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AUNT DAISY'S MAIL-BAG

IN HER voluminous mail-bag for household hints and recipes, Aunt Daisy this week found an interesting letter in response to her articles in the "Record" about her visit to Norway.

Dear Aunt Daisy,—I am a keen listener to your sessions, but cannot always hear it all, as there is always a terrible surge at some time of your session. I am following your chat in the "Record" about your trip through Norway, as my people came from there as pioneers to a small settlement in Hawke's Bay, named Norsewood, where I was born forty-six years ago.

My father's name was Amundsen; he was a cousin of the late Captain Amundsen, so naturally I am proud of my ancestors. I wonder did you meet anyone connected with the late captain?

I am not in touch with Norway, as both my parents have passed on many years ago. But when I read your articles, it brings back all I heard them speak about, and I long

for some of those wonderful dishes they used to cook. I have the old coffee-pot and grinder brought out from Norway, and often roast and grind my own coffee beans, which in my opinion, is the only coffee worth drinking. Well, Aunt Daisy, I shall continue to eagerly await more of your radio chats about Norway, which I long one day to see. With all good wishes, and the season's greetings, "Kjaere Aunt Daisy"—which means "Dear Aunt Daisy."—"A Link with Norway" (Napier).

Well, I do think that is an interesting letter. You have all read my little articles on my visit to Norway, and heard me tell little bits on the records which I made in London, and also a little on the air since I have been back; and you know how much I enjoyed that beautiful country and its kindly people. Here are a couple of Norwegian recipes which you may like to try. One is for sildsalat, or herring salad; the other specifies barracouta, but I suppose any fish would do—schnapper, or rock cod, or proper.

Sildsalat (herring salad):—Take two pickled herrings, one small onion chopped very fine, two beetroots in vinegar, four large or eight small potatoes, two hard-boiled eggs, a little cold chicken or rabbit, and salt pepper and vinegar. Steep the herrings in water overnight. Separate the flesh from the skin and bone, and cut it into small dice, also the meat of the chicken or rabbit. Now cut into small pieces the potatoes (which have been boiled and are now cold) the beetroot and eggs; and mix the whole in a bowl, with the vinegar, pepper and salt to taste, until smooth. Turn out of the bowl on to a dish, and sprinkle the salad with a little chopped egg. This is a very tasty supper dish.

Fish Pudding (made with raw fish)
—One barracouta, firm and white,



two eggs, a pint of new milk, one tablespoon of arrowroot; pepper, salt and grated nutmeg. Run a knife along the backbone of the fish, dividing it into halves. With a large knife, scrape all the fish from the bones and the skin. Place the fish pulp into a large earthenware bowl; add the eggs and work them into the pulp with a wooden spoon. Now add the milk in small quantities, stirring vigorously and incessantly. When all the milk has been absorbed, add the arrowroot smoothed out in a little milk, followed by the spices. Butter an enamelled or aluminium bowl, three-quarters fill it with the mixture, cover with buttered paper, and steam for one and a half hours. This mixture can also be fried in butter by dropping it in spoonfuls into a pan.

Mint Chutney

Dear Aunt Daisy,—I am writing to ask you if you could please give us a recipe for mint chutney in the "Record."

Mother bought some at a garden party, and it was so nice. I have asked my friends if they had one, but they have never heard about it; so I thought if you don't mind, could you give us one?—Mrs. P. of Kilbirnie.

I also had another request for mint jelly, and as the little spring lambs are not quite so expensive now, I thought you all may like to know it. Here is the mint chutney first: Two pounds of tomatoes, two pounds of sour apples, two pounds of onions and two cups of mint leaves. Two cups of sugar, four cups of vinegar, two tablespoons of mustard, two teaspoons of salt, two chillies, and two cups of raisins. Put all the fruit through the mincer, and have a basin underneath to catch any liquid—the tomatoes and onions and apples will all have quite a lot of juice. Bring the vinegar to the boil, add the sugar, salt and mustard (which has previously been mixed with a little vinegar). Boil all this for five minutes, and when it is cool, then add the minced ingredients, and mix thoroughly. Let it stand till the next day, then bottle and cover. It will be ready for use in a fortnight. And here is the mint jelly: Take one teaspoon of mint, one and a half cups of water, two dessertspoons of gelatine, half a cup of vinegar, one and a half ounces of sugar, and a pinch of salt. Warm the water and add the gelatine. When it is dissolved, allow it to cool, and add the finely chopped mint, sugar, vinegar and salt. Stir the gelatine until nearly set, to prevent the mint from

sinking to the bottom. Pour into a mould—a large flat one if possible, and when it is set, cut into fancy shapes.

When we were on the American ships, and in America, we were very intrigued with the way they served the mint jelly and the red currant jelly. On the side of your plate there would be placed a little container just like a small ice cream cone, but with a flat bottom, and the



jelly was in this. Sometimes these containers were of the same cake-mixture as ice cream cones, but sometimes of stiff pleated paper—it was quite fascinating. Mint jelly is very useful to keep for use in the winter, when mint is hard to get. Then there is a mint sauce, which will keep perfectly, and is lovely in the winter.

Preserved Mint Sauce:—One teacup of chopped mint, half a cup of vinegar, half a pound of sugar, half a cup of water; salt and pepper to taste. Put the vinegar, sugar and water into a pan, and bring it to the boil. Boil for five minutes. Cool, then add the mint and the seasoning. Pour it into small bottles, and screw them down. When it is used, you may add a little vinegar if it is too sweet.

Fruit Punch

Dear Aunt Daisy,—Can you give me a recipe of a good fruit punch?—READER (Auckland).

Yes, here is a good one, very popular in Australia: Juice of nine oranges, juice of three lemons, syrup of one tin of pineapple, syrup of one tin of peaches, sugar to taste, one large cup of strong tea, freshly made, and strained and cooled, added next. Strain all into glass jug, and put in the refrigerator. Cut up into it some wee bits of pineapple—or strawberries if they are in season. In fact, you could put little pieces of any fruit you prefer. It can be varied by putting in the syrup of any stewed or tinned fruit. Serve with soda water.

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