

In the Kitchen

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Sardine Eggs

INGREDIENTS: Four hard-boiled eggs, 1oz. margarine, 5ozs. sardines, cayenne pepper, rounds of bread and butter or thin beetroot.

Boil the eggs hard, cut them in halves across, remove the yolks and cut a small piece off the whites so that they will stand firmly. Remove the skin and bone from the sardines, and put them into a basin together with the yolks of the eggs and the margarine. Work well together with a wooden spoon, add a little cayenne and then rub the mixture through a sieve. Fill up the egg cases with it and stand each on a small round of brown bread and butter or thin beetroot. Garnish the dish with any kind of salad.

Sweet Ghutney

INGREDIENTS: 1lb. ripe tomatoes (skinned), 1lb. Demerara sugar, 1lb. onions, one clove of garlic, chopped or minced very finely, 3½lb. apples (cut up, but not peeled), a little mace, and allspice, a few chillies (tied in a muslin bag) and one tablespoonful of powdered ginger, one quart vinegar, half-pint water.

Put the apples in a big double saucepan with the water. Cook till they are quite soft, then press through a colander. Put pulp into preserving pan with vinegar and bring to the boil, add other ingredients and cook slowly till all are soft. Then bottle, and when cold seal.



Sympathetic Child: "Oo, Rosie! You will be so unlucky—you've spilt the salt!"

Care for your Shingled Head

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MANY women complain that their hair comes out in handfuls, when really they are only losing a normal, i.e., fifteen to twenty hairs every day. If the fall is greatly in excess of this quantity, then it is time to sit up and take notice, especially if little bald spots appear, and expert advice must be obtained.

Often dandruff, in either its dry or greasy form, is responsible for the trouble, and must be got rid of as expeditiously as possible.

CONCERNING greyness, it is impossible to lay down any hard and fast rule as to when the hair will go grey; it depends on so many things. Normally the first white hairs may be expected in the early forties, and the whole head may become grey in two years or take a very long time over the process; indeed, some people's heads

are patchy until the day of their death; a beautifully uniformly grey head, which is so becoming and attractive, is very rare, which is one of the reasons I think why so many women tint their hair when it begins to change colour.

"**T**INTING" is a vexed question which every woman must answer for herself. The woman, who decides to do it, should go to a thoroughly reliable conscientious hairdresser, who understands this difficult and dangerous art. It is almost impossible to tint the hair properly oneself.

The habit of tinting, once begun, is very difficult to leave off, and the only satisfactory way, to my mind, is to cut the hair quite short, and to wear a transformation with a little grey in it until the hair has grown, shingle length, and all the dyed bits have grown out and been snipped off.

To be alive; that is the best thing that can happen to any of us. So make the most of your good fortune. Good Health is dynamic—it propels the ship of life into the sea of happiness. And the Golden Rule of Health is a daily glass of cold water with a dash of—

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