

Savoury Omelette

1 RASHER bacon, 3 large tomatoes, 4 large eggs (enough for six persons).

Method: Beat egg whites stiff, then beat in yolks. Put bacon, cut into small pieces, and tomatoes, sliced, into frying pan. When these are cooked pour over them beaten eggs. Continue cooking over gas for one minute, then place under gas toaster, and cook until lightly browned.—Mrs. B. (Epsom).

Mint Chutney

1 LB. ripe tomatoes, 1lb. apples (sturmiers preferred), 2½ cups vinegar, 8 small onions, 2 small cups sugar, 1½ cups chopped raisins, 1 tablespoonful mustard, 2 teaspoons salt, 1 teaspoonful red chillies.

Method: Boil all together, and then before bottling, stir in one large cup of washed and finely-chopped mint leaves.—Mrs. G.R.S. (Napier).

English Plum Pudding

1 LB. each of flour, suet, currants, raisins, potatoes, carrots, treacle, ½lb. sugar (brown), 1 nutmeg, small teaspoon salt.

Boil potatoes and carrots, and mash

Fish Served With Lemon Sauce

WASH inside and out and dry a fair-sized gurnet to stuff with the following mixture: 1 large tablespoon minced steak, 1 cup breadcrumbs, 3 finely chopped mushrooms, 1 tablespoon butter, 2 finely chopped eschalots, a little herb, chopped parsley and seasoning to taste, all bound together with 1 egg. Place the stuffed fish on a well-buttered baking tin, brush over with egg and sprinkle with buttered breadcrumbs. Bake in a sharp oven about 20 minutes and serve with lemon sauce.—Miss A. (Wanganui).

well while warm. Mix well and boil for 4 or 5 hours. Serve with custard sauce or cream.

The above is a very economical pudding, and will make three large ones, so that they could be made and put away until needed.—Mrs. E.A.McC. (Rangiora).

Washington Puffs.

INGREDIENTS: 14oz. flour, ½-oz. compressed yeast, 1½oz. sugar, pinch of salt, 4oz. butter, 1 egg, 1½ gills of milk.

Method: Sift flour and salt in basin. Cream yeast with a teaspoon of sugar, then add warm milk, stir into the flour, and stand in warm place three-quarters of hour. Add half the butter melted, the sugar and egg. Mix all well together. Stand in warm place till well risen, then turn on to a floured board, roll out thinly, cut into large rounds, place a piece of the butter in the centre of each, damp edge and fold over; place puffs on greased tray, stand in warm place for five minutes, brush over with egg or milk, and bake about fifteen minutes.—Miss E. McD. (Oamaru).

Smart Women

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Fair... ☐	Grey... ☐	Light... ☐ Dark... ☐
Creamy... ☐	Green... ☐	BROWNETTES
Medium... ☐	Brown... ☐	Light... ☐ Dark... ☐
Ruddy... ☐	Black... ☐	BRUNETTES
Sallow... ☐	Light... ☐	Light... ☐ Dark... ☐
Freckled... ☐	Dark... ☐	REDHEADS
		Light... ☐ Dark... ☐

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