity at night. The bath should be taken for about ten or twelve minutes, before going to bed, and the water should be as hot as can be borne. Let the water come well over the ankles. It will cause the blood vessels in the feet to fill and afford almost instant comfort and soothing effect, as it withdraws blood pressure from the over-stimulated brain. This induces relaxation and eases the mental tension, quieting the nervous system, so that sleep is promoted. Keep the water up to the highest temperature which it can be borne for at least ten minutes, by adding hot water as the temperature of the foot-bath becomes lower.

Household Hint

Either carron oil or boric ointment is an excellent remedy for a burn. Carron oil is made by mixing enough lime water with linseed oil to make it look a creamy yellow, and a bottle of it ready prepared should be kept on hand.

Maureen



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