

Domestic

(By MAUREEN.)

HOUSEHOLD ECONOMIES.

Haricot beans, which always require soaking for at least 12 hours in cold water before cooking, are very nutritious, and can be served in many ways, either with fried onions or tomatoes, or baked with some sliced onions and just a slice or two of pickled pork, or as salad dressed with oil and vinegar. Lentils, again, are a good substitute for meat, so far as their nourishing qualities are concerned. They may be made into soups, stewed or curried, or make a very nice dish if boiled, mashed, and placed in a layer at the bottom of a pie dish. A few mutton cutlets or any underdone cold meat is placed on the lentils, moistened with gravy and covered with the remainder of the lentils, with a few small pieces of butter on the top, and baked in a hot oven for about an hour and a-half. Pepper and salt must, of course, not be forgotten. For frying fish or cutlets an excellent substitute for egg and bread-crumbs is a thick batter made of flour, salt, and water, into which the pieces of fish or meat are dipped, and fried, or they may be rolled in bread-crumbs before frying if preferred, the batter causing the crumbs to adhere quite as well as the egg does.

Many excellent and inexpensive soups may be made from material often wasted. Bones, skin, and remnants of fish should never be thrown away, but make excellent stock for fish soup. The outer leaves of celery, a pound or so of carrots, or a few turnips or onions may be boiled in a sufficient quantity of water till quite tender, then passed through a sieve, and returned to the water in which they were boiled. Mixed with about half an ounce of cornflour or arrowroot to each pint of liquid, and flavored with salt and pepper, they will, with the addition of a little cream or new

milk, make a very appetising and nourishing soup which may be served for luncheon, dinner, or to those returning home at night from evening engagements. The juice from a tin of tomatoes, of which the more solid portions have been used in other ways, with this addition of milk and cornflour thickening, makes an excellent 'tomato bisque.'

Potatoes (about 1lb to each pint of water or white stock flavored with onion and any other white vegetables to hand) should, when tender, be passed through a sieve and returned to the saucepan with the addition of sufficient milk or cream to whiten it. Some croutons of fried bread and some freshly-chopped parsley should be placed in the bottom of the tureen when serving the soup, and make a very nice-looking as well as palatable soup.

For all these, meat stock may, of course, be used if handy, but where economy is our first consideration, is really not needed. The stock pot must, however, be constantly kept and receive every particle of suitable material from which any nutriment may be extracted, and which is too small to use up in any other way.

Another saving may be effected by thickening the juice of any kind of tinned fruit used, or stewed prunes or rhubarb, with gelatine or cornflour, or boiled rice, and placing them in a mould to set.

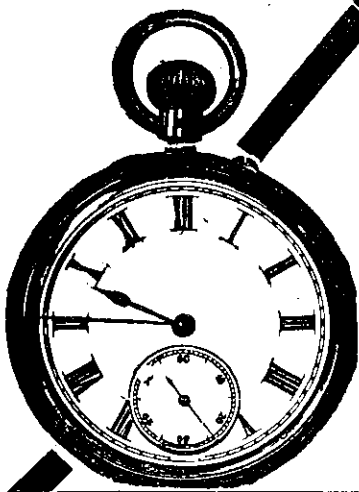
Sardine Sandwiches.

Remove skin and bones from sardines and mash to a paste. Add to equal quantity of yolks of hard-boiled eggs rubbed through a sieve. Season with salt, cayenne and a few drops of lemon juice: moisten with olive oil or melted butter. Spread the mixture between thin slices of buttered bread.

Household Hint.

When hanging curtains on a brass or wooden rod, first cover the end of the rod with a finger of an old kid glove. This prevents tearing the curtain and

Maureen



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