

boiling milk, add sugar and boil for 10 minutes. When cold add vanilla and beaten eggs. Turn into a buttered mould lined with raisins and steam for 1 hour.—K.M.K. (Puketapu).

Baked Rhubarb and Oranges

TAKE 2 large oranges, 3 cups diced rhubarb, 2 cups sugar, $\frac{1}{2}$ teaspoon mace, $\frac{1}{2}$ teaspoon cinnamon, 12 whole

Marguerites

WHITES of 2 eggs, 1 cup sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoonful vanilla, 1 cup chopped nuts, 1lb. wafer biscuits, raspberry jam. Spread the wafers thickly with raspberry jam. Make a boiled icing of the eggs beaten, sugar and water. Flavour and add nuts. Spread thickly over the jam and bake in a moderate oven until a delicate brown.—Mrs. M. S. (Hastings).

cloves. Place all ingredients together in a casserole using grated rind, juice and diced pulp of oranges. Cover and bake until rhubarb is tender.—Miss A. (Puketapu).

Apple or Gooseberry Chutney

FOUR pints of green gooseberries, or if not these, four pounds of apples, 1lb. sultanas, 1lb. stoned raisins, 1lb. mustard, 1lb. garlic, 6oz. ground ginger, 1lb. brown sugar, 6oz. salt, and 3oz. cayenne. If liked very hot, use more mustard and cayenne. Chop fruit up finely, mix well, and add 2 quarts of vinegar. Boil until soft. Rub through a sieve. If not a good colour, add a little tumeric.—Miss E. McD. (Oamahu).

Salad Making

MOUNT this on cardboard and hang on the kitchen wall.

1. All green vegetables must be fresh and carefully washed and trimmed before using.
2. Every drop of water must be drained from them or the dressing will not adhere to the leaves.
3. Tomatoes must have their skins removed and other vegetables prepared according to their kind.
4. Cooked vegetables must not be too soft and should be cut into neat pieces.
5. Meat should be cut in dice of fine shreds and fish broken in flakes.
6. All condiments used in the dressing must be fresh and good.
7. Use vinegar sparingly.
8. Vary the dressing by adding different flavouring ingredients.
9. Do not add the dressing to a green salad until just before serving, and toss lightly.
10. Arrange the salad tastefully and add an attractive garnish.
11. If used as a separate course serve a suitable accompaniment.
12. Everything connected with a salad should be as cold as possible.—Mrs. S. C. (Gore).

ON CHOOSING THE BEST MEAT

Points for the Housewife

One of the most difficult problems for the young housewife is the choosing and buying of meat. She is unfamiliar with the various cuts of meat, and invariably thinks that if she pays a good price she is bound to get the best joints.

THIS is not always so, as often the lesser known joints and the cheaper parts are excellent. Here are a few hints that should help.

Bullock beef is considered the best eating beef. This may be known by its smooth, fine grain, and the deep red of the lean part. The fat should be cream, never yellow.

Although beef is seasonable all the year round, it is best in winter. Joints that have been hung for several days are more tender than fresh killed meat.

The most suitable joints for roasting are the ribs, rump, sirloin, topside, and aitchbone. Steaks should always be grilled. Stewing parts are neck, shin, tail and flank, while brisket, the thin flank and silverside are most suitable for salting.

Both the cheek and the clod should have many hours of slow stewing. The heart can be stuffed and roasted; the tongue, boiled and served cold.

Beef suet should be a cream shade firm and dry. The best suet is found round the kidney.

Now mutton, the second favourite for Sunday dinner. This should be firm, the lean a red colour and the fat white and firm. Like beef, this eats better if hung for a few days.

Except for the scrag end of the neck and the head, most parts are suitable for roasting. The best-liked joints are the shoulder, the saddle and leg. The breast of mutton to my mind, makes a nicer dish if boiled than when stuffed and baked.

Frozen beef or mutton should be thawed slowly by hanging it in a warm place for at least an hour before it is cooked.

When choosing a piece of veal see that the lean is white and smooth, and the fat a whitish pink. Stale veal is moist and clammy and should be avoided.

The fillet is the most popular joint. Stuffed and roasted it makes a very appetising meal.

Choose about 4lb. of fillet of veal. Remove the bone and stuff with a forcemeat made by mixing together 4oz. of breadcrumbs, two of shredded suet, a pinch of salt, a tablespoon full of parsley, finely chopped, a teaspoonful of thyme, the grated rind of half a lemon and a beaten egg to bind.

Tie the meat into a neat shape, sprinkle with seasoned flour and place in a baking tin with a piece of grease-proof paper over the top. Bake in a moderate oven for nearly two hours basting frequently. A little dripping may be added to the tin if it appears dry.

Loin of veal may also be stuffed, but it is tasty just plainly roasted.

If it is to be stuffed, remove the bone, add the kidney, chopped fine, to the forcemeat made as above, spread the stuffing thickly where the bones have been, then roll up and tie.

Cover with a piece of buttered paper and bake for two hours. Place thin rashers of bacon over the meat ten minutes before it is to be dished.

Household Hints

TO re-proof an oilskin coat, apply one or two coatings of warm linseed oil.

IF a tea-cosy is lined with chamol leather it will retain the heat for a considerable time. The lining should be detachable, so that it may be washed.

WHEN it is necessary to dry clothes indoors, place the clothes on a rack and turn on the electric fan. The breeze both airs and dries the clothes.

DULL crepe, shantung, chiffon, and georgette collar and cuffs in pale green, dark red or oyster look beautiful on a dark green velvet frock.

TO remove a machine oil stain from white woollens, rub the stain with turpentine, and then wash out with cold water and soap.

IF a favourite frock is too tight across the shoulders, remove the back and sleeves and substitute others, made to fit in the same, or fashionable floral, material.

THERE is a new russet red lipstick which is very attractive to wear with green or brown. It has a matching rouge and nail varnish. Eye-shadow should be green or light bronze.

KEEP silver polish in cake form on a soap dish near the dishpan, with a small scouring cloth. By using this on the egg spoons and forks in washing up, a wholesale silver polishing is needed much less often.

EGG lemonade makes a fruity, nourishing drink. Here is the recipe: Slightly beat an egg, add the strained juice of half a lemon with a teaspoonful of sugar, then fill the glass up with cold water and a lump of ice. If the flavour is liked, a sprinkling of grated nutmeg may be added.

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