

# THE WOMAN'S POINT OF VIEW

By "VERITY"

## Cookery Nook

### Green Tomato Pickle.

3lb. tomatoes.  
3lb. onions.  
1 cup sugar.  
One-third tin treacle.  
2 tablespoons mustard.  
2 tablespoons flour.  
1 teaspoon ground ginger.  
½ gallon vinegar.  
6 pieces whole ginger.  
A little mace.  
½ teaspoon whole pepper.  
2 tablespoons allspice, and  
2 tablespoons cloves (tied in a bag).

Put up onions and tomatoes and let stand overnight in salt water. In the morning put tomatoes in preserving pan and all ingredients except mustard. Boil for half hour, then add the mustard and boil another ten minutes. Allow to cool, bottle and seal.

### "Anchor" Mock Cream.

Put in a saucepan—  
1½ pints water.  
½lb. sugar.

Let this boil for about four or five minutes so the sugar will be near the soft ball stage, when it will be easy to heat up and will retain its lightness.

Stir into the boiling water 5 ounces cornflour, mixed with water, and as soon as this begins to thicken stir in 6 ounces "Anchor" skim milk powder which has previously been mixed into a paste.

Stir thoroughly till all are incorporated, and the mixture has the appearance of blanc mange. Put aside to cool. When cool, remove the skin and work with hand so that any lumps are broken down. Next take—

1lb. "Anchor" butter.  
½lb. castor sugar.

Cream together thoroughly, gradually adding the blanc mange. If thoroughly cool the mixture will rise like whipped cream. Finally add—

1 teaspoon vanilla essence.

### Sauces.

For all sauces, both sweet and savoury, first mix one heaped tablespoon "Anchor" skim milk powder to each half-pint of water; then follow the usual method.

### Green Peas in Jelly.

Green peas (cooked), 1 cup.  
One hard-boiled egg.  
Granulated gelatine, 2 level table-  
spoons.  
Liquid (from peas), ½-pint.  
Pepper and salt.

Soak gelatine in little cold liquid, add remainder of liquid hot. Stir well and season. Pour a little of the dissolved gelatine into a mould, decorate with slices of hard-boiled egg. Fill centre with peas, and pour over remaining liquid. When set, serve with cold meat. French or butter beans may be used instead of peas.

### Cauliflower Salad.

Cooked cauliflower.  
Cooked peas or French beans.  
Onion and dressing.

Peel and chop onion very finely, and mix in dressing. Place sprigs of cauliflower on serving dish with beans and peas around. Pour dressing over cauliflower, and decorate with two or three small tomatoes cut in quarters.

## Dainty Nursery Dishes

NURSERY folk are captious people when it comes to mealtime, and it is often a problem to serve up food that is attractive and at the same time wholesome.

The two following dishes are well-tried recipes, and never fail to make an interesting nursery luncheon menu. Minced veal alone is not intriguing even to grown-ups, but when served as a miniature mountain with an outer crust of colourful vegetables, it is both attractive and nutritious.

Take ½lb. of fresh minced veal and 3oz. of cooked ham (also minced), to which is added ½lb. of bread-crumbs, with pepper and salt to taste. Beat up two eggs and mix into it above ingredients until well bound. A little nutmeg and lemon juice will tickle the toddlers' palate.

Boil some carrots and turnips, separately, in salted water. When cooked, cut into strips about ¼in. thick; butter an oval mould (the vegetable strips will behave better in this shape), and place turnips and carrots alternately until bottom and sides are covered.

Now fill mould with the minced veal. Put small dish over the top and steam for half an hour. Then, if you turn this out carefully, you should have an attractive dish with a striped jacket to

set before the children. Pour gravy round, but not over it. Serve with boiled potatoes and runner beans or cabbage.

## Hot Weather Hints

### The Housewife's Problems

HERE are some hints on how to keep the household well, cool, and comfortable in the hot summer days.

Cut down tea, coffee, cocoa and chocolate at meals.

Increase liquids apart from meals, especially early in the morning and late at night.

Drink water, lemonade, orange drink or any fresh fruit drink, also barley water with a dash of lemon. Sip liquids rather than gulp them.

Do without bread, potatoes, puddings, blanc-manges, puddings, cakes, sweets, and meat.

Eat more uncooked fruit, salads with plenty of oil, and lemon juice as a substitute for vinegar, light savouries, such as scrambled eggs and omelettes.

Increase rather than diminish fat, such as butter and oil to compensate for loss of bacon fat and the fat of meat.

Lastly, do not eat at afternoon or morning tea time and have more uncooked food in general.

## My Lover Drives the Herds

My lover drives the herds;  
In broken shoes he wanders.  
And his shirt is torn.  
He is not as tall  
As the wild-cherry tree  
In my father's garden;  
But in my heart he walks  
In robes of red and green,  
And on his head a helmet,  
And in his hand a spear.  
He is taller than the mountains,  
And he walks in my heart.

—J. B. Morton.



## In the Mirror

WOMEN are not growing their hair, nor have they any intention of doing so, in spite of many rumours to this effect.

That our hair is longer than it used to be is quite true. Our more feminine fashions demand softer coiffures. One of the smartest cuts is to have a not too close trim at the back, and the sides allowed to grow almost to the line of the jaw.

Thus the pretty outline of a head is retained and the sides are curled to frame the face softly. Curls, in fact, are more popular than ever. They do much to soften the face, especially at evening.

More and more are hairdressers inclined to water waving. If they detect the slightest suspicion of a wave on a client's head they will earnestly entreat her not to have the irons on it. For an hour or more they will pinch and coax a wave, and then, like true artists, step back and admire their handiwork. And well they might, for an ironed wave is not to be compared with the softness of a finger wave.

The side parting still remains the most fashionable, doubtless because it suits the majority of faces, and is more youthful than a middle parting. It gives width to a too-thin face. But if, as in many instances, your hair is inclined to grow far back on the temple, it is wiser to have the parting nearer the middle.

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