

The late summer is your last opportunity to stock up your store cupboard with home-made jams and jellies which can be made from most fruits and some vegetables.

The success of this type of preserving depends on three important factors - pectin, acid and sugar.

Pectin is essential to make a good "gel", or set.

The amount of pectin varies in different fruits. Those which do not contain much pectin and acid usually have lemon juice, fruit rinds or a commercial pectin added to give a better gel.

Low pectin fruits include pears, peaches, rhubarb, strawberries and cherries.

Pectin is extracted from fruit by the softening of the skin and the breaking down of the cell walls by cooking.

As fruit becomes over-ripe, the pectin changes to pectic acid, which will not form a gel. Therefore, it is best to use "firm-ripe" fruit, as fruit is at its richest in pectin just before it is ripe enough to be eaten raw.

RICH

Some varieties of fruit which are rich in pectin and acid are apples (sour types), currants, gooseberries, citrus fruits, plums and raspberries.

To help the setting process of low pectin fruits, add to 500g (1lb) fruit 2 tablespoons of lemon juice, or half a teaspoon citric acid, or half teaspoon tartaric acid, or mix with rich pectin fruit.

The proportion of sugar used may vary, but too much sugar - or not boiling rapidly after sugar is added - may cause your preserve to be too sweet, with little fruit flavour.

Alternatively, the preserve might not set, could be sticky or form a crystallised layer of sugar on top.

Insufficient sugar may prevent your preserve from setting or keeping for any length of time.

Always dissolve the sugar in the fruit pulp before allowing the mixture to boil for a second time.

Jelly is made from the strained juice of cooked fruits which are rich in pectin and acid.

Do not use very under-ripe fruit or squeeze the straining bag as this will make your jelly cloudy.

To test your preserve for setting, remove the pan from heat and put 1 teaspoon of jam on a saucer in a cold place. A skin should form on top, or the surface wrinkle if pushed lightly.

COOLED

Alternatively, pour some slightly cooled jam from a wooden spoon and see if it drops off in clots - it should not run freely.

Before bottling allow the bubbles to subside, then remove any scum.

The amount of scum can be reduced by melting half a tablespoon of butter in the pan before cooking is started. Washing the fruit thoroughly also reduces scum.

Place preserve - except strawberries and marmalade - while hot into hot sterilised jars. Wipe rims and sides of jars clean before covering.

Cover with wax or a well-fitting disc of waxed paper, cellophane, foil or polythene.

Label jars clearly and store in a cool, dark place.

A good jelly is clear and sparkling and should be tender enough to quiver when moved, but hold firm when cut with a spoon.

TROPICAL JAM

You need:

500g (1lb) peaches, 500g apricots, 225g (½lb) nectarines, 1 large cup diced pineapple, 3 passion fruit, 3 bananas, 6 cups sugar.

Method:

Wash fruit. Slice peaches, apricots, nectarines and remove stones. Chop pineapple finely, keeping juice. Scoop seeds and pulp from passion fruit shells. Place all the prepared fruit (except bananas) and juice in a cooking pan.

Bring gently to boil and simmer until the fruits are tender and the mixture is thickening, stirring occasionally. Slice bananas and add to the pan with sugar. Stir until sugar is dissolved, bring to boil, and boil rapidly until setting point is reached. Skim if necessary. Pour the hot jam into hot, clean jars and cover. (Makes about 5 pounds).

Eucalyptus - ball point from leather.
 Infants or creel - " " on wall paper.
 Lemon-scented h.g. scourer - when flashing tailed
 Bunt pot - cover & milk & leave overnight
 Lump "grants" - put in pates & little sugar.
 Knif. biscuits - when 3 parts cooked, take away from oven for few minutes, then replace.

Bunt pots -
 cover & milk, leave overnight & wash.

Little common salt in
 last rinsing water
 prevents washing

freezing on line:

Fill el. jug & boiling
 water - add 1 teasp
 e'o'l & leave till
 cold. Rinse.

HOUSE LTD.

BANANA CAKE: To improve and lighten a banana cake take out 2 tablespoons of flour and add 2 tablespoons of coconut. KENSINGTON.

Respiration

COOKING SAUSAGES: If you hold a sausage under the cold tap for a moment it will prevent bursting when fried or grilled.

POACHED EGGS: Sprinkle cooked eggs with dry curry powder - a tasty dish.

If handled correctly, ham can last for 2-3 weeks. The Pork Industry Board has produced some guidelines for correct handling:

- Once the vacuum surrounding the product is broken, the ham should be removed from the pack.
- Ham should never be placed back into plastic bags or wrap.
- Keep ham refrigerated at all times under a damp cloth, which helps prevent the meat drying out.

To Clean Oven:

Boil 5 mins; 1 cup water, 2 teasps. baking soda & 1 tablesp. vinegar. Cool, paint on cold oven. Heat to 350°. Cool & wash off.

Pyjama cords:

Sew buttons on ends to prevent slipping out of pants.

To clean inside Teapot:

Put 2 teasps. denture cleaner in pot, fill with hot water & leave overnight.

■ Skin-free custard

When making a stirred custard, stop a thick skin from forming by sprinkling with caster sugar. Stir into the custard before serving.

Fruit Pies:

Few dabs butter amongst fruit helps prevent juice boiling over.

Cabbage:

A teaspr. sugar added when cooking improves flavour.

Fruit cake Tip:

Pat top with wet hand, ^{or spoon} after mixture placed in tin & cake will rise evenly.

■ Egg clean-up

Clean up a dropped raw egg by covering well with salt, leaving for 20 minutes, then sweeping up.

Roasting Towel:

Mix & rub into bird before cooking - small quantity salt, pepper & grd. ginger.

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Rhubarb:

cut with kitchen scissors. When cooked add few drops vanilla.

Jam:

1 teasp. salt to 6 lbs. fruit. Helps keeping qualities & prevents mould.

Stewed or tinned Peaches:

add few drops almond essence.

Jam Lushness:

If too stiff, stir in few teaspoonsful boiling water.

Chromiums:

Rub with cold tea to polish.

Pumpkin:

When roasting, sprinkle with little grated cheese before last few minutes of browning.

Tom Tomatoes:

If inclined to be over-ripe, place in basin of icy-cold water & add 1 teasp. salt for about 10 mins.

Rouge Marks:

To remove from necks of frocks, rub with cloth moistened with meth. spirits.

Stains:

Coffee & Fruit. Rub gently with glycerine then wash in tepid, soapy water, or stretch article over bowl, rub with powdered borax & pour on boiling water containing soda.

Tea. Remove stain with milk & leave 1/2 hr. Sprinkle with salt & leave another 1/2 hr; then rub with fingers till stain gone. Rinse in clear warm water.

Grass & seaweed. If white article sponge with solution of ammonia & water. If coloured, moisten in glycerine, leave an hour then rinse in warm water.

Mildew:

Immerse clothing or linen in kerosene. Roll tightly in towel & leave 24 hrs. Then rinse.

Lipstick:

To remove from towels, linen etc., rub in glycerine then wash as usual.

Jewellery Hooks:

Have cup hook near hand basin & sink for hanging rings, bracelets, etc.

Carpet Stains:

Rub grated, raw potato over stains & finish off with damp cloth.

Clean Chimney:

Burn potato peelings with little salt in grate once weekly. The glaze formed on inside chimney will prevent it catching fire.

Bright Sinks:

To brighten stainless steel sinks & remove lime deposits from around taps, use cloth moistened with vinegar.

New Hot Water Bottle:

Add a teaspoon glycerine before filling & rubber will remain soft.

To crisp Lettuce:

Wash lettuce stand in basin cold water, add piece coal & leave 1/2 hr.

Hot plates:

Rub daily with olive oil to keep clean.

Preserve Autumn Leaves:

Pick when just changing colour, stand in 1/2 & 1/2 glycerine & water. Leave till all glycerine absorbed (about 2 weeks).

Cloves:

Two cloves in cup of tea for headache relief.

Stove Cleaner:

Place cloth soaked in ammonia over bottom of oven & leave overnight. In morning wipe inside oven with same cloth.

Fried Eggs:

To prevent breaking or sticking, add 1 tsp. flour to frying fat.

Rise Mattress:

Rub with floor polish to prevent rusting.

Eucalyptus:

Removes stains from silk.

Sick Room:

To freshen, sprinkle a few drops vinegar on hot shovel.

Starch:

Add 1 tsp. salt to boiled starch.

Liver:

When sliced & ready for frying, stand in milk for few minutes to tenderize.

Potato Chips:

Parboil well in oven before frying & they will brown quickly.

Nose - Level:

Use equal parts tepid water & lemon juice as nasal douche.

Sore Throat:

Put little undiluted lemon juice on spoon & touch to back of throat.

Headache:

Rub head with lemon juice.

Corns:

Soak foot in hot water at night & bandage half shell lemon over corn. Repeat several nights.

Cornflour:

Spread over cake to prevent icing running off.

Silver plates:

Wash silver in water in which potatoes were boiled.

Rust Stains:

Apply lemon juice & salt.

Eye Strain:

Soak 2 cotton-wool pads in cup of cold water in which 1/2 tsp. salt dissolved. Place over closed eyes & lie down for 20 mins.

Iceing Sugar:

Keep in fridge to prevent going hard.

Rust Stains:

Unwashable material - dab with meth. spirit.

Washable - soak in cold water, cover stain with cream of tartar & leave in sun. Rinse with cold water. Repeat if necessary.

To Separate Limbs:

When two become fixed, fill inner with cold water & stand bottom one in warm water.

Cutting Pavlova or Meringue Pie:

Dip knife in cold water first.

Keeping Mustard:

Place mustard pot in an airtight container & keep in fridge.

Burnt Pots:

Cover burn with soda & cover with water. Leave overnight. Peel off burn. Rub 1" vinegar in pot & boil 10 mins.

Electric Fry Pan:

Remove legs. Soak old towel in ammonia & lay over bottom of pan. Wrap all in plastic bag & fasten at base of handle. Leave overnight, then remove black with steel wool. Rub stains w/ meths. Then rub with baking soda.

Basters:

Rub new shoes inside with slightly moistened soap.

Scorch:

Immediate application of onion juice.

Cardle-free milk:

Boil milk to be used in custards.

Wall-Wash:

1 cup Ammonia, $\frac{1}{2}$ cup vinegar,
1 tablesp. soda & 1 gallon hot water.

Mending Wool:

Shrink by holding over steam from boiling kettle, then dry it. Socks etc., will not show puckers.

Mohair:

Wash with hair shampoo to retain silky look & keep soft.

Stainless Steel:

Rub with any flour to keep shining.

Washday Stint:

Wash socks inside out in washing machine & there will be no more matted wool in toes or fluff clinging to outer surface.

Ball Point Stains:

Remove with solution of methylated spirit & glycerine.

Borax:

Add 1 teasp. to very hot water for good results when washing dishes.

Tenderising chops:

For cheaper chops fry in milk instead of fat.

Crayon marks:

Use silver polish to remove from linoleum or vinyl.

Crystal glasses:

Wash with few drops of good shampoo & rub over article. Rinse well & dry in lint-free cloth. Good for removing residue from vases.

Open Glass Panel:

Keep clean by rubbing with damp cloth sprinkled with soda after use.

Polished Wood:

To clean, wipe over with chamise wrung out of water (warm) & vinegar. Rub well.

Freshen Sponge:

Rinse in water & vinegar.

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Tea Stains:

As soon as tea is spilled on cloth, cover stain with salt. Leave awhile & wash.

Light Potatoes:

Use warm milk when mashing.

Cleaning Carpets, Woollens etc.

Grate 2 raw potatoes into pint of water. Strain through fine sieve into larger bowl containing another pint water. Let settle, then strain off clear part for bottling.

Dip sponge into liquid, rub soiled spots carefully, then wash with clean, cold, water.

Tomatoes:

To keep whole when frying, dip slices in vinegar before placing in pan.

Black Shoe Polish

Remove stains from lino with little eucalyptus.

Removing Splinters:

Partly anaesthetize skin with ice cube first.

Jam Roll:

Sprinkle breadcrumbs over rolled pastry when making roly poly & this will prevent jam running out.

Laundry Hints:

If suds tend to overflow washing machine, add a little vinegar which won't harm clothes.

To soften new tea-towels, soak in cold water to which Epsom salts have been added.

Bee Sting:

Apply slice of onion to prevent pain & swelling.

Removing Ring:

To remove tight finger ring pass end of piece of fine twine underneath ring & wind evenly around finger to middle joint. Then take twine on other side of ring & begin to unwind slowly & ring should move along finger toward finger tip.

Stained Socks:

Stubborn stains on light-coloured socks can be removed by soaking in warm water & tepid baking powder added.

Beetroot Stains:

To remove from material, rub a cut lemon & wash in usual way immediately.

Rust on Lino:

To remove rusty marks left by fridge etc., clean with sand soap & a little kerosene will assist.

Drying Lavender:

Gather as flowers open & spikes come into full bloom. Best cut early morning when dew is dry. Hang bundles upside-down & when dry use in sachets.

Chrome Cleanse:

Polish w/ baking soda on dry cloths

Sticky Tape:

Remove marks w/ nail polish remover.

Jewellery:

Toothpaste on old tooth brush to polish.

Hem Marks:

1 cup hot water, $\frac{1}{2}$ tablesp. vinegar, $\frac{1}{4}$ tablesp. borax. Mix well, saturate cloth, ring out, place on wrong side hem & press till dry. Brush out.

Oven Cleanse:

In enamel bowl mix 2 tablesp. soap powder, $\frac{1}{2}$ cup ammonia & 1 cup boiling water. Close all vents, place in oven & leave overnight. In morning add hot water to jelly & wipe oven. Wear gloves.

Paint Brushes: (clean)

Soak in hot vinegar an hour or so.

Restoring Run Colors:

Dissolve $\frac{1}{2}$ lb. chloride of lime in 2 qts. cold water. Stand overnight. Strain through several thicknesses muslin.

Dissolve 1 lb. washing soda in 1 qt. boiling water & when cold add to lime mixture.

Soak garment in $\frac{1}{2}$ water & $\frac{1}{2}$ javelle water a few minutes.

For Window Condensation:

10 oz. Meth. Spirit, 1 oz. Glycerine, 1 oz. Liq. Detergent.

Perpiration Stains:

Dissolve aspirin tablet in warm water & sponge on, then rinse in clear water.

Condensed Milk:

Can be whipped like cream if first heated for 10 minutes & allowed to become cold.

Lemon Juice:

A slice added to potatoes & cauliflowers will keep them white.

A few drops in water will keep poached eggs whole.
" " " " whipped cream will keep it stiff & firm.

Sprinkle on cut banana to keep white.

A teaspoon, added when stewing tough meat will help tenderize.

Cloth dipped in lemon juice cleans aluminum.

Lemon:

cut lemon dipped in salt will clean copper & brass. Then rinse with warm water.

Ammonia:

Add to water, rub grease marks on carpets then rinse with clear water.

Book Duster Mats:

Rub in methylated spirit.

Boal Polish:

Add vinegar when hard & lumpy.

Ants

Mix 1 tablesp. each honey, vinegar & borax. Rub in shallow containers & leave where ants are troublesome. Renew mixture each night for 3 or 4 nights.

Glycerine

To keep leather shoes soft & pliable rub in glycerine. When washing blankets or flannels add 2 teasp. to 1 gallon water.

Helps remove tea, coffee & fruit stains, also milk & ice-cream stains.

1 Teasp. to 1 lb. flour helps lighten cakes.

Sand Shoes:

When cleaning use methylated spirits instead of water for quicker drying.

Broad Beans:

book with sugar instead of salt.

Keeping Celery:

Stand in cold water @ 1 teasp. salt to keep fresh & crisp.

Electric Light Ball:

When bulb shatters in its socket & is difficult to move — pass large piece cork in jagged base. Turn cork counter-clockwise, push up & socket can be released.

Trimming Starch:

On windy days add 1 teasp. salt & on rainy days 1 teasp. Epsom salts. This will prevent starch being blown or washed from articles.

Suede Shoes:

Hold shoes or bags over spout of steaming kettle, allow to dry thoroughly then brush bristles till nap rises.

Burnished Brass:

After cleaning brass, dip a clean rag in flour & rub this over. Will stay bright twice as long.

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Fruit Stains on Wool:

To remove raw fruit stains from white woolen material, smear stain with toothpaste & brush off when dry. Repeat if needed.

Light Pancakes:

Prepare about 2 hours before needed - omitting egg whites. Just before cooking add stiffly beaten whites.

Clean Vacuum Flask:

Put in 1/2 egg shell & 1 tablesp. vinegar. Shake well after standing few mins. Add little warm water, shake vial.

To Refresh Varnish:

Wipe over with cloth dipped in weak solution detergent & warm water. Buff with dry cloth.

Storing Patties:

When storing, blow into hotty so the sides won't stick together.

Fridge Freshener:

Half lemon placed in fridge will absorb odors & keep interior fresh.

Keep Bananas:

If wrapped in foil, will keep a week or more in fridge or leave in paper bag & put in sugar bin.

Hem Marks:

To remove hem marks on coat or suit, rub wrong side with cloth dipped in salt, then iron with damp cloth.

Potatoes:

If wanting to prepare potatoes & leave standing for some time before cooking, put piece of washed coal in water with them & they will remain white. Remove coal before cooking.

Easier Ironing:

When making starch, add a few mild soap flakes & you will find when ironing the iron won't stick.

Rolling Pastry:

Short cake or biscuits, cover with polythene & the mixture will not stick to the rolling pin.

Scorch:

If material is scorched during ironing, wet a clean cloth with peroxide & iron over scorch mark.

Egg Yolks:

If pieces of yolks get into white when separating, dip a cloth in water, wring it dry, then touch yolks with corner of cloth & yolks will adhere to it.

Boiling Eggs:

Add little vinegar ^{or cream of tartar} to water to prevent yolk staining.

Loblean Pipes:

Put in handful baking soda, pour over $\frac{1}{2}$ cup vinegar, put in plug & leave about $\frac{1}{2}$ hour.

Beating Egg White:

If white threatens to flop, beat in several drops of glycerine & it will soon stand well.

Grease on Wall-paper:

- (1) Two or three applications of talcum powder.
- (2) Paste French chalk & oxy-cleaning fluid. Leave overnight & brush off.

Bad Starching:

Smear marks & thick layer of raw starch. Must be very stiff. After applying, hang garment in sun. Bad stains may take 2 or 3 days, in which case, dampen starch each day.

Blue:

If spill on clothing, soak patch in vinegar for an hour or so, then wash in hot soapy water.

Setting colours:

(Wool or cotton). 2 medium potatoes, finely grated, $\frac{1}{4}$ cup salt & $\frac{1}{2}$ cup vinegar.

Stand 20 mins, until dissolved & add to 1 gallon water. Soak garment 20 minutes.

Sharpen Scissors:

Cut fine coarse sand paper or cut on steel knitting needle.

Table Top:

Apply vinegar & soft cloth, then rub & olive oil along the grain. Preserves wood & guards against warping & cracking.

Marking Linen:

Mark first & lead pencil & ink will not run.

Cabbage & Onions: (odours)

A tablesp. lemon juice when cooking will minimise cooking smells, also makes rice whiter & fluffier.

Rissoles:

Add 1 grated apple.

Cleaning Fridge:

Wipe out fridge with cloth soaked in solution of warm water & enough borax to give soft feeling. Finish off with plain cold water.

Separate Rice Grains:

Add generous knob butter before rice boils & it will not stick to pot & grains will separate.

Window Blinds:

1 Pt. tea & 1 tablesp. glycerine.

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Old Tea Leaves:

Moisten with vinegar & place in stained flower vases for a few minutes, then rinse out in warm water.

Light Litters:

Add warmed instead of cold milk.

Fly Remover:

When cooking meals in hot weather boil some vinegar in small containers on stove.

Scatched Shoes:

When children's shoes get scatched toes, rub on a little egg white (raw). Dry, then polish.

New Woolies:

Before using, soaks 24 hrs. in cold water, then squeeze out & rinse in warm, soapy water. This will prevent shrinkage & matting.

Beat the Firemen:

If chimney catches fire, place wet paper on fire. The steam will put out fire.

For Whipped Cream:

Add honey instead of sugar to improve flavour & keep cream stiffly whipped longer.

White Shoe Bleach:

If no whitening, try mixing starch as thick as cream.

Rust Remover:

One tablesp. tartaric acid dissolved in 1 cup hot water.
Soak material 5 minutes & lay on grass to dry.

Tennis Shoes:

If badly soiled, make lather of shaving cream & spread over shoes. Rub off when dry.

Handkerchiefs:

If discolored, soak overnight in water with little cream of tartar added.

Silver Teapot:

Mix equal parts flour, baking powder & vinegar.
Paint inside teapot, leave overnight. Then rinse away.

Castor Oil:

If warmed & applied with soft cloth, will remove stains from Oak or Birch tables.

Red Sox:

3 Pkts. Double-Knit. No. 4 needles.
Cast on 35 Sts. 8 Rows Stocking St. St.
9th R: Increase in every st. 50 Rows garter St. Decrease
to 35 st. in 1 Row. 8 Rows St. St. Cast Off.

Remove paint from glass & brass or warm vinegar.

To clean electric fry-pans, sponge with ammonia & leave overnight in plastic bag.

Scotch: Paste provide & bhg. soda^(or borax). Spread on, dry & scrape off.

Oven Window:

clean & provide mixed is a good cleaning powder.

Paste:

Mix 1 cup flour & 1/2 cup sugar. Add 1 cup cold water. Boil 3 cups water & add to previous mixture. Add 1 tablesp. alum & 3 or 4 drops oil of cloves or 2 or 3 cloves.

cool, bottle, cap & keep in fridge.

Butting Pavlova:

Butter knife before cutting.

Mel. Grater:

Before grating citrus fruit to prevent sticking.

Common Salt:

Will kill grass growing in concrete joints.

Fish Odors:

Rinse with tea leaves.

Electric Jug:

Boil solution cream o' tartar & water.

Electric Iron:

Clean with cup water & 1 teasp. vinegar.

Mixing Batter:

Use fork to obtain smooth mixture. Add pinch of salt to dry mixture.

Jelly:

Mix with fork - will dissolve more quickly.

Draining Fat:

Invert a saucer or small plate in a bigger plate to drain fried chops, etc.

Storing Blankets:

When washing to store, melt small blocks camphor in rinsing water. Keeps moths away.

Laundrying Sportswear:

White athletic shorts with grass stains. Wet & sprinkle with sugar. Roll up & leave an hour before washing. Rinse black cardigans etc. through strong blue water & prevent losing color.

Paint Brushes:

To prevent paint hardening, can be wrapped tightly in aluminium foil for short periods.

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To wash Lettuce:

If limp, place in little water in an aluminium vessel with lid on.

Bread Freshener:

Top crust, top & bottom of cut slices, place in saucepan with tight-fitting lid & leave on lowest heat about 1 hour.

New Blankets:

Stitch around edges with machine to prevent unravelling & fraying.

Lang:

If too thin, add some cornflour.

Stains from Plastic:

Cream of tartar good remover.

Mineral Drinks:

Once opened, close bottle with cork.

Piano Keys: (clean)

Clean with meth. spirit.

Milk on carpet:

Shake dry mustard on stain. Pour milk over. Mop up softly. Repeat & wash lightly with detergent.

Indoor Plants:

When going on holiday, put pots in plastic bags & tie bags around necks of plants, after watering as usual. Will keep moist for weeks.

Mint Sauce Cubes:

Set in ice cube containers. When frozen tip into plastic bag & leave in freezer.

Potatoes:

Butter before roasting.

Bacon:

Spread castor sugar over before cooking.

Iron: to clean.

Rub with raw lemon to clean.

Rose Stems:

Soak stems 1" up when putting in vases.

Loaf Sugar:

Keeps piece in cheese dish.

Thick Towel:

Place around tin when fruit cake is removed from oven.

Riblets:

Add 1 dessertsp. custard powder to each cup of flour.

Doubling butter

Mrs Grace Sullivan's economy recipe for doubling butter, given in an episode of "The Sullivans" (South Pacific Television) may have been missed by many housewives who would like to try it.

The recipe is:

Double 250g (half a block) of butter by dissolving $\frac{1}{2}$ teaspoon gelatine in $\frac{1}{4}$ cup hot water and adding this to the softened butter and beating in $\frac{1}{4}$ cup of fresh milk. When all ingredients are thoroughly blended refrigerate until firm.

This butter may be used on sandwiches and in making cakes but not for frying.

Condensed Milk: One dessertsp. added to icing will make it smooth.

Add a little sugar to beans.

Gloves in cupboard will keep ants away.

Half-fill dirty bottle with warm water; add small handful rice & shake well. To clean dirty bottle

Egg White: Stand $\frac{1}{4}$ hr. before beating.

Tom Shirt:

Smear little egg white on wrong side, place on piece of material & press with hot iron.

New Potatoes:

Dip in milk, roll in seasoned flour & roast.

Egg Whites:

Expose to air overnight for pavlova etc.

Icing:

Add 1 dessertsp. cornflour to icing sugar for smooth icing.

Mushrooms: Pour boiling water over before cooking.

Silverware:

When cooking, add slice lemon or orange & one dessertsp. golden syrup.

Course Salt:

Spinkled on edges, kills grass & keeps edges back.

1 pt. Water

1 teasp. Salt

1 " Soda

} Soak tarnished silver, then wash.

Scones:

Have oven very hot then leave door ajar a few minutes after putting scones in.

Burnt Saucepan:

Put in some vinegar & bring slowly to boil.

Booked Meats:

When stewing, add 1 teas. sugar & 2 teas. vinegar.
book slice lemon with tripe.

Stewed Peas:

Add lemon juice.

Rust from bake Lins:

When corner of tin become rusted, dip row potato in cleaning powder & treat.

Kitchen Floor:

To keep shining & non-slip, soak a cloth in equal parts meth. spirit, kerosene & ammonia. Allow to dry, then when floor have been washed, rub with the cloth.

To Test Egg:

Place in cold water. Will rise if stale.

Chocolate Dipping:

Add pinch salt to prevent cloudiness.

New Potatoes:

When scraping add 1teaspr. salt to water to prevent staining hands. Add little butter to prevent boiling over when cooking.

Burns & Scalds:

Apply eucalyptus immediately.

Chilblains:

Soak in potato water.

To Clean Electric Jug:

1 Teaspr. Borax in water & boil. Repeat in 1 hour. Leave 1 hour & repeat. Or 1tablesp. citric acid, fill jug with cold water & leave overnight.

Steel Pads:

To prevent rusting place in jar of water to which 1/2 teaspr. baking soda is added.

Grease Baked on Oven Door (glass),

Remove w/ steel wool dipped in vinegar, & rub little soap on it.

Old Inkstains:

Remove from wooden furniture by rubbing with cloth soaked in vinegar & meths.

Fish Bone:

If sticks in throat use plenty of lemon juice.

Mince Patties:

Always use whole egg, unbeaten, with $\frac{1}{2}$ cup freshly grated potato.

cream of Tartar:

Add 1 teaspoon to jam just before cooked to prevent going "sugary".

Painting around Windows:

Rub glass w/ kerosene cloth & paint won't stick.

Stuffing:

Add 1 teasp. bkg. pds. for lightness.

Fruit Rising in Jars:

Fruit packed too loosely, too ripe, syrup too heavy, cooked too quickly.

Equal quantities grated cheese & carrot set in lemon jelly - serve a cold ham or poultry.

Burns, Scalds:

Immediately apply eucalyptus to minor injuries.

Salt:

Scatter on carpets to clean them electrostatically.

Charcoal:

Store with clothes - prevents musty smell.

Tooth paste on damp cloth removes paint from children's skin.

When cooking fish sprinkle curry powder in frying pan to prevent smell.

Brown stains on soles of shoes. Soak 30 mins. in warm water with 1 tablesp. bhg. soda. Wash.

To remove grass stains from clothes, sprinkle sugar on stain, leave a few minutes then wash.

Before frying eggs, put bhg. pds. in pan to prevent sticking.

When boiling rice add a little lemon juice or vinegar. It whitens rice & separates grains.

To unscrew rusted screws - pour vinegar over them & wait a few minutes. Should then unscrew.

Scratches on highly polished dark furniture will be almost invisible if a little petroleum jelly is applied.

To remove bulge from lino. Fill hot water bag & place over bulge. Leave till lino is warm, remove & replace with something heavy. Leave overnight.

Put 1 teaspoon sugar or lump sugar in silver teapot when not in use to prevent mustiness.

To remove grease from ^{under} electric frypan dip steel wool in methylated spirits & rub stain lightly. Baking soda will give final shine.

To keep fruit cake moist & prevent crumbling, add 2 tablespoons honey.

If jam hasn't set properly, place jar on tray & put outside on a really hot day.

Christmas cake

Use 1 tablespoon good marmalade instead of lemon peel.

Pressing trousers.

Use cloth that has been starched & dried before it is dampened. Breases last longer.

Cleaning washing machine:

Half fill with cold water, add 2 TBSP epsom salts dissolved in hot water. Agitate a few times, empty & rinse with clean cold water.

If jam hasn't set properly, space jars on tray & put outside on a really hot day.

Add 2 tablesp. honey to fruit cake - keeps moist & prevents crumbling.

Add 1 teaspoon glycerine to icing.

but cream sponge from outside to centre.

Ninegal removes melted plastic from chrome.

Oven cleaner:

1/2 cup water

1 lge. tablesp. bhg. soda.

2 dessertsp. Ninegal.

Boil, paint on oven, heat to 300° & wipe off.

Mash butter & lemon together for banana sandwiches.

Brush tops squares etc., with milk, sprinkle with sugar, prick & bake.

Little vinegar when boiling rice.

Use essence lemon with dates when cooking.

After defrosting freezer, wipe with cloth on which glycerine is poured. Next time defrosting easier.

Rem. Greases - remove by pressing with cloth wrung out of solution of $\frac{1}{4}$ cup vinegar & 2 cups water.

New shower curtains - soak in salt & water solution before hanging, to prevent mildew. If mildew already on curtain, rub in baking soda & wash.

To remove grease from glass oven door - steel pad in vinegar.

Rub sunlight soap on dirty iron.

Add grated apple to pikelet mixture.

Moss on trees, shrubs, plants - mix heaped tablespoon baking soda in $1\frac{1}{2}$ pint water & spray on.

Before using paint lather hands with soap & allow to dry.

Frying fish - add dessertspoon vinegar to oil/fat as soon as it becomes warm (not hot), to prevent fat being absorbed into fish & greasy taste.

Reviving pearls - rub with a little olive oil on piece of flannel to restore shine.

To remove fishy smells - boil used tea leaves in fry pan after cooking fish.

Prevent steel wool rusting - keep in jar with 1 teaspoon baking soda & water.

Reviving stale vegetables - soak in cold water with a slice of lemon for 1 hour.

Removing Grass Stains

TO REMOVE grass stains from clothes, dampen the garment and sprinkle with sugar. Roll it up and leave for half an hour. Wash in the usual way. The stains should disappear.

Mock cream

Have discovered a new way of making mock cream - just take two tablespoons of margarine and slowly add icing sugar to taste, beating well all the time. Much better than the old ways and certainly much less work.

Free-flow Freezing Tomatoes a Cook's Log

When there are ample tomatoes about, I slice them onto a tray and freeze them using the "free flow" method. In the winter they provide a quick, attractive and economical topping for bacon and egg pies, pizzas etc. No thawing is necessary, just pop the tomato slices on just before putting the pie in the oven and they cook beautifully.

Freezing Snitzels.

WHEN freezing wiener schnitzels, dip them in egg and breadcrumbs first, so that the meat will be ready to cook as soon as it has thawed. Also the crumbed mixture stays on the meat.

Use the free-flow method to freeze the meat, that is, lay each piece on a large tray and place in the freezer for several hours, or overnight. Remove each piece from the tray and put it in a large plastic bag. Pieces can thus be taken out in the number required at the one time.

Cleaning Freezers quickly.

When cleaning chest freezers, soak old towels in really hot water and drape them over the top edges. This loosens the ice really fast, and the ice can be lifted out in large sections. The excess drips loosen the ice lower down and help to clean the base. This saves time: Frozen goods piled together on a bench and covered with a blanket, etc, haven't time to defrost.

Kerosene uses.

If you have trouble removing an old window pane & the putty has become hard, use kerosene to soften the putty.

It's also good for squeaky doors and is the quickest and cleanest remover of adhesive tape.

KEEPING CELERY CRISP

To keep celery crisp and fresh for three or four weeks, separate the sticks off the bunch. Trim off the tops and wash the sticks, then drain them for 30 minutes. Stand the base of the sticks in 2cm of water in a jar in the fridge. Replace the water every four or five days. Guaranteed

freshness. Trim the tops and bottoms of the sticks before use.

Softening

When making icing for cakes and biscuits, use margarine instead of butter. Icing will not harden or crack.

TO PREVENT ice crystals forming in a partly used ice cream pack, cover the exposed surface with cooking foil, replacing each time and moulding it to the shape.

The ice cream will retain its flavour and quality to the last serving.

Washing sheepskins

A QUICK and easy way to wash your sheepskins is to peg them on the clothesline and hose them down with cold water, taking care not to wet the inside (pelt). They dry beautifully.

Carry newspaper in car

Always carry a newspaper in the car. If the car breaks down at night and you have no torch, the newspaper held in front of the headlights will reflect the light into the engine.

If your iron is sticky from ironing starched clothes, run it across a piece of aluminium foil, fine sandpaper or paper sprinkled with salt.

"Sticky" iron

When re-heating deep-frozen scones, bread or rolls in the oven, it can be difficult to tell when they are completely thawed and heated right through.

Test by inserting a fine metal skewer and leaving a few seconds.

If the skewer goes in easily and feels hot to the touch when withdrawn, they are ready.

Soap-impregnated pads can be used to the very last and never rust if after each use they are squeezed out in clean water, placed in a small jar and covered with soap powder. The pads dry out this way and are ready for use again.

When maidenhair ferns seem to die off and become brown, water them with one teaspoon of epsom salts, to one cup of water.

New fronds will soon appear.

If you want to get rid of a stubborn smell from a bottle or jar, fill it with a solution of dry mustard diluted in water. Let it stand overnight then wash well and rinse the next morning.

To clear windcreens of frost, grime, fog etc wipe over with a cloth dipped in methylated spirits to get a rapid sure result.

bleans spotted / dirty wind screen.

House Plants (feed)
Dissolve 1/4 teaspoon of gelatine in 1/4 cup of hot water and make up to 1/2 cup cold water. When quite cold, give 2 tablespoons of the liquid to your house plants. They'll respond amazingly.

Note: Do not overdo this treatment. Use only occasionally.

How to clean curtains

IF YOU wish to clean a plastic shower curtain thoroughly and quickly, soak the curtain in warm water containing a tablespoon of ammonia for about half an hour. Rinse well and hang out to dry. The curtain comes up the brand new.

Cooking lamb leg

A delicious way of cooking a leg of lamb, told to us by a French chef. Rub meat all over with salt, then sugar and lastly vinegar. Roast as usual, basting frequently.

Shining aluminium

Use ordinary table salt to bring back the shine to your aluminium pots and pans etc.

Just before putting fruit cake in oven, pat top with spoon run under cold water tap. Smooth & even.

HOW TO MAKE YOU DANCE

way to make a pavlova up, which can happen when you try to peel the paper off afterwards. And an extra bonus! You'll have only one dish to wash instead of two. I use a stainless steel flat plate, but any ovenproof plate will do.

— \$6 to Ann. Christchurch

Rusty coal Bucket
IF YOUR coal bucket has gone a bit rusty and is developing a hole, dip a piece of unbleached calico in some black enamel paint and paste over the hole, giving it a final coat of paint when the first lot is dry. It lasts for years.

The same method applies to a rusty and holey outside down pipe, painting it with the colour of the down pipe. Tried it.

Brass Polish

TO MAKE your own brass polish take equal parts of flour and salt and mix into a paste with vinegar. After rubbing, rinse the article and polish with a dry cloth.

HOW TO MAKE CLEAN SWEEP

Leave to set. Lift paper napkin and fat will come away cleanly.

— \$6 to Ann. Christchurch

For browned pastry
IF YOU want golden brown pastry, roll it out on custard powder. It is easier than using egg or milk.

Nolan Nelson
SILVER paper rubbed on light rust on chrome does a good cleaning job and restores the shine.

Prevent underneath electric pan going black.

TO PREVENT your electric frying pan from turning black underneath, always place it on newspaper before using.

I have used this method since my frying pan was new and after six years it is still lovely and shiny underneath.

lengthening children's "longs"

IF YOUR children's long trousers have been let down as far as they can go, and are still too short, buy the commercial ribbing used for jackets and tee shirts. Sew this to the bottom of the trousers and your child will have the latest fashion. Teenagers love this idea.

How to stop that electric cling

IF your skirt and petticoat cling on your hands and wipe cling together due to static down your slip. The problem electricity, put a little hand will be solved.

measuring honey, syrups etc.

GREASE the cup in which honey, syrups or treacle are measured, and every drop will run out of the cup.

To keep chimney clean

500 gr. Zinc oxide

500 " plain salt

Mix & sprinkle 1 tablesp. on hot fire weekly.

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Keeping silver Beet

IF storing silver beet, wrap it in a large sheet of damp newspaper, then in one dry sheet. Store standing up. Keeps fresh until required.

Steam Ironing

ADD a couple of drops of your favourite perfume to the water in your steam iron - it makes the clothes smell lovely and fresh.

Keep flies from mirrors/windows

TO PREVENT flies from settling on your windows and mirrors, sprinkle a little vinegar on the cloth with which you clean ledges. You'll be surprised how well this works.

Remove those stubborn stains

TO REMOVE stains (marker pens etc.) from clothing make a cloth pad, place under stain, apply some methylated spirits then eucalyptus and rub gently. You may have to do it a second time depending on the stain. This has worked where dry cleaning has failed.

New Shower Curtain

SOAK a new shower curtain in one cup each of salt and water before hanging it. This prevents mildew.

If your shower curtain is mildewy already, rub with baking soda before washing.

Remove air from plastic bags when freezing

TO REMOVE the air from a plastic bag when freezing food, suck the air out with a drinking straw, then seal this bag as usual. More effective and quicker than using a pump.

Scratched/chipped Whiteware

TO COVER scratches or small chips on whiteware, just brush with a little typist's erasing paint. - E. H., Christchurch

Potting mixture

SAVE cold coffee grounds and tea leaves to add to soil to make a cheap potting mixture. Plants thrive on it.

Labels - Jam etc

USE the borders around sheets of stamps as labels for jam and marmalade pots - just name, lick and stick on.

To take labels off plastic containers, first fill jar with very hot water and put lid on. Leave for a few minutes. Then peel label off leaving no sticky glue. *To remove labels from plastic pots etc.*

To prevent a stain forming round an aluminium saucepan when boiling eggs, put a pinch of cream of tartar in the saucepan before pouring in the water, then boil the eggs. *Prevent staining pot when boiling eggs.*

Keep bananas white
BEFORE slicing bananas for fruit salad, etc, hold them under cold running water for a minute. Then they will not turn brown. *Water A Kind.*

To clean oven racks

When staining tubs etc.

Search marks:

Rub in circular motion with silver (back of spoon).

Creaming Sponge:

Spread thinly with butter & cream & jam, won't seak in.

Booking Old Potatoes

A little lemon juice or vinegar to whiten & pinch sugar makes fluffy.

Dental Ulcers.

Wash mouth with 1 tsp. baking soda in 1/2 cup hot water.

Roasting Potatoes / Parsnips

First dip in milk then in flour to "crisp".

Stuffing Fowl.

Close opening with safety pins.

Smooth Scing.

Make with milk instead of water.

Roll Shortcake —

to required size between plastic or grease proof paper.

Thicken Mince or Stew

Add 1 or 2 tablesp. rice or sago when cooking.

Prevent soggy pastry.

by brushing with milk or melted butter.

Peeling Onions

First pour boiling water over. Easier on eyes!

Boiled Eggs

Should not crack if match stick put in water.

Pressing Biscuits

Make stiff dough, roll into balls, place on tray & flatten with potato masher, or make into roll & slice.

Over boiled Potatoes

Mash with milk powder to absorb moisture.

Powdered Milk

Add pinch salt to make taste more like fresh milk.

When Making Lumpy

Use Vanilla instant pudding as custard.

HINTS

Chewing gum that has been trodden into a carpet and hardened can seem impossible to remove, but try covering it with egg white and leave it for an hour or two. The gum will soften and can be scraped off with a knife. It may need a second dose to remove it completely.

For stubborn stains on the carpet, try using a little hair shampoo on a damp cloth.

BROOKFIELD BRANCH.

Buy fewer flower plants and more slug bait and you will probably have more flowers.

Mrs F. Johnson,
INGLEWOOD BRANCH.

Use dry cement or sawdust for oil on concrete drive.

Norma Allen,
AWAPUNI BRANCH.

If the end of a reel of cellotape is lost, put it into a cup of hot water for a few minutes, then it can be seen plainly. The water won't harm the tape at all.

M. McBean,
MIRAMAR BRANCH.

If having trouble with a stiff lock, try rubbing the key with soap—the lock usually gives no more trouble.

W. Manson,
MIRAMAR BRANCH.

To prevent car window from misting, wipe over the inside with concentrate detergent. Leave for five minutes and then polish with a dry towel.

Many stains become 'set' if left untreated too long. NEVER apply heat to a stain. For long life, have clothes regularly 'Drycleaned'. If unable to remove at home, do keep paint or vegetable oils moist with paraffin or lubricating oil and send to the drycleaners as soon as possible.

1. Don't damage colours or fabric with hand-rubbing.
2. Place absorbent pad under material, and sponge carefully.
3. Liquid detergents are recommended rather than soaps, which may contain harmful alkalis.
4. Don't iron while damp.
5. When using turpentine, keep away from naked flame — use in open atmosphere.

ACID - Neutralise with weak solution of water and Bicarbonate Soda or Ammonia.

ADHESIVE TAPE - Lighter fluid or turpentine (mineral turps).

ALCOHOL - Lukewarm water with detergent.

ANIMAL STAINS - Sponge with warm water. Add few drops of ammonia if colour affected.

BATTERY ACID - Neutralise with weak solution water and Bicarbonate Soda or Ammonia.

BEER - Sponge with warm water.

BLOOD - Cold water.

BUTTER - Lighter fluid or turpentine (mineral turps).

BETROOT - Sponge weak solution of common salt and cold water.

CARBON PAPER - Lighter fluid or turpentine (mineral turps).

CHOCOLATE - Sponge warm water and detergent. If on surface allow to dry and brush off.

CHEWING GUM - Kerosene or turpentine.

COFFEE - COCOA - Sponge immediately with warm water and detergent.

COOKING OIL - See Vegetable Oil.

CRAYON - See Carbon Paper.

CREAM - Sponge with cold water and detergent. If necessary, follow with turpentine (mineral turps) when dry.

CUTICLE REMOVER - Sponge weak solution water and vinegar or Acetic Acid.

DEODORANTS - Sponge solution warm water, detergent and ammonia.

DYE STAINS - Send immediately to Dry-cleaners.

ENAMEL - See Paint.

EYEBROW PENCIL - See Carbon Pencil.

FLY SPECKS - Sponge with solution of warm water, detergent and Bicarbonate Soda.

FOOD STAINS - Sponge with warm water and detergent.

FRUIT STAINS - Weak solution water and Acetic Acid or vinegar.

GLUE - As for Adhesive Tape.

GRASS - Warm water and detergent.

GRAVY - See Food Stains.

ICECREAM - Sponge cold water and detergent. When dry follow with turpentine (mineral turps).

INDELIBLE PENCIL - DON'T TOUCH. Send to drycleaners moist by covering immediately with paraffin or light lubrication oil.

INK MARKING - See Indelible Pencil.

INK BALL PEN - See Carbon Paper.

IRON (RUST) STAINS - Treat with Oxalic Acid or rust remover.

JAM - Warm water.

JELLY - Sponge with warm water.

TOMATO SAUCE - Sponge with warm water and detergent.

LIPSTICK - Turpentine (mineral turps). If necessary, follow with solution water, detergent and Ammonia.

MASCARA - See Carbon Paper.

MAYONNAISE - Weak solution detergent with Ammonia.

MEAT JUICES - Weak salt and water solution.

MILDEW - Wash well. White wool garments can be treated with weak solution Hydrogen Peroxide; white cotton garments with weak solution of Chlorine.

MILK - Cold water and detergent.

MUSTARD - See Mayonnaise.

NAIL POLISH AND REMOVER - Dangerous to acetate fabrics. Sponge off with Amul Acetate.

NICOTINE - Weak solution warm water, detergent and Bicarbonate Soda.

OIL (VEGETABLE): SALAD, OLIVE, SOYA BEAN - Unless quickly treated becomes 'set'. Don't use water. Keep moist with kerosene or light oil (paraffin) and send to drycleaners.

OIL (MINERAL) - lubricating - Lighter fluid or turpentine (mineral turps). Send to drycleaners.

PAINT - Light surface stain may be removed with turpentine. Otherwise, treat as Indelible Pencil (see Chart).

PERFUME - Wash solution water and Bicarbonate Soda.

PERSPIRATION - See Perfume.

POLISH, SHOE AND FURNITURE - See Paint.

RUST - Send to drycleaners.

SOFT DRINK - See Beer.

SOOT - Use stiff dry brush. Follow with lighter fluid or turpentine (mineral turps).

TAR - Either turpentine, Benzol or kerosene. If not successful treat as Paint.

TEA - Sponge immediately with solution warm water and detergent. Do not use petrol, Tetra-chloride, etc.

URINE - Weak solution water, detergent and Bicarbonate Soda and Ammonia.

VARNISH - See Paint.

VOMIT - Warm water and detergent.

WINE - See Alcohol.

WHISKEY - See Alcohol.

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EMERGENCY SUBSTANCES

In cooking, the following emergency substitutions may be made:

FOR	USE
Allspice-1 tsp.	Cinnamon- $\frac{1}{2}$ tsp. and ground cloves- $\frac{1}{8}$ tsp.
Baking Powder-1 tsp.	Baking soda-1 tsp. and cream of tartar-1 tsp.
Buttermilk/sour milk 1 cup	Lemon juice or vinegar-1 tbslp. plus fresh milk to equal 1 cup.
Catsup or chili sauce 1 cup	Tomato sauce-1 cup mixed with 2 tbslp. vinegar and sugar to taste plus ground cloves- $\frac{1}{8}$ tsp.
Chocolate-1 oz square	Shortening-1 tbslp. and dry cocoa-3 tbslp.
Cornstarch-1 tbslp.	Flour-2 tbslp.
Flour-(cake)-1 cup	White flour-1 cup minus 2 tbslp.
Flour-(white)-1 cup	Cake flour-1 cup plus 2 tbslp.
Fresh herbs	Equal amt. dry herbs.
Garlic-1 clove	Garlic powder- $\frac{1}{8}$ tsp.
Ground pork	Equal amount sausage
Oregano	Equal amount marjoram
Prepared mustard 1 tbslp	Dry mustard-1 tsp.
Pumpkin pie spice 1 tsp.	Cinnamon- $\frac{1}{2}$ tsp., ginger- $\frac{1}{4}$ tsp., ground cloves- $\frac{1}{8}$ tsp., nutmeg $\frac{1}{8}$ tsp.
Tomato juice-1 cup	Tomato sauce- $\frac{1}{2}$ cup and water- $\frac{1}{2}$ cup.