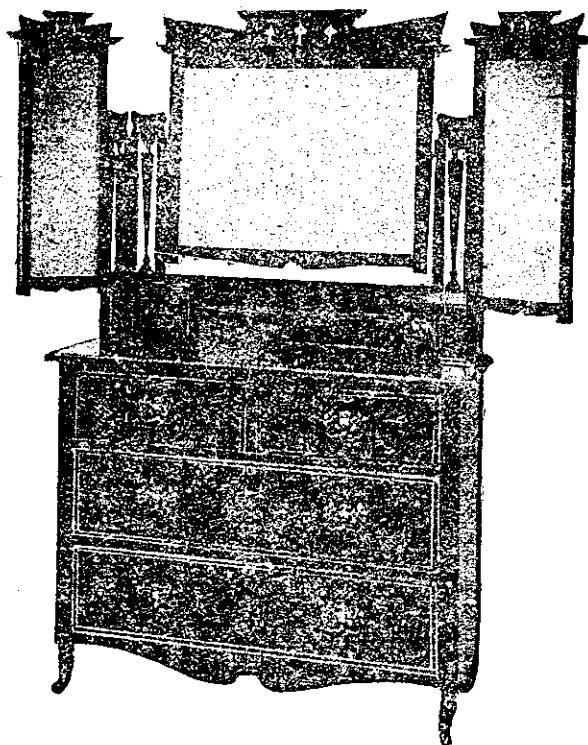


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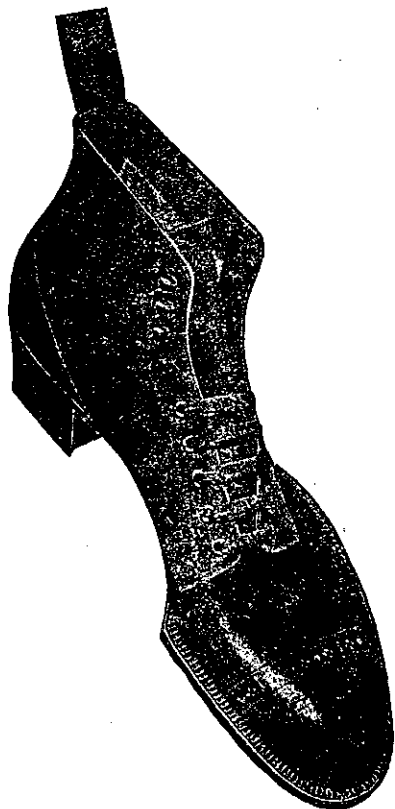
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Domestic

BY MAUREEN.

Veal Cakes.

This is an inexpensive little entree. Required: Half a pound of raw veal, half a pound of raw fat bacon, one teaspoonful of chopped parsley, one teaspoonful of powdered sweet herbs, one egg, salt and pepper, two ounces of dripping. Chop the veal and ham finely, add to them the parsley, herbs, salt and pepper. Mix these well together, then beat up the egg, add it, and shape the mixture into small, flat cakes. Melt the dripping in a frying-pan, and when a bluish smoke rises from it put in the cakes, and fry them slowly until they are brown on both sides. Turn them over frequently while they are cooking. They will take from eight to ten minutes to cook. Arrange a neat bed of mashed potatoes on a hot dish, place the cakes on it, and pour a little good gravy or some tomato sauce round. Garnish the dish with little rolls of toasted bacon.

Economies for Small Families.

The needs of the usually inexperienced housewife who must provide tempting meals for her family of two are too often forgotten by the writers of cookery books. Substantial meals must be provided, but they must be dainty at the same time, and the mistake of providing too liberally of one particular food must be guarded against; for He (capital H, please) will get tired of having the same meat or vegetable served to him in the same form until it is used up, just because too large a supply was purchased in the first place. A little study and care will soon enable the housewife to use up everything in her larder to advantage, and so vary the general flavor and appearance of her dishes that they will not appear to be even distantly related to those which appeared at a previous meal.

The meat question is perhaps the most difficult one, and at first it almost seems as if the little family will have to depend almost entirely on steaks and chops for their meat supply, but there are so many little ways of varying the flavor and appearance of even the larger cuts that the difficulty is not nearly as serious as it appears.

If roast beef is wanted, do not make the mistake of getting too small a piece, for this is not economy. Two ribs cut close may be used to good advantage, and the meat should not be over-cooked, as only the outer portion will be likely to be used the first day, and where meat is to be reheated as much juice as possible should be left in it.

After cold roast beef has been served once, the remainder may be warmed in many ways—devilled, as curry, in tomato sauce or in a meat and potato pie. In all second serving of the meats remember that having been once cooked they need only reheating, not re-cooking. If re-cooked they are apt to be dry and tasteless.

It is a good thing to remember that there are many foods lending themselves particularly well to a second cooking, and that on this account a goodly portion of them should be cooked. As an example, French beans may be served plain-boiled the first day, but they are excellent served in the white sauce for a second meal, and even better as a salad, with French dressing, and just a suspicion of onion juice blended with them. Or take boiled rice—serve it plain as a vegetable, then, with what is left, make rice croquettes or rice fritters, or rice and cheese—prepared the same as spaghetti and cheese—or rice muffins for breakfast, remembering that the same amount of heat is needed to cook one cupful of rice or one pint of beans as two, and that it is therefore economy to cook enough for two meals at one time, as it takes but a few minutes to reheat the portion left over for the second serving.

Maureen

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