

and salt, mashed potatoes. Put the tongues into cold water and let them boil until tender enough to remove the skin easily, then split them and put them in a stewpan with enough good white stock to barely cover them. Season with pepper and salt and stew gently until tender, then lay them on a hot dish, place hot mashed potatoes around them. Add a little milk to the stock, thicken with flour, and add the parsley. Pour it very hot over the tongues and serve.—Mrs. A.E. (Christchurch).

### Veal Souffle With Rice

**REQUIRED:** Three-quarters of a pound minced veal,  $\frac{1}{2}$  lb. white breadcrumbs, 1 dessertspoon flour, 2 eggs, salt and pepper, enough milk to wet crumbs. Mix the minced veal and crumbs dampened with milk. Add flour. Beat whites of eggs alone, mix the yolks with the veal, then add salt and pepper and the whipped egg-whites last. Put in a basin with a tight lid. Steam  $1\frac{1}{2}$  hours. Rice savoury:  $\frac{1}{2}$  lb. rice, 2 tomatoes, 1 tablespoon butter, 1 teaspoon curry powder, 1 tablespoon grated cheese, 1 tablespoon Worcestershire sauce, salt, pepper. Cook rice till soft, drain well, dry it as thoroughly as possible. Slice tomatoes, cook gently in the butter and curry power 10 minutes. Add cheese, salt and pepper. Mix well, then add rice and mix again. Finish in the oven, topped with crumbs or pats of butter. Rice may be served without baking.—Mrs. J.M. (Napier).

### Baked Peach Dumplings

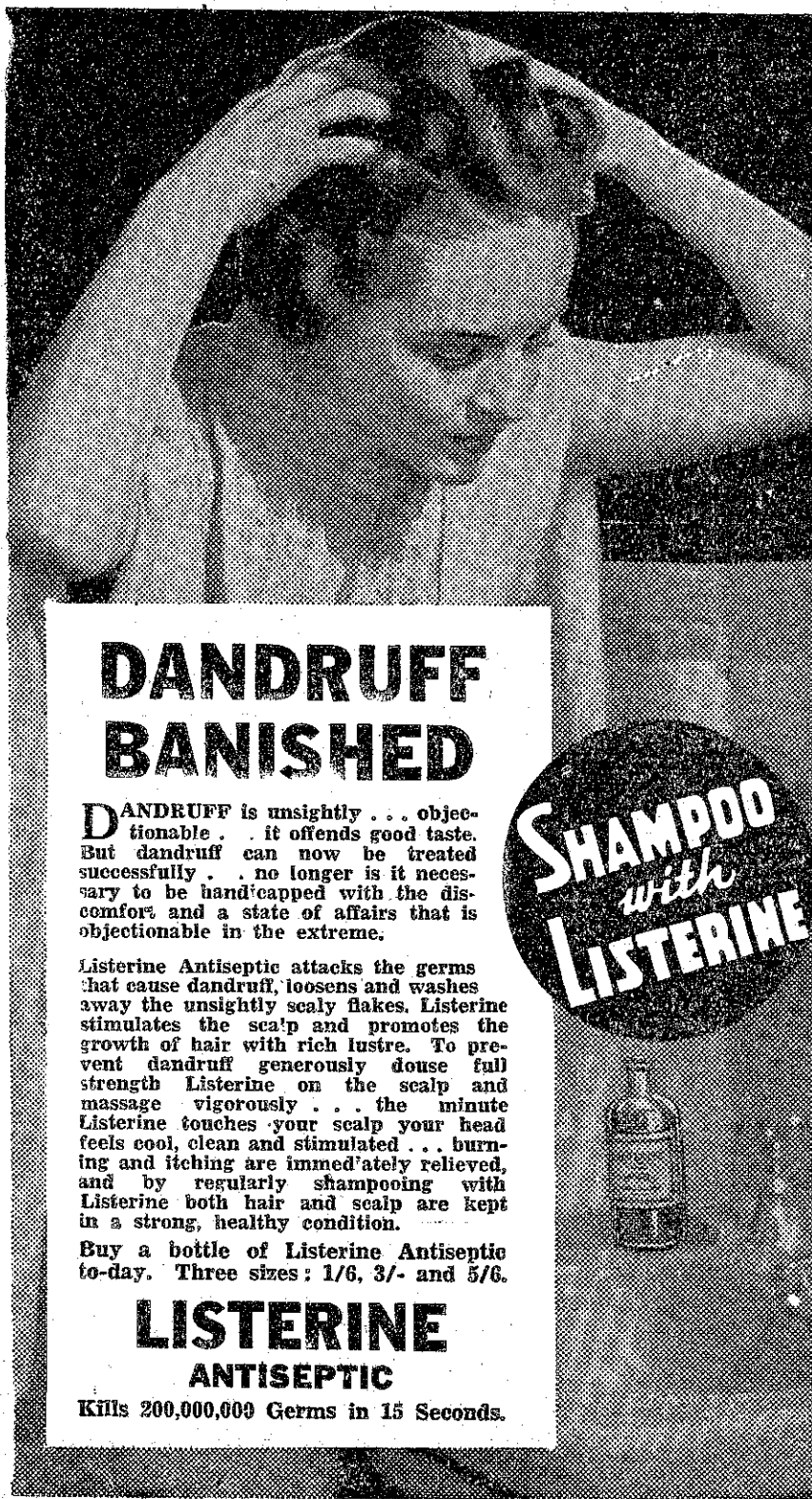
**ROLL** out fairly rich pastry to 1-8 in. thickness and cut in 4 in. squares. Place half a peach in centre of each square. Sprinkle with sugar and dot with butter. Moisten edges with water, draw corners to centre and press edges together firmly. Brush with beaten egg. Bake in a quick oven 10 minutes, reduce and bake about 15 minutes longer. Of course this can be varied for apricots, nectarines, plums, etc., according to one's store of preserves.—Mrs. G.A.R. (St. Leonards).

### Spaghetti Supreme

**TAKE** 3 tablespoons dripping,  $\frac{1}{2}$  lb. mushrooms, 1 large onion (finely cut), 1 teaspoon salt, 1 clove, garlic (chopped), few grains pepper, 1 bay leaf,  $\frac{1}{2}$  lb. spaghetti, 2 cups canned or preserved tomatoes, grated tasty cheese. Melt fat and onion, garlic, bay leaf, and mushrooms, cut in small pieces. Cook until brown, add seasoning and tomatoes and cook 15 minutes. Cook spaghetti in boiling salt water till tender. Drain well. Put on a dish, pour sauce over and sprinkle with grated cheese thickly. Serve with roasts or this is a good meatless dish.—Mrs. G.A.R. (St. Leonards).

### Savoury Stuffed Fish

**CUT**  $1\frac{1}{2}$  lb. of fish fillets into convenient pieces, arrange half of them in a casserole and cover with the following mixture: Three tablespoons of boiled rice, 3 tablespoons of finely chopped mushrooms, 2 tablespoons of asparagus tips, 2 tablespoons of finely minced pork, 1 teaspoon of onion juice,  $\frac{1}{2}$  teaspoon of ground ginger, and 1 tablespoon of Worcestershire sauce. Bind with 1 heaped teaspoon of corn-flour and 1 lightly beaten egg and spread evenly over the fish. Cover with the remaining fillets, pour into



## DANDRUFF BANISHED

**DANDRUFF** is unsightly . . . objectionable . . . it offends good taste. But dandruff can now be treated successfully . . . no longer is it necessary to be handicapped with the discomfort and a state of affairs that is objectionable in the extreme.

Listerine Antiseptic attacks the germs that cause dandruff, loosens and washes away the unsightly scaly flakes. Listerine stimulates the scalp and promotes the growth of hair with rich lustre. To prevent dandruff generously douse full strength Listerine on the scalp and massage vigorously . . . the minute Listerine touches your scalp your head feels cool, clean and stimulated . . . burning and itching are immediately relieved, and by regularly shampooing with Listerine both hair and scalp are kept in a strong, healthy condition.


Buy a bottle of Listerine Antiseptic to-day. Three sizes: 1/6, 3/- and 5/6.

## LISTERINE

### ANTISEPTIC

Kills 200,000,000 Germs in 15 Seconds.

**SHAMPOO**  
with  
**LISTERINE**



# HENNESSY

*The BRANDY that  
made COGNAC famous*