

Help for Good Housewives

IF fish falls to pieces after boiling it is because the water has been allowed to boil too fast. It should be merely gently simmered for about 20 minutes.

TO remove splashes of oil point from a window pane, scrape off the paint marks with a wooden paper knife or skewer (do not use a metal instrument or you will scratch the glass), after softening them by covering with a wad of cotton wool soaked in turpentine.

IF the bread crumbs do not adhere to fillets of fried fish it is either because you do not dry and flour the fish before dipping it into beaten egg and then into the sieved breadcrumbs, or because the frying fat is not sufficiently hot.

TO keep the hands smooth and white, always lave the hands with olive oil before washing and after finishing the housework repeat the process immediately. Dry thoroughly and rub in a hand lotion. At night, apply more oil after washing, and leave on.

THE following exercise, if practised regularly, will help to improve the shape of the arms: Stand erect, arms outstretched at shoulder level, palms down. Pulling strongly outward against the shoulder joints, twirl the arms inwards and outwards.

VERY little can be done to clean a tarnished silver-lame dress beyond a slight freshening. Rub on a paste of methylated spirit and powdered french chalk. Allow this to dry, then brush off the powder, and rub the fabric with a silk handkerchief.

TO clean a black velvet hat, stuff the crown of the hat with soft paper and sprinkle it thickly with dry bran made very hot in the oven. Rub this into the velvet, in one direction, with a soft muslin. Shake and beat well to remove all traces of powder, and smooth with a soft silk handkerchief to restore the sheen.

TO make pineapple cream, boil $\frac{1}{2}$ pint milk with the rind of a lemon and pour on to 3 egg yolks that have been worked with 3oz. castor sugar. Add 3oz. gelatine and thicken over the fire without boiling. Strain, and, when cool, add 3oz. chopped pineapple. 2 tablespoonfuls of the syrup from the tin, and 4 tablespoonfuls whipped cream. Pour into a wetted mould and turn out when set.

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pump, they can be blown up by the mouth by anyone who has a good hearty "blow."

In next week's issue of the "Radio Record" will appear a special article relating to sunbathing and sea bathing for babies and children.

Always roll out pastry on a lightly floured board, and with a floured rolling-pin to prevent the paste sticking.

A LITTLE candied peel added to prunes when they are stewed gives them an original flavour.

IF piping cord is boiled before it is used for loose covers it will not shrink afterward when the covers are washed.

WHEN mending the fingertips of gloves, drop a small marble inside the finger. This provides a firm surface on which to work.

TO pickle nasturtium seeds for use as capers, wash the seeds and pack them into clean, dry bottles, and cover with seasoned vinegar. Seal and store for six months before using.

TO prevent a silk eiderdown from slipping off the bed put a frill along each side of the eiderdown and insert dressmakers' lead weights in the corners and middle of the frills.

TO prevent the ribbed hems of woolen jumpers from stretching when washed, tack back and front together with three widely spaced rows of tacking thread, drawing the stitches in slightly. Remove the stitches when the jumper has been washed and ironed.

B.B.C. Shortwave Programmes

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ducted by Edwin Benbow. Stanley Riley (Bass).

Orchestra: "All Aboard," "Forecastle Frolics" (Nautical Scenes) (Fletcher).

Sea Shanties: "Billy Boy," "Bound for the Rio Grande," "Johnny Come Down to Hilo" (arr. R. R. Terry).

Orchestra: "Sea Songs," Medley (arr. Debroy Somers).

Sea Shanties: "What shall we Do with the Drunken Sailor?" "Blow the Man Down," "Whiskey, Johnny," "Reuben Ranzo" (arr. R. R. Terry).

Orchestra: March, "On the Quarter-deck (Alford), "Hornpipe" (O'Neill).

Sea Shanties: "A-roving" (In Amsterdam there Lived a Maid): "Can't you Dance the Polka?" "The Drummer and the Cook," "Blow ye Winds of Morning" (arr. R. R. Terry).

Orchestra: Overture, "Plymouth Hoe" (Ansell).

Greenwich Time Signal at 9.30 p.m.

9.30: Talk: "India." Sir George Schuster, K.C.S.I., K.O.M.G., C.B.E., M.C. (Electrical recording).

9.50: Florence Oldham (Entertainment at the Piano).

10.15: The News.

10.30: Close down.

TO prevent the elbows of knitted coats and jumpers from wearing thin, stitch invisibly to the sleeves on the wrong side a small square of matching silk.

TRY this savoury: Stone some black plums (bottled or tinned). Fill the cavities with chopped walnuts and a little mustard. Roll each plum in a rasher of bacon, fasten with a small skewer, and grill.

FOR rough elbows soak them occasionally in warm olive oil, and every night give them a few moments' massage with a good cold cream with which you have carefully blended some olive oil.

A STRIP of oiled silk, tacked to the back of an armchair or Chesterfield before the loose cover is put on, will protect the permanent upholstery from possible stains or grease marks.

Don't Take Your Singing Too Seriously

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as much food as I like on every and the slightest provocation; it allows me to swim and play tennis to the point of exhaustion even on the day of a concert or broadcast, and to indulge my whims and fancies and exercise in the most extraordinary ways. I would not have you think for a moment, however, that singing is child's play—I'll admit children do sing, and even while playing, and these two facts do incline towards the simplicity of singing—but no, every singer has his or her difficulties and disappointments, trials and perplexities—we are abused, we are wrongly and cruelly criticised, we are often misnomered—if that is a word—even I have been billed as a bass-soprano, and often have I heard tenors called other than they are.

"Disappointment comes to us all, and at the most unexpected times and places. On one occasion, many years before I had decided on my maxim on interference, referred to above, I stoutly refrained from having anything but two raw eggs as my meal before singing. You can imagine my horror on overhearing a dear old lady who had been told of my fad and had heard my concert saying that the young man may just as well have had a good dinner for all the enjoyment she got out of listening to him. In fact, this incident definitely decided the issue regarding the adoption or otherwise of the said maxim. This endeavour to sparkle is a tremendous tax on me, so goodness knows how you people are feeling—and you have my congratulations should you read so far as this. Stories are flocking to my mind, but they must stand by till some future date.

"Cheerio and a prosperous New Year to you all."—Raymond Beatty.