

# From the Woman's Point of View.

By VERITY.

## SESSIONS FOR LADIES

### COOKING BY GAS

The art of cooking by gas and the management of the gas cooker was explained on the air last week by Miss Marian Christian, of the Wellington Gas Company. "The new style of gas cooker," said Miss Christian, "with its high efficiency burner and its well-packed oven, enables all classes of cooking to be carried out to perfection both cheaply and quickly, provided the gas is used with care. The greatest heat in a gas oven is at the top, the middle being the coolest. The solid shelf is the browner or deflector, and this is nearly always kept at the top of the oven. The only time it is advisable to move it is when meat and pastry or meat and a cake are being cooked together. The oven should be heated, with the gas turned on full for 10-15 minutes before commencing to cook; the heat should then be regulated to suit the food. For scones and pastry lower light slightly, for sponges and small cakes turn down to half. For large cakes turn gas to a bead. Joints should be put in a hot oven for the first 15 minutes, then lower to a fairly large bead. Scone trays and baking tins should always be smaller than the grid itself, to enable the heat to get up round the trays and brown the top. A thorough knowledge of the right temperature is necessary for success, and

rice, 1 egg, ½ gill milk, rind and piece of lemon, few cherries.

Method.—Grease and decorate mould with cherries. Put crumbs and ground rice into a basin, add suet, baking powder, lemon, and marmalade. Mix with beaten egg and milk, put into mould and steam for 2 hours. Serve with marmalade sauce.

### COOKING BY ELECTRICITY

Mrs. Florence Sinclair briefly outlined the advantages of the electric cooker. This was by way of introduction and will be followed by suggested menus with recipes and instructions and advice on cooking, which should be of great help to us. Mrs. Sinclair will answer with pleasure any queries from listeners-in, in connection with little difficulties and disappointments in dealing with electric ranges, and also any special requests for recipes, etc. Send in your queries to "Verity," P.O. Box 1033, Wellington, and they will be dealt with as soon as possible.

"The chief advantages of the electric cooker," said Mrs. Sinclair, "are economy, convenience, and cleanliness. Economy is effected by the heat is under absolute control, there is no waste, and the oven is so well insulated that the heat is retained for a long time after the current is switched off, and cooking continues by stored heat—after the old hay-box principle. It is a proved fact that in cooking meat by electricity there is less weight lost than by any other method, and the flavour is greatly improved.

The convenience of cooking by electricity must appeal to all, as the heat is available at any hour of day or night, and the time for the oven to reach the required temperature can be gauged, so that work can be arranged beforehand. The heat being always uniform, the most perfect results are obtained. Another great factor is that the heat is confined to the stove, so that both the cook and the kitchen are kept cool, and the work is done in comfort with a minimum of fatigue and a maximum of pleasure and satisfactory results.

Cleanliness is a most important thing in the preparation of food, and nothing lends itself so well to the achievement of perfect cleanliness as the electrical range. All surfaces, other than the actual elements, are enamelled, therefore rustless. Particularly in the oven is cleanliness necessary. Every internal fitting, including the side racks in which the food trays slide are removable, leaving a smooth enamelled surface without corners or projections, which is easily kept clean.

Can I use an electric range? is a question that many will ask themselves. Does it require special knowledge or expert training? The answer is "no." If you can cook by coal, oil or gas, then you can cook by electricity with much less trouble, greater comfort and convenience.

The most important point to remember is, to do as much cooking as possible with the stored heat in the oven—that is, the heat that is retained after the current has been cut off—in fact 60 per cent. of your baking should be done by this means.

#### Points to Remember.

Food requiring the greatest heat should be prepared and cooked first. Pre-heat the oven to between 450 and 500 degrees—which is very hot—put in pastry, scones, etc., turn oven switches to medium and leave for five minutes, then switch off both elements and finish on stored heat.

While these are cooking prepare something that requires a medium oven, such as sponge sandwich, shortbread or bismuits. These should be put in immediately the first tray is removed without using any more current. By the time these are finished your oven is the right temperature for a roast of meat, milk pudding, egg custard, or stewed fruit, etc. This is the meaning of cooking by stored heat. Should you then require the oven hot again for more cakes, turn the switches to high for a few minutes and the required temperature will soon be reached. The oven thermometer indicates the heat without having to open the oven door, and there are three heats—high, medium and low—controlled by the element switches. The heat is distributed by an upper and lower element and is therefore perfectly even. Each stove is fitted with two or more top plates for boiling. Place a saucepan on one of these with the element turned to high; immediately it boils, switch off and the vegetables will cook, by stored heat. If any thing boils over there is a drip

country woman knows none of these. She is spared the jostling of the crowd, but she loses the chance of hearing of this and that. Institute meetings provide just the opportunity and stimulus she requires.

Women's institutes develop a sense of citizenship by basing citizenship on home life. Their great aim is to improve the conditions of country life and to provide opportunities for mutual help and entertainment.

Their activities are many and varied. Members learn to make gloves, baskets, mats, toys, etc. Lectures are given on subjects of interest; demonstrations, competitions, games, discussions, musical items, all go to form their programmes. In some cases in England village industries have been well established, but in the first instance members work, not to make money, but with the object of beautifying and improving their homes.

The proof that the movement meets a real need lies in its growth—for instance, the first institute in England was started in September, 1915, and there are now no less than 3850 in existence. Country women know what they want and what they do not want, and these numbers speak for themselves. We feel sure that the movement will grow in New Zealand, and will be a real help to our women. Any member of the radio family may get further information of women's institutes by writing to Mrs. Dorman at her home in Henderson.



Mrs. Florence Sinclair.

—Photo., S. P. Andrew.

tray which can easily be removed and washed.

To prepare breakfast if toast is required, switch the upper oven element to high. When red hot, place the bread under. During this process, the porridge is boiling on one of the top plates and bacon and eggs frying on the other. After the toast is removed from the oven there is sufficient stored heat to warm the plates.

"What would happen if the power went off in the middle of cooking dinner?" is a question often asked. The reply is "forget all about it and go on as usual, but do not open the door to see how the meal is progressing." The oven will have ample stored heat to continue the cooking until the current comes through again.

A few moments expended each day for fifteen minutes once a week will suffice to keep your electric range in spotless condition. It can be washed with ordinary soap and water; if very greasy a little sand soap can be used.

## WOMEN'S INSTITUTES

A very interesting and instructive talk on women's institutes was given recently by Mrs. E. D. Dorman from IYA. The movement is a comparatively new one in New Zealand, the first institute being formed in Hawke's Bay in 1921, but the idea originated in Ontario, Canada, as far back as 1897, for the purpose of educating and brightening the lives of lonely country women.

What is a women's institute? It is an association or gathering of country women of all classes, who meet together at least once a month to discuss



Mrs. E. D. Dorman.

matters of interest to them all. It is non-party political, undenominational, and democratic—not merely a social club, but part of a great whole, which extends almost all over the British Empire.

The aim of the institute is one of mutual service and public duty for all women, whether rich or poor—all come together with the one idea of helping each other. All have the same rights and responsibilities.

"If you know a good thing, pass it on," is their slogan.

Through the institutes every country woman can emerge from provincialism into the broader outlook of national welfare, and her ambitions and needs have at last found both power and opportunity of utterance. City dwellers have a thousand opportunities of picking up scraps of information, but the

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## FASHION'S FANCIES

Madame Fleck gave an interesting little introductory chat last week on the trend of fashions, and outlined the new styles, materials to be worn, etc., describing some of the latest models.

Madame Fleck indicated that she will, among other things, speak on how to dress correctly and becomingly on a limited purse. She pointed out that very elegant clothes were



Madame Fleck.

—Photo., S. P. Andrew.

suitable only for very elegant occasions, and that it is just as easy to dress well as otherwise. This should be especially helpful to those of us whose opportunities for keeping up with ever-changing fashions are limited.

## GUIDE TO SPRING SHOPPING

"It is a duty as well as a pleasure for a woman to get new clothes for spring," said Miss Britten, in a talk on Spring fashions from 2YA last week. "Of course, I do not recommend reckless expenditure—indeed, such wanton conduct is sure to bring just retribution. Every woman must cut her coat according to her cloth.

"But don't be downhearted if you can't splash. Have you ever noticed how often the woman with the small dress allowance outshines her friends who are better off? It is greatly a matter of careful buying. My advice is, don't be in a hurry. Make it your business to know what is fashionable. Don't choose anything too startlingly 'different' if you cannot afford a good variety of clothes. Don't slavishly follow any style which does not become you. Thank goodness, there is a sufficient choice of colours and variation of silhouette to enable every woman to look well.

#### Distinctive Hats.

"Milliners have evidently decided not to be outdone by dress designers this season, for if our frocks are now individualistic in style, our hats are every bit as distinctive. It is useless to lay down the law on the subject of the large and the small hat. Certainly this season the very large and the very small are both ultra fashionable, but in between these two extremes there are many other styles from which to choose. Since individuality in dress is now so important, individuality in millinery is equally necessary, and the woman who finds that neither a large nor a small hat suits her had much better choose a style that does and stick to it.

"The wide picture hat is certainly very popular this season, and in the newest models the brims droop down softly over the face. Brims are rather important. Sometimes, for instance, a hat will have a very wide brim in the front, but will be cut right away

at the back; other brims are folded at one side to give a fan effect; and some hats either have their brims much wider at the sides than in the front, or else they have no brim, to speak of at the back and front, but quite a wide one at the sides. The very small hats, of course, are almost brimless, but they are usually softened by feather mounts, which are placed over either ear and lie against the cheek in most attractive fashion.

"Crowns are usually folded or pleated in some way, to lend them individuality. The high crown of last season is no longer very popular; the new crowns are decidedly lower, and some of the latest picture hats have quite tiny crowns, which are in most effective contrast to the width of the brim.

"Even during the summer, hats are made of felt, although a special lightweight summer felt is used for warm weather wear. The finest crinoline straw is used to make picture hats, and others are carried out in Tuscan straw or in the new Visca straw, which is equally fine and pliable. Bangkok straw is always fashionable, and Bangkok hats are just as popular this season as ever they were.

"Amongst the prettiest hats I have seen lately was a model of rose pink lace which had a brim of rose pink tulle and the lace of the crown down over the brim, and was cut out above the tulle in points. Another hat of green lace was trimmed simply with a narrow band of velvet in exactly the same shade of green sewn round the crown. Black hats continue to be popular, and sometimes, for these, two materials are used. I saw one hat which had a folded crown of black satin and a plain brim of black straw, but this brim was softened by a covering of fine lace. Another hat, an English model, was made of black tulle and lace, with two large La Tosca roses at side back.

"There are smart tailored hats of felt and straw mixtures for wear with tailored suits. Viscas and lizard felts trimmed with gros grain are good for general wear.

"The new picture hats are more elaborately trimmed. I have seen several models which have had very large, vividly coloured orchid flowers placed right on the top of the crown in front, but this is an eccentric fashion and I hardly think it will be a popular one.

"Many of the spring models are showing in Bolero effect, and while I think of it I must pass on to you a new idea for turning an afternoon frock into an evening frock and vice versa. The secret is a detachable bolero with long sleeves. The example I saw has a square neck and fastens at left with four buttons. This can be worn when an afternoon frock is required and dispensed with for evening wear. The sleeveless frock underneath has a long straight bodice and skirt with inverted front pleats. The hip line is low and a narrow belt above it ties in a bow in front. Of course, such a garment must be planned with discretion. Moire silk with a satin back is good, as the bolero and skirt can be made up with one face, while the bodice shows the reverse. The use of a reversible fabric saves ever so much 'matchine'—for black frocks especially—and is always successful.

"Outstanding features for this season are the pleated and tiered skirt. Tiers are especially prominent in frocks of chiffon and georgette, giving a picturesque effect, without exaggeration. The hip length coat in single and double-breasted effect is going to be worn a good deal with cheviot tweed or self skirt to tone. Spring coats have smart straight or belted lines. All ladies with slight flares will be glad to know that the tumber suit is still fashionable, and the new styles are prettier than ever.

"Two piece summer suits in crepe de chine are very pretty and will no doubt be much worn as the weather gets warmer. Sleeveless cardigans and coats, in plain shades, or with the new horizontal stripes, are useful for sports.

#### Laces and Trimmings.

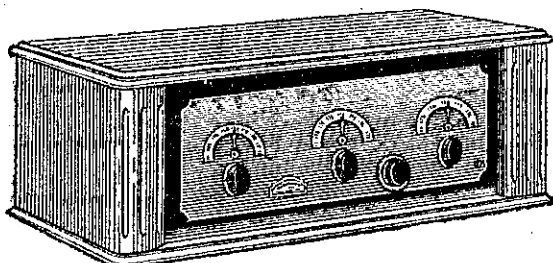
"Lizard skin designs are smart in fabrics, and, of course, reptile and calf skin effects are going to be popular for all accessories such as shoes, bags, belts, trimmings, hat bands and vestees. If you are lucky enough to have lengths of lace put away—especially black, white or beige lace—now is the time to look it out and use it. The all-lace dress will be much worn, also a half and half scheme with chiffon or georgette is a very marked note in the spring mode. Coat dresses of lace will be worn over slips in contrasting shades—say blue over pink banded with silver or gold. Lace and georgette ensembles featuring the long cloak are delightful for smart receptions, race wear and so on. The long-sleeved dinner gown is made attractive by sheer lace or half lace and half chiffon sleeves.

"Tucks are in great vogue, whether in small pin tucks, neck to hem panel formation, sunburst groups, or diagonal lines.

"Fringe is a strong feature and is used by leading designers in spiral effect. Buckles are distinctly chic. A metal buckle may be the sole trimming of a felt or straw hat. A pearl buckle may fasten one's belt. Rhinestone buckles are used as shoulder ornaments on evening gowns and buckles appear also on accessories.

"Bows are also smart and are seen everywhere.

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