

For Sunday Teas or Suppers

TOMATO Mousse forms a cold vegetarian dish which may be wholly prepared in advance, and is therefore particularly suitable for Sunday teas or suppers. The ingredients required are $\frac{1}{2}$ lb. tomatoes, half cup water, one slice onion, salt and cayenne, $1\frac{1}{2}$ cups milk, 2oz. butter, 2oz. flour, cold vegetables, mayonnaise. Wash the tomatoes, slice and stew them with the water, onion, and seasonings, and sieve when tender. Measure the purée and make it up to one pint with milk. Melt the butter in a saucepan, add the flour and then the tomato purée, a little at a time. Boil for three minutes, season well, and then pour into a wet border mould to set. When cold, turn out, fill the centre with cold vegetables, cut into dice and coated with mayonnaise, or other dressing. Garnish and serve cold with or without cold meat. Sufficient for six persons.

AN excellent *Fish Pie* can quickly be evolved from cold fish remains or a tin of salmon. The secret of success in preparing this dish lies in using plenty of good parsley sauce and in mashing the potatoes to a perfect creamy consistency. The pie may be completely covered with a layer of mashed potato, neatly spread and tastefully marked with the prongs of a fork, or a more elaborate result may be obtained by forcing the potatoes through a large rose pipe.

ANOTHER Fish Pie: 8 to 12oz. cooked fish or one small tin salmon; 2oz. flour, 2oz. butter, 1 pint milk, 1 teaspoonful salt, cayenne, 2 teaspoonfuls lemon-juice or vinegar, 1 slice cooked onion, parsley, cooked potatoes. Break up the fish with a fork. Make a white sauce with the flour, butter, and milk, and season it well. Add the fish, lemon-juice, chopped onion, and finely chopped parsley, and place in a pie-dish. Mash the potatoes with a little milk, butter and salt, and form into

a thick layer on the top, or force through a vegetable rose pipe on to the pie. Brown in a hot oven or under a grill and serve hot, sprinkled with chopped parsley.

SCALLOPED Eggs and Cheese: Three eggs, $1\frac{1}{2}$ oz. butter, 1 gill milk, pepper and salt, 3oz. cheese. Grease some scallop shells or ramequin cases. Grate the cheese. Melt the butter in a saucepan with the milk. Beat the eggs slightly and add to the milk in the pan, then add half the grated cheese and season well. Stir over a gentle heat until the mixture is of a creamy consistency, taking care to remove from the fire before it becomes quite thick. Pour some of the mixture into each scallop shell and cover with grated cheese. Brown under a hot grill or in a hot oven. Garnish with parsley and serve hot with toast fingers.

ECONOMICAL Rarebit forms a delicious supper savoury, and is made with 1oz. butter, $1\frac{1}{2}$ oz. flour, half pint milk, 3oz. grated cheese, cayenne salt, 1 teaspoonful made mustard, toast. Prepare some rounds of toast. Make a thick white sauce with the butter, flour, and milk. Add the seasonings. Cool slightly and stir in the grated cheese. Allow it to melt and pour this sauce on to the slices of toast, which may be buttered or not as preferred. Serve hot. Sufficient for four to six persons.

COLCANNON: Remains of cooked potatoes and cabbage; seasoning; brown crumbs. Grease a pie-dish, or tin, and coat it inside with fine brown crumbs. Mash the potatoes with a little milk and melted butter, and mix them with about an equal quantity of chopped cabbage. Season very well and pack into the prepared dish. Bake in a moderate oven for about half an hour. Turn out and serve hot, garnished with parsley.

Been there Himself

A REMUERA man had a son at college in Edinburgh, and last week the young man wrote home a long letter, which his mother proceeded to read to his father when he arrived home that evening. "Of course," the letter ran, "the main thing about a place like this is

the atmosphere. It is not the actual learning that counts, but the spirit that pervades the college, the splendid effect of contact with great minds, the noble thoughts—"That'll do," interrupted dad, "what's the young beggar failed in this time?"

A Guaranteed Shopping Guide

Every advertiser in THE LADIES' MIRROR guarantees his goods to fulfil the claims made for them; and you may purchase with every assurance that you are fully guarded against misrepresentation or substitution.

In the unlikely case that you do not receive every satisfaction from any of our advertisers, THE LADIES' MIRROR undertakes to see that the matter is put right, provided that the name of the Journal was mentioned when you ordered the goods, and that the complaint is received within one month of the publication of the issue in which the advertisement appeared.

BROWN BARRETT'S COFFEE ESSENCE



Good Coffee, Quickly Made.

It comes to your table with all its natural flavour preserved.

Because Brown Barrett's special vacuum process—the result of 60 years coffee experience—saves that golden coffee aroma which makes good coffee so delicious.

The BROWN & WHITE LABEL products

LADIES buy SOUTHALL'S TOWELS

Sanitary, Absorbent, Antiseptic and of downy softness

The Prime Minister in his address on November 2, said that the prosperity of New Zealand depended upon us helping the Mother country and that every Citizen could help by buying British made goods.

SOUTHALL'S TOWELS (THE ORIGINAL AND BEST) ARE BRITISH

If you cannot obtain Southalls from your dealer, write to the New Zealand Representatives:

W. HOLDSWORTH & SON, Ltd. 35 Albert Street Auckland P.O. BOX 954