

**MAHI KAI MATE TURORO.**

Purini Heeki—Kotahi heeki, me korori kia tino hukahuka a ka mea kitē kapu, ka whakaki ai te kapu kite miraka. Me tunu kite ahi (oven) ahua wera. A tae noa ki tona maoa-tanga. Kite kite atu koe kua ahua pakeke, kua maoa i kona.

Heeki hei Inu—Ka korori te heeki kia hukahuka, ka hoatu he tipune huka mete miraka, ki roto, a ka inu ai ete turoro. Tino pai atu tenei hei whakaora inga tinana ngoikore.

Kaihi Purini—Kia kotahi kapu raihi, kia toru kapu miraka, me tetahi wahi pata nohinohi. He pai hoki te heeki mo roto. Kia kotahi haora mete hawhe, e ata tunu ana. Me penei hoki te Heeke Purini, engari kia ahua nui atu te miraka i tenei.

Matene Hupa—Te wheua hipi me tango nga momona. Meatia te wheua kite hopane kia ngaro ite wai. Me hoatu he aniana, he tote hoki. Ka waiho ai kite taha ote ahi. Kua hei kaha te koropupu. Kia toru haora e ata koropupu ana. Kite kore he aniana o roto i tenei kai, he pai atu monga pepe, te wai anake, me mea ki runga ite rohi.

Piiwi Tii—He pai te Piiwi Tii mo te turoro. Kia kotahi pauna piihi ka tango ai inga momona (ngako) ite tuatahi; a ka tapahi ai kia nohinehi e miiti. Me whakatu kiroto inga kapu waimatao, kia rua, ka waiho ai monga meneti tekau ma rima. Kamutu tena pangae ki roto ite hopane, ki runga ite ahi, a ka waiho ai kia tino roa e haere ake ana kite koropupu. Waiho atu kia ata koropupu monga meneti kotahi tekau. Kua hei wareware kite kuhu tote ki roto, kia rite kite hiahia ote turoro.

Paare Here—Kia kotahi pune nui Paare kite kapu wai: me horoi te Paare ite tuatahi; Kawai ho ai ki roto ite wai mo te Kotahi haora. Kamutu tena me kohua monga haora etoru. Kite hoki te wai me hoatu tonu, kia rite kite meiha ite tuatahi. Kamutu te kohua, ka tatari ai. Ka hipoki ai ki tetahi taora ma ka waiho ai ki tetahi wahi hauhau.

Otimira Here—Kia kotahi pune Otimira kia kotahi kapu wai wera. He rite tonu te mahi ki ta te Paare Here. He pai enei kai mote turoro, mote pepe ranei kua tae kite iwa marama.

Wai Paare—Kia kotahi pune nui ote Paare, kia rima kapu wai. Ka

maoa tenei me tatari. Mehemea he Paare Here tau, tangohia kia kotahipune nui ote Here kia rima pune wai koropupu. He horo ake te mea kite Here, mehemea he Here kei te maoa.

Wai Paare—Monga pepe tino nohinohi. Kotahi pune nui ote Paare me horoi ite tuatahi, ka hoatu ki rote inga kapu wai ewha. Me ata koropupu monga meneti erua tekau kite hoki te wai me hoatu ano he wai koropupu kia rite tonu ai te rahi ote wai, a maoa noa. Kamutu tena, me tatari. Na me hoatu kia toru pune rahi Wai Paare, kia kotahi pune rahi miraka mote kainga kotahi ote pepe. Me whangai inga haora e rua a kia tae kinga wiki tekau ote pepe, me hoatu kia toru pune rahi Wai Paare, kia kotahi pune rahi mete hawhe miraka.

Ko etahi Paare, ko ratou ingoa koia enei i mau ake nei—Patent Barley, me te Neaves Food, ki roto inga tini. He kai kino rawa manga pepe. No reira engua whaea onga tamariki kua a koutou pepe e whangaia kinga Paare tini ko nga Paare tika e hanga rite ana kite raihi te ahua. Ko nga Paare kino ko nga Paare Paura nei. Kite kai te pepe i enei Paare Paura ka mate ite korahapuru.

Tinitia Pihiketi (Ginger Biscuits)—He pai atu hei ngaungau monga pepe kua whai niho, hei whakapai inga toto mete puku.

Kia kotahi kapu tirikara, kotahi kapu huka (he pai atu te huka mangu, brown sugar) kia ono pune rahi pata kia wha pune nui wai-mahana. Me whakarewa enei ite tuatahi. Ka mutu tena, me hoatu kia kotahi pune tinitia Paura kia rua tipune houa, kia kotahi tipune tote, a ka hoatu tonu he paraoa a kia kite rano koe kua hanga pakeke nga mea; a ka pepehi ai kia tino pararahi. Kaoti tena tangohia mai tetahi onga taupoki onga tini nonohi, ka tapahi ai te Paraoa, kia rite te rahi mete ahua ki tetahi o aua taupoki. Me tunu kiroto ite ahi tino wera. He tino tini nga pihiketi e oti i tenei meiha. Ka maoa nga pihiketi me waiho kia matao a ka kuhu ai ki roto ite tini. Me mau tonu te taupoki o taua tini keikuhu te hau maku, a ka ngawari nga pihiketi, a kahore e pai hei kai.

Otimira Pihiketi—Kia toru kapu paraoa, kia kotahi Kapu otimira, mea ai i enei ki roto ite riihi, ka homukumuku ai ite hawhe kapu pata ki roto, me te hawhe kapu huka, mete hawhe tipune houa. Ka pokepoke ai kite

miraka kinga heeki erua ranei. Pepehia kia pararahi ka tapahi ai. Me tunu kite ahi kahore e tino wera, mote 30 meneti.

**NATIVE RACES AND DRINK.**

Striking testimony as to the evil effect of drink upon the subject races in South Africa, the Gold Coast, British Columbia, and Ceylon, was given at the recent annual meeting of the Native Races and the Liquor Traffic United Committee. The Bishop of Willesden who presided, referred to the terrible effect of smuggled spirits upon the Indians of British Columbia, where he spent eighteen years. Miss Theodora Williams, who has worked for many years in the Transvaal, said the evil of the illicit sale of liquor to natives of the Rand was of enormous extent.

Rev. Stephen J. Gibson, of the Gold Coast, spoke of the deplorable results of spirit trading in that land. He felt aghast, he said, at the ravages of alcohol. Mr D. B. Jayatlaka appealed for support for the Temperance party in Ceylon, on whom trouble has fallen owing to recent riots, with which they had no connection whatever. The whole of the Buddhist Temperance leaders had been imprisoned under martial law, without charge, without trial, and without opportunity to prove their innocence. One result of the Government action was that the Temperance organisation, in which 50,000 male heads of households had been enrolled, was falling to pieces, and another was that toddy rents were rising—in one area they had sold for £9000 more than last year—the vendors believing they would sell more liquor now that the Temperance movement was checked.

**THE FOE BEHIND.**

"What is going on? Why, at the present moment we are engaged in a European war of huge proportions, and what are we allowing? We are actually allowing another army to hang on our flanks, to snipe our soldiers, destroy our strength, to take our food, and to rob us of our resources. We are allowing the army of brewers and distillers to do this all the time."—Sir Victor Horsley, F.R.S., in "Joyful News."