

HOME MAKERS CORNER

By "Lynette" KEEPING COOL

Hot weather calls for as much ingenuity in meal planning as does cold weather, and there are certain types of food that definitely add to our comfort and well-being on hot days. In ordinary circumstances of health, the temperature of our bodies remains the same, winter and summer, and this even temperature is maintained mainly by increased perspiration. The evaporation of moisture keeps our skin cool, but our systems demand a larger intake of water to compensate for this loss. We naturally drink more, and we can also take in more water in our food by eating salads, fresh and stewed fruits, light soups, and the gelatine dishes which are so refreshing and varied.

As well as losing water by perspiration, we also lose salt, and in very hot climates it is not unknown for people to become seriously ill through lack of salt. During the war, troops in the islands were given salt tablets daily to counteract possible deficiency, and though we need not go as far as this, we should recognise that we may need more than we take in winter.

Hot dishes should not be excluded entirely from our tables, and it is as well to have one hot dish for most meals, but of course, these should be on the "light" side. If you are lucky enough to own a refrigerator there are many delightful ices that can be made, and gelatine recipes set so quickly that they can be left until the eleventh hour with no sad results. Iced soups are a refreshing change that only a refrigerator can give.

CUCUMBER JELLY

3 cucumbers, $\frac{1}{2}$ cup cold water, 1 tablespoon vinegar, 1 tablespoon lemon juice, a little green colouring, 1 tablespoon gelatine, $\frac{1}{2}$ cup boiling water, a few drops of onion juice, a pinch of salt.

Peel the cucumbers and grate them into a bowl to get both pulp and juice. Put pulp through a strainer to get $1\frac{1}{2}$ cups of juice. Soften gelatine in cold water and dissolve in boiling water, and add all other ingredients. This may be set in a mould and served with salad round it, or it may be set in a shallow dish, cut into cubes and used as an ingredient in a salad.

MARSHMALLOW DESSERT

2 level tablespoons gelatine, 4 egg whites, 1 teaspoon vanilla, 1 cup cold water, 1 cup sugar, a few drops of cochineal.

Soften gelatine in a small saucepan with half cup of cold water. Then stir over gentle heat until dissolved. Add remaining half cup cold water and let cool. Beat the egg whites stiff and pour in gelatine very slowly, beating all the while. Add sugar and continue beating. Pour half the mixture into a bowl or mould, and sprinkle with chopped nuts and sultanas or chipped chocolate. Colour the remainder of the marshmallow pink and pour on to the white layer.

MINISTER FOR HEALTH

It was with considerable pleasure that the announcement of Miss Mabel Howard's appointment to the portfolio of Health was received among all women who look forward to the full recognition of the ability and fitness of their sex to occupy public positions so long held entirely by men. Apart from all party bias, there was a healthy satisfaction in the realisation that a woman was a suitable person for this particular field. Miss Howard has not been content merely to act in a conventional, traditional groove, and the wisdom of the appointment has been evidenced by many examples of initiative and individuality on her part. We especially congratulate Miss Howard on her attitude regarding Mental Hospitals. Her earnest endeavour to improve the general conditions for mentally sick people, both in regard to their physical well-being while undergoing treatment in the mental hospital, and to the removing to some appreciable extent, of the "stigma" so long allowed to increase the sorrow and distress of patients and their relatives, has commanded the respect and gratitude of many who may not see eye to eye with her in the field of open politics.

Womens organisations have sent forward remits for years asking that certain health precautions should be made compulsory, unavailingly. Miss Howard's forthright procedure regarding the wrapping of bread, though at the moment of going to press still somewhat resented by retailers, brought to a head and disposed of a long dissatisfaction with the crude, unpleasant handling of our staple food. Other reforms may be expected. A

notable one would be the carrying out of a very often reiterated request that sugar should be enclosed in calico or paper before being put into the regulation "sugar bag." The amount of foreign matter contained in sugar placed in direct contact with the material of the bag can be easily assessed by the simple straining of sugar syrup through muslin. The result is something of a revelation. Of course, this particular problem has not worried us during the war and post-war years, but it will be interesting to see whether the strong womanly commonsense of our Minister of Health will not bring about the very necessary change.

Small things, perhaps, but in the aggregate, such things mean a great deal. Miss Howard's ability has been revealed in other ways too numerous to mention here. We join very sincerely in thanking her for what she has done, and in wishing for her success in her undertakings on behalf of the people of New Zealand who seek as a magnum bonum a reputation for their country as a healthful, happy place to live in, worthy of its sunny, delightful climate.

SOLUTION TO No. 18

Across: 1, Grime; 5, Babes; 9, Nor; 10, Our; 11, Retaliation; 15, Seen; 16, Ogre; 17, Err; 18, Oft; 20, Her; 21, Collect; 22, Ado; 24, Din; 25, Ego; 28, Rush; 30, Snow; 31, Detestation; 34, Exist; 35, Dun; 36, Nylon; 37, Anger.

Down: 1, Gorse; 2, Intercoastal; 3, Moan; 4, Erl; 5, Boa; 6, Auto; 7, Brightening; 8, Saner; 12, E'er; 13, Inflict; 14, Ore; 18, Old; 19, Ten; 22, Arden; 26, Goo; 27, Owner; 29, Hero; 30, Stun; 32, Sen; 33, Ada; 33, Due.

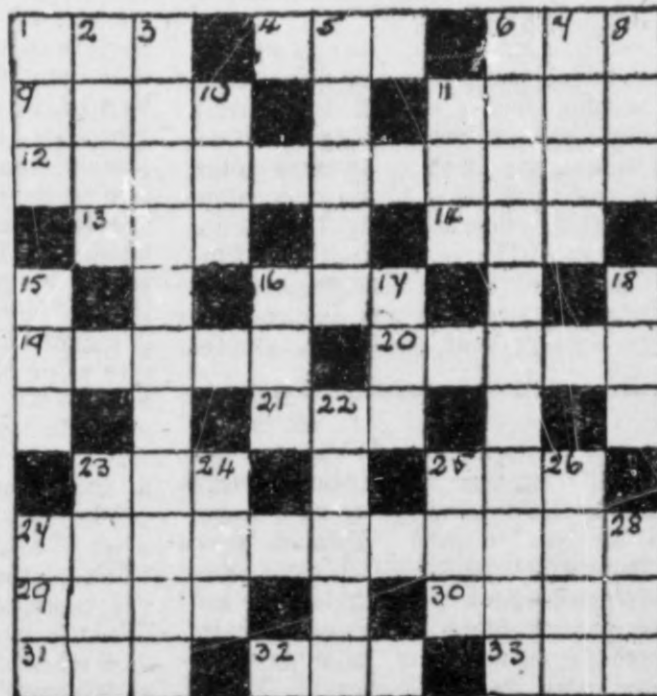
"W.R. CROSSWORD" — 19

Across

- 1—Popular pain-reducer.
- 4—Ascendings.
- 6—Transcends.
- 9—Stormy scene.
- 11—Cook.
- 12—Undue pretensions to skill.
- 13—A trifle, sometimes of great value.
- 14—Animal.
- 16—Nourished.
- 19—Tidiness.
- 20—Passage through.
- 21—Sphere.
- 23—Be out of health.
- 25—Girl's name.
- 27—Enquire into.
- 29—Individuals.
- 30—Famous school.
- 31—Of negative import.
- 32—English river.
- 33—German river.

Down

- 1—Section of circle.
- 2—Well-known seaside resort (N.Z.).
- 3—A sort of Jehu.
- 5—Temporary condition.
- 6—Firmly established.
- 7—Dries.
- 8—Fold.
- 9—Prefix meaning three.
- 11—Animal sound.
- 15—Part of a wheel.
- 16—From.



- 17—Kind of flounder.
- 18—Examine.
- 22—Prices.
- 23—Year (Latin).
- 24—Boy's name (abb.).

- 25—Long period.
- 26—Source of energy.
- 27—Electrified particle.
- 28—Austrian River.