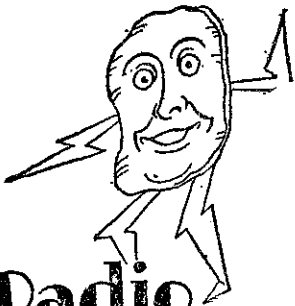




A Sugary Road to Slimness

EAT more sugar and get slim! This is a purely scientific method based upon the fact that sugar is a carbon and acts as a fuel in the body, burning up superfluous fat. Give up alcohol, tea between meals, drinking with meals, suet puddings, and too much butter; but stick to an ordinary commonsense diet; cut down your food allowance; take a fair amount of exercise, but don't cut down your sugar—rather increase it. This is no lightning cure, but is worth giving a fair trial.



Radio Pancakes

Now and again some good cooking hints come over the air—but the wise housewife doesn't rely on them alone—she sends for the new "Anchor" Recipe Folder, and keeps it on hand. Like a copy? It's free. Write "Anchor," Box 844, Auckland.

ANCHOR
SKIM MILK
POWDER

THE WOMAN'S POINT OF VIEW

By "VERITY"

About Omelettes

THE following hints about omelette are published at the special request of one of our readers:—Any omelette, whether plain, sweet, or savoury, should be served as soon as it is cooked, otherwise it will toughen. Eggs and butter used should be as fresh as possible. The omelette pan must never be used for any other purpose, and should never be washed. Cleanse by heating it and rubbing with a coarse towel and salt, and then polish with a clean cloth. Beat the eggs thoroughly with a fork, not a whisk. The eggs need not be frothy, and it is as well to add a little milk or cream when beating, as this makes the omelette lighter and moister. The butter should be hot, but not oily, before the mixture is poured into the pan. The success of an omelette largely depends upon the rapidity of the whole process. A plain omelette should not take more than five minutes to prepare and cook.

Plain Omelette.

FOUR or five eggs, one ounce butter, one tablespoon milk or cream, pepper and salt. Break the eggs into a basin, beat well with a fork, add cream and seasoning. Dissolve butter in omelette pan; when hot, pour in mixture. Stir slowly over a good heat, shaking the pan. When set, shape the omelette on one side of pan, allow to colour a golden brown, turn quickly on to hot dish and serve.

Kidney Omelette.

SKIN two sheep's kidneys, cut into thin slices, season and fry with one ounce of butter and a very small chopped shallot; add a little brown sauce and keep hot. Beat five eggs with two tablespoons of milk, and season. Melt one ounce of butter in pan and pour in mixture. When it begins to set, put in stewed kidneys and fold ends of omelette over. When browned, slip on to a hot dish and pour a little hot tomato sauce round. Serve at once.

To Shape an Omelette.

WHEN the mixture begins to set, tilt the pan, shake gently to loosen omelette, and fold over to opposite side from handle. To turn out of pan, hold handle in right hand, palm underneath. Hold dish in left hand, bring outer edge of pan near centre of dish, turn pan upside-down quickly.

Tomato Soup.

2 cups of water, 3 tablespoons of "Anchor" milk powder, 6 medium-sized tomatoes, 1 tablespoon flour, 1 tablespoon butter, pepper and salt to taste, pinch of carbonate soda.

To make the milk.—Mix the water and the milk powder according to directions given.

Method.—Place the butter and flour in a saucepan, stir over the fire, then add the tomatoes ready skinned and sliced. When hot, add the milk, boil

Cleaning Eiderdowns

HAVE you an eiderdown which looks soiled?

If so, don't imagine that the only means of restoring its freshness is to have it cleaned or re-covered; but just try washing it at home. Few people realise how simple and satisfactory this method is if a little care is used in handling the quilt.

Choose a windy, dry day, if possible, so that it can be hung out of doors, as the quicker it dries the better. You need plenty of warm water and good soap which makes plenty of lather.

Dip the quilt right into the water and wash it by gently squeezing and kneading. Don't rub it hard with the hands or on a board, or you will tear the cover.

Bringing Up the Down.

Rinse thoroughly in several lots of warm water, and put it through a rubber wringer for preference. If you only have a mangle with wooden rollers, do not screw them too tightly or you will damage the quilt.

By this time the eiderdown looks ruined, for ever, but you need not worry. Hang it on a line out of doors, fastened with plenty of pegs. The drying process will take some time, and the quilt must be shaken frequently to loosen the down, which clogs together when it is damp.

When thoroughly dry, beat it gently with a thin cane to bring up the down. It must be well aired in a warm room or in front of a fire. If you think the cover looks creased and crumpled, a warm iron run lightly over it before it is quite dry will soon put it right.

This treatment will make your grubby eiderdown look as good as new, and can be repeated again and again.

A Nursery Pudding

NURSERY folk are quick to turn up their noses at dishes that nourish but do not attract. Apple meringue is a very wholesome pudding, and, in addition to an intriguing appearance, has a lovely high-sounding name.

Peel and stew the apples and three parts fill your usual nursery dish. Then crumble over the stewed fruit any plain, stale cake you may have until the dish is filled.

Now separate the whites from the yolks of two eggs, and beat the former to a stiff froth. Mix three tablespoons of castor sugar to white of egg and then spread it over the cake and apple. Bake in a slow oven (about 20 minutes) and then carry it, a glistening, golden brown mountain, to the nursery table.

until thick, strain and boil up again with pepper and salt added.

Delicious served with buttered toast.

Add a pinch of soda to prevent curdling.

Vegetable Marrows

VEGETABLE marrows are apt to be rather insipid when boiled, but if cooked in other ways they have a delicate flavour.

Frying is a very simple method. Select a young marrow, peel it, remove the seeds, and cut into rings $\frac{1}{2}$ in. thick. Sprinkle with pepper and salt and a little lemon juice. Allow to stand for about an hour, then drain. Cover each slice with flour and fry in a deep pan of hot fat until brown. Drain on soft paper and serve garnished with fried parsley.

Marrow stuffed whole is delicious. Peel a young marrow and cut off the top. Scoop out the seeds from the centre. Mince 1 lb. beef, add 2 oz. breadcrumbs, pepper and salt, a little chopped herbs and parsley. Mix them with half a pint of brown sauce. Fill the marrow with this stuffing and put it in a well-greased tin. Bake in a warm oven until tender. Serve with sauce and garnish with parsley.

Soup made from marrow is tasty and nourishing. To three pints of stock allow one marrow, 2 oz. margarine, 3 oz. flour, 1 oz. barley, 1 pint milk, 1 onion, 2 oz. ham. Peel the marrow, remove seeds, and cut in small pieces. Peel and mince the onion and cut ham into pieces. Melt 1 oz. margarine in a pan, put in the vegetables and ham, and allow to steam for 15 minutes. Add stock and milk and bring to the boil. Simmer for an hour, then rub through a sieve. Melt the other ounce of margarine, stir in the flour, add it to the soup, and bring to the boil, stirring continually. Season to taste.

An inexpensive chutney can be made from the following recipe:—Take 3 lb. marrow, six onions, 1 lb. sugar, 1 oz. mustard, 3 oz. ground ginger, 1 teaspoonful turmeric, $1\frac{1}{2}$ pints vinegar, and a little salt and pepper. Cut the marrow and onions into small pieces, place in a large bowl, sprinkle with salt. Allow this to stand several hours, then drain. Put vinegar, onions, sugar, spice, and ginger into pan, bring to the boil. Add marrow and boil till tender. Mix mustard and turmeric into a paste with vinegar, and add to the mixture when nearly finished, stirring continuously. Place in jars and cover when cold.

When your throat pricks

take—

Pulmonas

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FOR COUGHS AND COLDS