

A PAGE OR TWO FOR WOMEN

"Pass the Pepper, If You Please"

By "Kuki"

HOW often a good dish is spoiled because the cook forgets to add the seasoning, adds too much or adds too little. Also, how often is an otherwise good dish tasteless because the housewife has forgotten to provide the right sauces on her table. There are several dishes which, without their particular seasoning, are insipid disappointments. Cornish pasty, for instance, without mustard is as incomplete.

Most people remember to provide pepper, but it is usually the ordinary ground pepper. Many dishes need special peppers to bring out their full flavour. Grilled steak has a more attractive flavour if freshly-ground black pepper is sprinkled on after it is served.

Egg savouries hardly justify the name of savoury without a dash of cayenne. Paprika is a splendid seasoning. It is slightly darker than cayenne, is sweet and hot at the same time, and its decorative value is unsurpassed. It gives character to milk and vegetable soups if sprinkled on each helping, it cheers up sauces, and is an attractive addition to made-up chicken dishes.

Here are some new recipes worth trying:

Spaghetti Nest.

Cook separately 1 cupful each of carrots and turnips all cubed. Make a white sauce by melting 3 tablespoonfuls of butter, adding 3 tablespoonfuls of flour and blending. When the mixture is frothy, add slowly, stirring constantly, 1 cupful of milk. Cook until the sauce is thick and smooth, season to taste with salt and paprika, pour over a slightly beaten egg, and cook a minute longer. To this add the cubed vegetables and $\frac{1}{2}$ a cupful of drained tinned peas. Without breaking, cook in salted boiling water, half a packet of spaghetti. When tender, drain, rinse with hot water, shape the spaghetti into a nest and pour the vegetables into the centre.

Lemon Pie.

Line flat piedish with short pastry, and bake. Take one-third cup plain flour, one cup sugar, a pinch of salt. Add two cups of boiling water. Put flour, sugar, and salt in a saucepan, pour boiling water over flour, etc., stir constantly over hot fire for ten minutes, remove from fire, add juice and grated rind of one lemon to mixture, yolks of two eggs, and a small piece of butter. When pastry is cooked place mixture in it, beat whites of two eggs with the juice of half a lemon, and one tablespoon sugar to a stiff froth. Pile on top and bake a pale brown.

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Prune Cake.

A quarter of a pound of butter, one cup flour, two teaspoons cocoa, three-quarters of a cup of sugar, half a teaspoon baking soda, two teaspoons grated nutmeg, two eggs, half a pound prunes, quarter teaspoon cinnamon, and a few chopped nuts. Put stoned prunes on in a little water with a pinch of soda and a little sugar, and boil till soft. Beat butter and sugar

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MRS. L. BARTHOLOMEW (Master-ton).—When buying your new Spring outfit, as you are disappointed with black, and do not care for brown, I would advise you to try blue—navy for preference, as this is becoming to most women and does not date. I do not advise serge, but there are some lovely corded materials which wear splendidly and look well to the last. The new ensembles are very chic, but for everyday wear there is nothing to beat a tailored costume. As you are tall you should choose a skirt, well fitted at the hips and of the wrap-over style, and a three-quarter length coat. Worn with one of the new string-coloured blouses, or a lacy-patterned knitted jumper, a small-brimmed straw hat the same shade as the blouse, light-coloured doebkin gloves, black patent walking shoes and beige stockings; this would make an extremely smart and useful outfit, suitable for either town or country wear.

For smarter occasions, a becoming ensemble would be a dress of navy and white spotted or striped fabric. This could have a vestee of white organdie, and a navy bow at the neck. The top coat could be of the new swaggy-type three-quarter length, in navy or you could have a long coat in one of the soft wools in navy. A navy straw hat with larger brim, white doe skin gloves, black shoes and beige stockings would complete the ensemble.

to cream, add eggs (one at a time), and beat well. Sift flour, cinnamon, and cocoa together, add nutmeg. Mix these with the butter and sugar, then add soda, wetted with a little prune juice, and lastly the chopped prunes and nuts. Bake in a moderate oven.

Cheese Tartlets.

Ingredients: Six pate pastry cases, 2oz. Gruyere cheese, two tablespoonfuls of white sauce, two tablespoonfuls of cream, add salt, cayenne, 12 tiny bottled mushrooms, $\frac{1}{2}$ oz. butter. Method: Thread the cheese finely. Put it in a small saucepan with the sauce, cream, a seasoning of salt and cayenne. Stir over the fire until melted. Fry the mushrooms in the butter for a few minutes. Chop six of them and add them to the mixture. Heat the pate cases and fill them with this. Garnish with the remainder of the mushrooms and just lightly brown them under a grill.

Apple Crust.

This is a pudding equally suitable for summer or winter, as it can be served either cold or hot with cream or custard. Butter a piedish and half fill with cooked apples, sprinkling in sufficient sugar to sweeten them. For the crust take one tablespoon of butter, one cup of sugar, one egg, half a cup of milk, one and a half cups of flour, one teaspoon of baking powder, a little vanilla essence, and the grated rind of an orange or lemon. Cream the butter and sugar and beat in the egg and the milk. Sift the flour and baking powder, and stir them into the mixture, finally adding the essence and rind. Beat them together, and then pour the mixture over the apples. Bake for about thirty minutes, and serve either hot or cold.

Nut Bread.

One and a half cups wholemeal, half-cup flour, half-cup raisins, one and a half teaspoonfuls baking powder, half-teaspoonful soda, half-cup nuts, half-teaspoonful salt, half-cup sugar, half-cup canned milk, half-cup water, one tablespoonful vinegar. Sift the flour, then measure. Resift with baking powder, soda, salt, and sugar. Combine the milk, water, and vinegar and stir into the first mixture. Pour into a well-oiled bread pan and bake thirty minutes in a moderate oven. This makes one loaf.

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