



OF FEMININE INTEREST



By "Patricia"

PART of the educational session of 2YA was taken by Mr. F. R. Callaghan, M.A., who spoke on "How the Government Keeps Our Food Pure." There has been a vast amount of food research undertaken in recent years which has given us knowledge that should help to provide ourselves and children with food best calculated to give health and good resistance to infections. The campaign for pure milk has done marvels for humanity, and as this is perhaps the best food it behoves us to see that it is clean and safe. Much is done for us in the Government laboratories, and the Health Department keeps a very watchful eye upon adulteration. Many of our comestibles may be improved in appearance by the addition of chemicals which are deleterious to bodily health, and in days of severe competition manufacturers are inclined to make the best of food appearance, which if unrestricted would have a harmful effect upon the people. Inspectors are ever on the alert, and samples of food are frequently sent to the laboratories in the four main centres for analysis. Mr. Callaghan gave many instances of prosecutions following exposure of illegal adulteration, and New Zealanders generally should be gratified that the Health Department is able to prevent much unnecessary debilitation through impure foods.

A BRIGHT and varied entertainment was given from 2YA by Mr. Frank Crowther's Novelty Orchestra and the Walata Ladies' Quartet on Tuesday night, the 18th. Two items, however, detracted from this otherwise excellent programme. A xylophone solo, due to the instrument being out of tune, and a recording by Leighton and Johnson which was not musical, neither was it amusing and could well be relegated to the rubbish heap. These two record "so-called" artists of whom we get more than a sufficiency were never tuneful and it is unlikely they ever will be; they are just a bad example of American "alleged" humour, and our B station is to be congratulated on having only a nodding acquaintance with them. Our local artists were in good form, and with the addition of some well selected recordings made up a pleasant evening's entertainment.

THE concluding talk on "Travel" by Miss Havelaar (3YA) on Monday morning was an extremely interesting one in which she described Scotland's National War Memorial. Unlike the Cenotaph in Whitehall which developed from a lath and plaster monument erected for the first anniversary of the Armistice, Scotland's memorial was conceived immediately after the cessation of hostilities, and in order that the intensely patriotic Scot resident throughout the world might be given the opportunity of making the shrine truly national, funds were collected from every part of the world where Scotsmen lived. In the stained-glass windows in the

Hall of Honour are depicted scenes that historically record all phases of the war, and work attendant upon the prosecution of hostilities, such as anti-aircraft defences, Red Cross work, mechanical transport, munition work, aircrafts and various other things. The bronze frieze showing the soldier in his working kit, the nurse in her uniform, the land-girl in her practical garb, the doctor in his gown, and the mercantile marine and auxiliary services is one of the finest historical records of the war in existence and makes the memorial unequalled in any part of the world. I thoroughly enjoyed all Miss Havelaar's travel talks and hope she may be induced to give another series in the near future.

SPEAKING on the activities of the Red Cross in connection with garden plots for the unemployed, Captain Galloway (2YA) gave a dissertation on the blessings to be derived from gardening. The first, he said: "Was that the tired body from such physical exercise, had no better restorative for exhausted nerves"; also there was the joy and exultation in creating something beautiful. Again, there was the

adventure of gardening. This takes one from the narrow rut, and routine of business which is soul-destroying, and finally, there is the tranquility which the gratification of the results of a labour of love gives to the mind."

ALL listeners who enjoy the talks on "Fabrics and Fashions" (2YA), by Mrs. T. W. Lewis, would be glad to hear her on the air again after her brief spell of absence. She has a chatty manner and her advice is always so sensible, that we cannot do better than follow it when choosing our outfits. The early purchaser catches the best models, so before they are all picked over it will be just as well to get ours at once. Most of the tennis frocks worn in England this summer were white but slightly trimmed with colour, blue and red being much used.

WE can acquire quite a fund of film information from Miss Flora Cormack's weekly talks on "Hollywood Affairs" (2YA), but seldom do we hear of other ventures in this realm of entertainment. It may therefore interest my readers to know of a German

woman's film enterprise. This is Lottie Reinengen and her silhouette films. In a world of black paper, scissors, lead foil joints, cameras and hidden white lighting, the whimsical creatures of her imagination come to light. These figures, about six inches in height, cut out in black paper and jointed sometimes as many as thirty times, are put on a horizontal and illuminated white glass ground, above which the camera hangs. When the characters in a burlesque or whatever they are to represent, have been placed in position a photo is taken, then the figures, or rather the limbs and bodies are moved, ever so slightly, and another photo taken, and then another, and so on, with the result that when the film is shown perfectly harmonious movement is obtained.

A MOST vivid picture of the gloom, uncertainty and terror that characterises existence in the United States to-day, is given by Mrs. M. A. Hamilton in her book, "In America To-day." The author admits the danger of generalisation when dealing with a people so diverse, but for years it has been an article of faith with the normal American that America was somehow different from the rest of the world.

Especially has this feeling been shown by those whose ancestors left Europe many years ago and who have looked upon Europe's plight as a natural corollary to older civilisations. The present depression has rocked the foundations of the fundamental hypothesis that America was different.

REPEAL the 18th Amendment (Prohibition) say some; law and order will be restored and peace and prosperity will reign once more. Clean out the grafters and racketeers, say others and give honest labour a chance and industry will recover. Balance the Budget, says Mr. Hoover and we will pull ourselves out of the "Slough of Despond." Rum runners, bootleggers, gangsters, kidnappers, racketeers, Tammany, grafters, corrupt police and magistrates all result from a system which asks a political candidate what his political associations are rather than his qualifications.

THE American people have so long concerned themselves with purely material standards that a general sense of insecurity, a general feeling of having no firm ground under their feet, and no clear sky above their heads, explains a moral defeatism that causes many thoughtful people to look to the future with dread. Mrs. Hamilton does not suggest a remedy, but she draws a vivid picture of the corrupt forces which rule and depress America to-day.

THOSE who go to England usually pay a visit to Kew Gardens, that Paradise of trees and flowers. Strangers to these gardens will now have the

Hints for the Housewife

HORSE RADISH sauce added to scrambled eggs or spread on the toast on which poached eggs are placed, gives an excellent flavour. Warm the sauce before using.

Onions will not sprout when stored if the root end is held for a few moments over a flame or singed with a hot iron.

Bacon for boiling will have a better flavour if a dessertspoonful of vinegar is added to the water.

Ammonia should be added to the soapy water in which washleather gloves are washed. A few drops are all that will be necessary, and will keep the gloves perfectly soft.

Delicately scented bath salts can be quite cheaply made at home. Procure one pound or more of soda crystals from the chemist, pour on a little oil of sandalwood, stirring the crystals thoroughly so that all are slightly scented. Next work in a little oil of verbena, oil of lavender, roses or geranium. The crystals can be coloured with a few drops of strong tea, washing blue, or cochineal, a few crystals at a time being put into the plate and the colouring dropped among them. Store in dry glass bottles.

Stale bread will be improved if placed in a steamer over boiling water and allowed to steam slowly for fifteen to twenty minutes. The result will be a very light loaf. This is more effective than reheating in the oven.

Meringue can be prevented from falling in if enough cream of tartar to cover a sixpence is added to the half-beaten eggs. Continue to beat until firm, and bake in the usual way.

Fish roes which have to be par-boiled before being cut up for frying, will not burst if put into a colander and steamed over a pot of boiling water. The same method is useful for cooking vegetables if a steamer is not available. Cover with a saucepan lid.

Fried eggs are less liable to break or stick to the pan if a little flour is added to the frying fat.

Oranges needed for fruit salad or cake can be peeled quickly and easily, removing all the pith, if they are put into the oven for about eight minutes beforehand.

Pears for stewing will be improved by adding a little golden syrup as well as sugar. Cook slowly in a covered jar.

Potatoes can be scraped more easily if they are left for two or three minutes in a little boiling water to which a pinch of soda has been added.

Stale cake may be freshened by wrapping in several thicknesses of grease-proof paper and steaming for half an hour. If the cake is placed in a hot oven for five minutes, after it has been taken off the paper, it is impossible to distinguish it from a newly-baked one.