

Domestic

By Maureen

CURRENT FINGERS.

Roll out about $\frac{1}{2}$ pound of short paste into a square and cut it in two, cover thickly over with currants; small portions of butter are then put here and there, also a dash or two of nutmeg; sprinkle all over with sugar. Cover with another sheet of paste, press all round, prick all over with a fork, and bake. When finished, take out, cover with sugar, and cut into fingers.

SAGO, APPLE, AND CURRANT PUDDING.

Four heaping tablespoonsful of fine sago, one cupful of currants, six cooking apples, one heaping tablespoonful of butter, two heaping tablespoonsful of sugar, and half a lemon. Put the sago into a saucepan with three cupsful of cold water, and boil until the sago becomes transparent, stirring all the time; next add the thin rind of half a lemon, the currants, and the sugar. Butter a pudding dish, put in the apples previously peeled, cored, and sliced, and pour over these the sago preparation. Put the remainder of the butter in small bits on the top, and bake until the apples are tender. Serve with a good custard.

DUTCH CAKE.

Two cupsful of flour 1 cupful of currants, 1 heaping tablespoonsful of mixed peel, 2 heaping tablespoonsful of raisins or sultanas, $\frac{1}{2}$ cupful of sugar, 5 heaping tablespoonsful of butter, 3 eggs, $\frac{1}{2}$ gill of milk, 1 dessertspoonful of ground cinnamon, 1 teaspoonful of baking powder. Work the sugar and yolks of eggs in a basin to a cream. Melt the butter, sift the flour and baking powder, clean the fruit, shred the peel, mix all the dry ingredients with the sugar and egg yolks. Whisk the whites of eggs to a stiff froth, add them gradually. Pour the mixture into a buttered cake tin, and bake in a moderate oven for about 1 and $\frac{1}{2}$ hours.

PLEM PUDDING WITHOUT EGGS OR MILK.

Two cupsful of flour, 6 heaping tablespoonsful of raisins, stoned and chopped, 6 heaping tablespoonsful currants, $\frac{1}{2}$ cupful of chopped suet, $\frac{1}{2}$ cupful of sugar, 1 cupful cooked mashed carrots, 1 tablespoonful of golden syrup, 1 cupful cooked mashed potatoes, 2 heaping tablespoonsful of chopped candied peel, pinch of salt, and some sweet melted butter sauce. Put the suet, flour, raisins, currants, sugar, salt, and candied peel in a basin, and mix them together. Add the potatoes, carrots, and golden syrup, and beat all together with the hand. Put the mixture into a greased pudding basin, and tie a pudding cloth over the top. Put the pudding into boiling water, and boil for 5 hours. Turn out, and serve with sweet melted butter.

BOILED APPLE AND CURRANT PUDDING.

Six large cooking apples, half a cupful of brown sugar, six heaping tablespoonsful of currants, the rind of a lemon chopped finely, a little nutmeg. Pare, core, and cut the apples into slices; put them in a saucepan with the lemon-rind and sugar, cook until soft, and add the nutmeg. Have ready a rather rich suet crust, roll it out thinly, spread the apples over the paste, sprinkle over the currants, roll the pudding up, closing the ends properly, tie in a floured cloth, and boil for two hours.

REMEDIES FOR SLEEPLESSNESS.

To indulge in a hearty meal just before retiring is, of course, injurious to the great majority of persons because it is very likely to disturb rest and cause sleeplessness, which is indeed most enervating and distressing. However, a little food at bed-time of the simpler kind, if one is hungry, is decidedly beneficial; it prevents the gnawing of an empty stomach, with its attendant restlessness and unpleasant dreams, to say nothing of probable headache or of nervous and other derangements the next morning. One should no more go to bed hungry than to go to bed after a very hearty meal, the result of either being disturbing and harmful. A biscuit or two, a bit of bread and butter, a little fruit, a glass of milk, something to relieve the sense of vacuity, and so restore the tone of the system, is all that is necessary.

We have known persons, habitual sufferers from restlessness at night, to experience material benefit, although they were not hungry, from a very light meal at bedtime. In place of tossing about for several hours as formerly, they would soon grow drowsy, fall asleep, and not wake until morning. Sleeplessness from a disturbed mental or nervous condition is a great source of trouble. A long walk just before retiring is an excellent remedy. See to it that your muscles and nerves are relaxed, and take long and deep inhalations. Divert the mind into new channels by taking note of the objects that come to the view.

MRS. ROLLESTON, Ltd.

Hair Physician and Toilet Specialist,
256 LAMBTON QUAY—WELLINGTON.

A word about "Mistral," the incomparable hair dye. We have proved beyond a doubt that it is the one and only dye which positively restores the lost color to grey or fading hair. It differs from the old style, which merely put color on the hair. "Mistral" is absorbed by every hair on the head, thus making the color so beautifully natural and permanent. Price, 18/6; posted (plain wrapper), 19/6.

Permanent waving by "Nestle" Waving Machine. Electrolysis, the only treatment for removing disfiguring hairs, skilfully performed—10/- per sitting of half an hour.

The SALE that has made Dunedin Famous

A. & T. Inglis' Colossal!

Prices Sensational—Below Manufacturers' Costs

Write for Catalogue

:

:

Write for Catalogue

Householder's should take advantage of this Exceptional Offering

Thornicroft For Motor and Cycle Repairs

ACCESSORIES, TYRES, LUBRICANTS, Etc.

Estimates Free. Phone 1892; Garage, Station St

Dunedin