

OF FEMININE INTEREST

By "Patricia"

WELL known now to hundreds of listeners throughout New Zealand is Mrs. T. W. Lewis, who has given such excellent, practicable advice in her weekly talks from 2YA. You will remember that a few weeks ago Mrs. Lewis made a suggestion that sewing meetings should be formed, and those friends who have co-operated in this way, for the making of their winter outfits, coming-out frocks, or whatever article of dress they want most, will eagerly await her talk on May 10, when she proposes to inaugurate her lessons to these sewing circles.

A PHYSIOLOGICAL and psychological change occurs at every seventh year throughout our lives, and this change is particularly emphatic during the first three sevens—the first two presenting the most pronounced problems from a parental point of view. Broadly speaking, the seventh year brings unsuspected difficulties. The hitherto gentle child may now quite easily develop traits of roughness and destructiveness, and almost invariably at this stage will become self-willed and obstreperous, no matter how amenable he may have been before. This is where radio can be such a help. As Dorothea Jordan, conductor of the women's session from 2GB, Sydney, says, "Mothers are learning the value of suggestion by radio in the training of their children. Where force is useless, suggestion is often effective." The power of the human voice over the ether is unlimited.

I KNOW of many women who go to their doctor periodically for a tonic. Very often these people merely feel tired and depressed through the monotony of their surroundings. Now, instead of paying that visit to your physician, why not try taking up a "hobby"? I can assure you it will be a cheap tonic. In fact, a hobby is so important to individual well-being that it should be chosen with great care and should be something that you really love doing. As its main purpose is to take you away from the "daily round and common task" it should be as different as possible from your work, so that your mind may be stimulated and refreshed by being led into different channels. If your work is of a sedentary nature your hobby should be something that demands action of the body and limbs, while on the other hand the woman who has been on the move all day requires some occupation that will absorb the mind while limbs and body rest. This hobby-tonic, in the refreshing and stimulating recreation it brings, will make you fitter for the next day's work.

MANY well-dressed women mar their whole appearance by ill-chosen footwear. Remember when choosing your shoes that a foot inclined to stoutness should never wear a cut-away shoe, that a strap shoe is only for the slim instep, and a heel with a wide base is the only becoming support for a heavy ankle.

MANY of our younger listeners, especially those with a desire for film-acting, would, if they heard Miss F. Cormack's talk on "Hollywood Affairs," 2YA, on the 27th instant, pause to consider the pros and cons (mostly cons, I should say) before making up their minds to join the immense throng of already waiting would-be artists.

"A YANKIE in Patagonia." This is a story of the thirty years' experiences of Edward Chace in South America and is put into book form by Mr. and Mrs. Barrett. Edward Chace arrived in Patagonia as a deserter from his ship, and his life out there, with its tales of hardship, hardness and pioneering, make a very readable book. The chapter devoted to sheep will have a special appeal to New Zealanders.

"HARPOON," by Henry Fergussen, a 1932 publication, is a story to read and enjoy, and will be of special interest to New Zealanders. The book opens with an early morning scene in Port Chalmers, and many thrilling tales are told of whale-chasing and operations in ice-bound Antarctica. The chapter devoted to the girl stowaway, who made up her mind to be the first woman to visit these regions, is one that will enthrall everybody; and the jealousies among the younger members of the crew make better reading than much of the slop of fiction.

"YOUNG Desire," by Valentine (Ward, Lock and Co.), is a delightful story of a young girl who, left an orphan at fifteen, had to work for her living in a hairdresser's shop in the slum quarter of Paddington.

She is found at the age of sixteen by her father's greatest friend, the Rev. Frank Marlowe, and is taken to his home in the country and eventually adopted by his mother. Her innocent delight in these surroundings and the loving appreciation shown in so many ways to those who have showered these gifts upon her, together with the consummation of love's young dream, makes a story that all those interested in youth will welcome. A book that may be added to any girl's library.

MISS L. G. MOBERLY in her latest book, "A Mystery Chain" (Ward, Lock and Co.), gives us another specimen of her versatile brain. Leslie Grayson, an orphan, down and out, is found in a half-fainting condition on a seat on the Thames Embankment by a woman whose apparent aim in life is philanthropy, but under the cloak of these activities other matters are involved. Leslie is engaged as her secretary and made an innocent pawn in the game. What happens with regard to these nefarious schemes is told by Miss Moberly in a vivid and powerful manner.

THE corselet-skirt is much in vogue at the present time, and the London dress designers are showing some attractive models. Take, for example, a black velvet corselet-skirt. This is shown "served up" with many different tops for day or evening wear. These should prove a welcome attraction to those with a limited dress allowance.

AMONG the thousands of women who keep autograph books, I wonder if there is one who has thought of an autograph book! Here is a suggestion for an entirely new hobby, that of having in your home the names or initials of guests who have sat by your fireside. So far, the only autograph book I have heard of is in the charming home of Mr. David Whitelaw, the novelist. The house is at Roedean, close to the famous Girls' College on the cliffs near Brighton. In the delightful living-room there is a cosy ingle-nook, and it has been the custom of Mr. and Mrs. Whitelaw to ask their many visitors to inscribe their initials on the bricks of the chimney-piece. Today almost every brick bears a souvenir of a friend who has sat by the fire in this snug nook. I am sure they form a record of many happy memories, but there is one which bears the letters "S.B.," inscribed by the late Sir Sefton Brancker, shortly before he left England in the ill-fated R101, on the voyage which ended in the most appalling disaster in history. Mr. David Whitelaw is the author of many novels, the best-known of which is, perhaps, "The Little Home of Peter Wells." His friends are looking forward to another book, which is to be published soon, and the title of which, I hear, is to be "Spanish Heels."

Our Cookery Corner

TO those people who make their own bread, here are two good recipes given from 2YA by Miss Meadows of the Home Science Department of the Otago University. Take some of the dough you have made for your bread and shape into a long roll, place on a slightly floured board and roll quite thinly, spread with melted butter, sprinkle with sugar and chopped almonds; also raisins and cinnamon if you wish. Make into roll and join up the two ends to form a ring, place on a greased tray, and using a pair of scissors cut the roll nearly through about every inch all the way round. Set to rise and bake at 420 degrees Fahr.: a good oven. The top of the ring may be glazed with white of egg, slightly diluted with water. This is called a Swedish pea ring.

THE next recipe is for luncheon rolls. Roll dough to a third of an inch thick and cut in rounds with a biscuit-cutter, brush over half of each round with melted butter, fold over and press edges together. Place on greased pan about one inch apart; cover and let rise. Bake in moderate oven—425 degrees—twelve to fifteen minutes.

RECIPES given by Miss Christian, of the Wellington Gas Company, from 2YA:—

Fig Custard.—1oz. powdered gelatine, 3pt. custard, 2 teaspoons lemon juice, 1 gill fig juice, 1 dessert spoon sugar, 1lb figs, little vanilla essence. Stew figs in a little water and sugar until soft. Strain off juice and chop the figs. Make 1 pint custard with 1 pint milk, 2 yolks of eggs and one white; dissolve gelatine in fig juice and stir into custard. Add lemon juice and vanilla, and when beginning to thicken pour into wet mould.

Date custard can be made in the same way and a little sherry can be

used for flavouring instead of lemon and vanilla.

Apple Chutney.—2lb apples, 1lb brown sugar, 2oz. mixed spice, 2 teaspoons salt, 1lb raisins, 2 pints vinegar, 3oz. ground ginger. Peel and cut up apples, stew till tender with vinegar, and spice tied in muslin, add sugar and boil for a few minutes. Add chopped raisins, salt and ginger. Pour into hot jars and tie down.

Green Tomato Jam.—1lb sugar to every lb of tomatoes. Allow grated rind and juice of 2 lemons to every 3lb of tomatoes, 2 to 4oz. crystallised ginger to same quantity. Wipe tomatoes and cut in quarters, cover with sugar, lemon rind and juice; leave for 24 hours. Next day boil until tomatoes are clear and syrup is thickened. When jam is about half done add ginger cut in small pieces.

Vegetarian Fruit Cake.—1lb stoned dates, 1lb chopped or ground almonds, rice paper. Chop dates and almonds; line small tin with rice paper. Put layer of dates, then almonds, then another layer of dates. Cover top with rice paper, put on a weight and allow to press for four hours. Turn out and cut into fingers. Chopped figs and hazel nuts can be used in the same way.

From 2ZW.

Ginger Gems.—1lb of butter, 1 cup of sugar, 1 egg, 1 tablespoonful golden syrup, 2½ cups flour, 1 dessertspoonful spice, 1 dessertspoonful cinnamon, 2 small teaspoonfuls ground ginger, 2 cup walnuts, 2 teaspoonfuls soda dissolved in 1 tablespoonful of hot water, 1 cup with milk, ½ teaspoonful salt. Cream butter and sugar, add gradually egg well beaten. Mix dry ingredients together, then add to the mixture alternately with milk and soda. Bake in moderate oven—in gem tins previously heated.