

IN this wintry weather soup is both necessary and popular, and can add much to the nutritive value of a meal.

The usual method of preparing stock is to allow one pint of water for every pound of meat and bones, and about a pint over for evaporation during cooking. This extra water may be added by degrees to prevent the stock boiling up too rapidly. Cut up raw meat and chop up the bones small, so that the juices may escape easily. The meat and bones should be left to soak in the cold water for an hour or so to draw the juices. Keep your lid off the saucepan until the stock reaches boiling point, then put the lid on and be careful it does not boil too rapidly; it should only simmer for at least three hours. Skim it well before it boils much. A teaspoon of salt added just before it boils makes the scum rise. Take care to remove the scum only and not the coagulated juices which rise, also in the form of a brown substance.

Soups are very appetising and most essential in cold weather, and should form part of children's midday meal. Mc soups are as good on the second day as on the day they are first served; but they must not be warmed up too quickly, or cooked too long after they get hot. Do not cover either cold stock or cold soup.

Celery Soup

ONE quart of white stock, 4 heads of celery, 2 spoonfuls of flour, 4 tablespoons of milk or cream; put 3 heads of celery into the stock, and boil till tender, strain off the soup, return to the saucepan, add the fourth head of celery, finely cut; simmer till tender; thicken with the flour, scald the milk or cream, and add to the soup; season to taste.

Oyster Soup

Ingredients: Two dozen oysters, 1 quart of stock, 2 tablespoons of rice flour, 1oz. of butter, 1 blade of mace, tablespoon of anchovy sauce, pepper and salt to taste.

COUNSEL for the COOK

By "ELECTRA"

Method: Put the strained oyster liquor into the stock, add the seasoning, and put all in a saucepan. When it boils add the rice flour mixed to a smooth paste with a little cold milk and the butter; boil and stir for ten minutes; then draw aside and add the oysters, but do not boil them; leave for 5 minutes, then add a little lemon juice and serve at once.

Coffee Sponge

Ingredients: One cup of flour, 3 eggs, $\frac{1}{2}$ -cup sugar, 2 tablespoons of coffee essence, 1 teaspoon baking powder.

Method: Beat eggs and sugar together, add coffee, then flour and

Her Fiance: I saw you kissing that idiot Higgs just now. Why on earth do you make a chap miserable by flirting like that? "Miserable?" Great Scott! He enjoyed every kiss!"

powder. Bake in meat tin. When cold, split with sharp knife and put in whipped cream, sweetened.

Fish Souffle

PUT a teaspoon of butter into a saucepan. When melted, stir in one tablespoon of flour; season with salt and pepper; have ready a teacupful of boiling milk, in which is a slice of onion; stir the milk into the flour and butter. When smooth, add to it a teacupful of finely-minced fish; when

well beaten, draw to the side and do not allow it to boil; add the yolks of 2 eggs. When cool, add the whipped whites; shape into a mould and bake in a hot oven for 20 minutes.

Pineapple Snow

Ingredients: One large tin pineapple, 3 whites of eggs, 1oz. gelatine, 3oz. castor sugar. Strain juice from pineapple, then rub through sieve to a pulp. Add pinch of salt to the eggs and beat stiff.

Method: Put into pulp and mix together; stir in sugar. Put gelatine in pan with $\frac{1}{2}$ -gill syrup, dissolve slowly; do not let boil. Strain into pineapple, etc.; stir until it begins to thicken, pour into a wet mould, leave till set. Dip in warm water to turn out.

Delicious Beans

SOAK $\frac{1}{2}$ lb. of butter beans over night in sufficient water to cover; next day add three-quarters of a pint of water and 3 good-sized onions; boil for 2 hours; just before dishing add one tablespoon of grated cheese, salt, and pepper to taste.

Treacle Sponge Pudding

BEAT together 2 tablespoons of sugar, $\frac{1}{2}$ -cupful of beef dripping, 1 tablespoon of treacle, 1 egg, $\frac{1}{2}$ -cup of milk, $\frac{1}{4}$ -cupfuls of flour, 1 teaspoon of sugar, $\frac{1}{2}$ -teaspoon of cinnamon and spice, a

"Another new hat! How do you induce your husband to pay for them?" "Quite simple. I go and see him at the office wearing the old thing I made myself."

little nutmeg, and 1 good teaspoon of baking powder. Steam 3 hours and serve with sweet sauce.

Jerningtons

1LB. of margarine, 6oz. sugar, 2 eggs, $\frac{1}{4}$ large cup flour, 1 teaspoon baking powder, pinch of salt. Beat margarine and sugar to a cream, add eggs, then flour and baking powder sifted with the salt. Bake half-hour in a fairly

hot oven. Icing: 1oz. of butter beaten into $\frac{1}{2}$ lb. icing sugar, 1 teaspoon of

Love is the emblem of eternity; it confounds all notion of time; effaces all memory of a beginning, all fear of an end.—Madame de Staël.

cocoa, and water to mix. Cut cakes into blocks, ice, and roll in cocoanut.

Apple Trifle

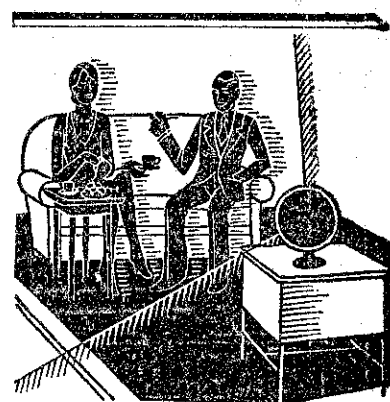
PUT some slices of stale sponge cake in a glass dish; cover with layer of stewed apples beaten to a pulp, then cover with layer of custard, and, lastly, whipped cream.

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