

# Mainly about Food

BY "CHEF"

**E**VERY week I have inquiries as to how many prizes are offered for recipes appearing on the "Mainly About Food" pages. A first prize of half a guinea is offered each week for the best recipe, and this is paid at the end of each month.

Standard time has been ushered in rather disastrously in many parts of the Dominion, but even bad weather will not daunt our sportsmen's ardour, and many of my sister homecooks'

pantries will be all the richer with the result of the opening shoot.

In conjunction with this event, two recipes appear this week which might be useful, one for jugged wild swan served with Scotch dumplings, and wild duck with an oyster forcemeat.

For those not so lucky, rabbits are plentiful just now, and are ideal for making cold-weather stews. Though lacking in fat, they are a good source of protein. Fat pork or bacon is usually combined with rabbit to counteract its natural lack of fat. A tender young rabbit, stewed with lots of onions and root vegetables, served piping hot, is enough to make any man come home early to dinner.

This week's prize has been allotted to Mrs. J. Alexander, of 26 Weston Avenue, Mount Albert, S.W.2, Auckland, for her recipe for wholemeal onion and bean pie, and it will not be only the children who will enjoy this wholesome dish.

bearded oysters, 1 teaspoon of lemon juice, salt and pepper to taste, and a sprinkling of mace. Mix all well together. Fill the bird, sew up, and put into a saucepan with 1 cup of good dripping,  $\frac{1}{2}$ -cup of water and 1 dessert-spoon of minced apple. (Place some stand under to prevent sticking.) Turn often, and when tender remove from saucepan, allow fat to cool, skim off and make good brown gravy. Serve with peas and mashed potatoes.—Miss C.G. (Greymouth).

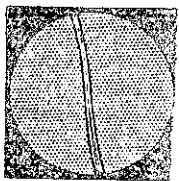
## Chocolate Cake

IT takes only one minute to beat this delicious cake: Take 1  $\frac{1}{3}$  cup of flour,  $\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$ -teaspoon salt, 1 cup sugar, 5 tablespoons

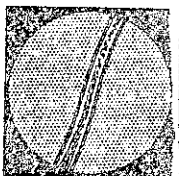
## Why FAIR HAIR should never be washed with a shampoo used for BRUNETTES

The appearance of your hair, whether it's light or dark, depends on one vitamin in your scalp.

If your scalp is lacking in this vitamin, or if you wash it away with certain shampoos, your hair will get dry and brittle. Now look at the reproductions on the right. The dark hair is coarse and strong; the fair hair fine and delicate. A strand of dark hair is sometimes 5 times as thick as a strand of fair hair. A shampoo strong enough to clean the one may dry out the other. Yet every day some fair-haired girls use the same shampoos as brunettes. No wonder the lovely lights in their hair begin to fade.



Microscopic reproduction of single fair hair. Note slender fineness.



Microscopic reproduction of single dark hair. Note greater thickness.

What they need is Sta-blond, the shampoo made specially for fair hair. Sta-blond contains VitE, the same vitamin which nature puts in the hair and which ordinary shampoos wash away. That's why Sta-blond not only prevents fair hair from darkening, but brings back the true golden beauty of childhood to hair grown mousey and dull.

**WARNING**  
Wash your hands with any soapless shampoo. Notice how dry and scaly they feel afterwards. That's exactly what these harsh chemical soap-substitute shampoos do to your hair. They dry out all the natural oil from scalp and roots.  
A good soap shampoo like Sta-blond will not remove the natural oils. Sta-blond removes only the film of grease which hides the natural lustre.

CONTAINS NO DYES OR INJURIOUS BLEACHES

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## Jugged Swan—

**A**FTER cleaning and washing a (preferably young) swan rub over with vinegar, and cut all flesh off into small pieces, with  $\frac{1}{2}$ lb. of stewing steak. Roll in flour, brown in a pan and turn into a saucepan. Add one minced onion, half of very small apple, and one carrot minced, salt and pepper; half-teaspoon of curry powder, one tablespoon each of Worcestershire and tomato sauce, quarter-teaspoon of mace, one tablespoon of lemon juice, and enough water to cover. Bring slowly to the boil and simmer till tender. Thicken with thin paste of flour and water.—Mrs. C. G. (Greymouth).

## —With Scotch Dumplings

**O**NE breakfast cup of oatmeal, add two small minced onions, one tablespoon of minced bacon, half-cup of flour, half-cup of breadcrumbs, one cup of chopped suet. Knead all together without liquid, and tie in a cloth, drop into boiling salted water, and boil for two hours, or make in small dumplings, but they don't need so long in boiling. Add portion to each helping of swan and gravy over.—Miss C. G. (Greymouth).

## Duck And Oysters

**C**LEAN birds, rub over with lemon juice and butter mixed, leaving a good coating on and stuff with the following:—Two cups of breadcrumbs, moistened a little with oyster liquid, 2 teaspoons of butter, 1 beaten egg and 1 teaspoon of minced onion,  $\frac{1}{2}$  dozen of

softened butter, 2 eggs (well beaten),  $\frac{1}{2}$ -cup of milk,  $\frac{1}{2}$ -teaspoon vanilla, 2oz. unsweetened chocolate (or 3oz. sweetened chocolate). Sift flour once, measure, add baking powder and salt and sift three times; add sugar. Mix butter and eggs, milk and vanilla and add to cake mixture, stirring until all flour is dampened. Add chocolate and blend, beat vigorously one minute and bake in a greased pan about 8 x 8 x 2 inches in moderate oven for about one hour.—Miss K. H. (Timaru).

## Orange Frosting

**T**AKE two teaspoons of grated orange rind, 4 tablespoons butter, 2 cups sifted sugar,  $\frac{1}{2}$  square of unsweetened chocolate (melted), dash of salt, about 4 teaspoons orange juice. Spread over