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The  
**Radio Record**

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## Of Feminine Interest

(Continued from inside back cover.)  
accidents would be greatly lessened if the pedestrian would observe the same rule of the road that is obligatory with every kind of vehicle, bicycles included.

IN this country we have ceased to talk of "women's rights." There is no need to talk about them, because barrier after barrier has been thrown down until, except in some very minor and trifling points, men and women are equal before the law. Apart from the question of the suffrage, this is very far from being the case in France. Woman has immense power in the "conseil de famille," in the business world, in art and literature, and in some of the professions; though she has just been refused the right to act as a solicitor, the Bar has long been open to her. But it is amazing to find how far, with all this recognition, the mar-

ried woman in France is from possessing the rights of separate property. Her property is indeed largely under the control of her husband, and she cannot open a banking account or obtain a passport without his consent. Many Frenchwomen are coming to see that these and other reforms in the interests of women will only be achieved when women can make their influence directly felt by possessing the same voting rights as men.

IF you wish to keep fit and feel ready for the day's work, do these exercises before taking your morning bath:—Lie flat on your back on a rug on the floor, with a small cushion under your neck. Bend both knees, keeping the soles of the feet on the floor and about twelve inches apart. Place both hands flat on the floor. Raise the hips about five or six inches, so that the weight of the body rests on the head, shoulders and feet. Vigorous-

ly swing the body from side to side, keeping the shoulders flat on the floor, so as to throw each hip upward alternately. Repeat six times each side. Lower the hips to the floor and rest three seconds. The whole exercise takes about two minutes to complete. Breathe evenly throughout the exercise, being careful not to hold the breath.

THERE was a Walnut Exhibition at Sir Philip Sassoon's home. Mark Lane some little time ago, and among the curios was a Queen Anne cookery book, which shattered any idea that ready-to-serve foods are the discovery of this age. Cherries preserved in jelly is one recipe—the kind of dish for a ready-made meal that modern housewives buy at the stores. Only the finest penmanship was worthy of recording the secrets of the kitchens of the titled women of that day, many of whom contribute their recipes. Apart from their extravagance—ten chickens are the alarming start-off for one pie—one is chiefly struck by the strangeness of some of the ingredients. A grain of musk is recommended in the making of "caraway wigs," and amber grease in the following 200-year-old recipe for cheese cakes:—"Take a quart of curds of sour milk when the whey is drained well from it, and beat it in a stone or wooden mortar with half a pound of good suet butter. Then you must have for seasoning a large 'nutmegs' grated and beaten, cinnamon as much as the quantity of 'nutmegs,' half a pint of good thick 'creame,' eight eggs, and take away half the whites, a little sack, a little rose water or orange flavour water, a little amber grease dissolved in sugar beaten very fine, half a pound of currants. Mix all well together, then fill your cheese cakes; half an hour will bake them; your oven must be hotter than for white bread. Puff paste is best for the cheese cakes."

## Our Cookery Corner

**APRICOT** jam made from dried fruit is economical and useful addition to the winter store cupboard. Pour 2 quarts of hot water over 1lb. of dried apricots and leave to soak for 24 hours. Boil for half an hour, add 3lbs. of sugar, and boil another half-hour or until the jam sets when tested, adding 1oz. of blanched and sliced bitter almonds just before transferring the preserve to the pots.

**VEGETARIANS** will enjoy this dish. Dip some firm tomatoes in boiling water, skin and cut into quarters. Put a layer at the bottom of a casserole; then a layer of onions; next a layer of sliced potatoes. Sprinkle with chopped parsley, salt and pepper. Repeat the layers until enough vegetables have been used. Barely cover with meat stock, close the casserole and place in an oven which is nicely hot until the pot boils. Then lower the gas and keep the contents at simmering point. The flavour of the hot pot is best brought out if served with cauliflower or spinach.

**A GOOD** salad dressing which will not curdle is made as follows: Half a teaspoonful of dry mustard, quarter teaspoonful of salt, three-quarters teaspoonful sugar, one teaspoonful thinned milk, three tablespoonfuls vinegar. Mix all dry ingredients with a little of the milk, add rest and stir in gradually the vinegar, which thickens up the mixture to the consistency of cream. Will keep bottled for weeks.

**A GOLDEN** batter pudding is always popular. You will require 3lb. flour, a pinch of salt, a teaspoonful of baking powder, and a tablespoonful of sugar. Rub lightly into the flour 2oz. of butter, and mix into a smooth batter with one egg and a cupful of milk. Grease a pudding basin, and put in a tablespoonful of golden syrup, melted, turning it around in the basin so that the inside is coated with the syrup. Pour in the batter, cover with a greased paper, and steam for two hours. When the pudding is turned out a little golden syrup warmed can be poured over the pudding.

**GIVEN** from 2YA by Miss Christian of the Wellington Gas Company. Macaroni and oysters: 1lb. macaroni, 2oz. butter, 1 gill tomato sauce, 1 1/2oz. grated cheese, 8 oysters, cayenne, salt and pepper.

Break up macaroni and put into 1 quart of boiling salted water, boil until tender, about 40 minutes, drain well. Melt 1oz. butter in a saucepan, put in macaroni, salt and cheese, and stir until all is well mixed, then season with salt pepper and cayenne. Fry oysters in remaining 1oz. butter, then mix into the macaroni preparation, put into dish, sprinkle grated cheese over and bake in a quick oven until brown.

### Coffee Fingers.

**Ingredients.**—2 eggs, 3oz. butter, 3oz. sugar, 3oz. flour, 1 gill coffee essence, 1 teaspoonful baking powder, coffee icing and some chopped almonds.

**Method.**—Cream butter and sugar together, beat in eggs one at a time, add coffee essence, and then flour and baking powder sifted together. Mix thoroughly, turn into shallow greased tin and bake for ten or fifteen minutes. Turn on to sieve, cut into fingers and cover with coffee icing and sprinkle with chopped almonds.

**THIS** recipe for peach and almond cake comes from 2ZW.

**Ingredients.**—1 tablespoonful of butter, 1 cup of sugar, 2 eggs, 1 teaspoonful lemon essence, 1 1/2 cups flour, 1-8 teaspoonful salt, 2 1/2 teaspoonfuls baking powder, 1/2 cup milk, 3 tablespoonfuls chopped blanched almonds, some sliced tin peaches.

**Method.**—Cream butter and sugar, add eggs well beaten, beat mixture thoroughly and add lemon essence. Sift together flour, salt and baking powder and add to mixture alternately with the milk. Divide mixture and bake in two layers in a moderate oven for 20 minutes.

Before baking sprinkle one layer with granulated sugar and chopped almonds. For the peach filling, whip 1/2 pint cream till stiff, sweeten slightly and spread on bottom layer of cake, then cover with sliced peaches well drained, and place other layer on top.

THERE has not been much gardening advice given from the Wellington broadcasting stations recently, although other districts have been well served in this connection. I heard a talk some time ago on "rock gardens" which are becoming quite a feature of New Zealand gardens. Those who would like a rock garden should set about the work of erecting it as soon as possible. The best time for planting it is in the autumn. The gardener with only a small space at his disposal will find that the rock garden adds both interest and apparent space to the garden. When the soil is naturally light and well-drained, not much preparation to the foundation is needed; but if the soil tends to the damp—as a clayey soil, for example, will—the foundation of the rockery should be dug out for about a foot, and this filled with rough pieces of rubble, clinker and pottery. A layer of fibrous, turfy loam may come next. The work of building a rockery calls for some skill. The stones must not be set in the steepest positions, nor in any way that might cause a draught to the plants when positioned. Also, do not pack the stones too closely together. A system that works satisfactorily is to place the stones each on its broadest base in each subsequent layer, leaving plenty of chinks between into which soil may be sifted. When the first layer is built so, further erections may be placed according to taste.