



You can influence their future. Mother

EACH day of health and happiness attained helps to gain for them the future you wish. Each tiny habit—the food they eat.

And so, to begin each day with a bowlful of creamy Milk Oaties, ensures the steady building of a healthy frame and a bright, vibrant mentality. "Feed the body to feed the brain" is true. A successful future depends on a child's health now. Milk Oaties is a complete food: the full value of plump, sun-ripened oats. Easily prepared in a few minutes. Delicious in flavour.

Stocked by all grocers, in packets.

MILK OATIES "BREAKFAST JOY"

Prepared by Fleming & Co., Ltd., Gore, N.Z.

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Sergt. Dan, P.O. Box, 24, Gore. Begin to-day!

Taste "Breakfast Joy" FREE!

Big Free Sample posted to you. Write to-day!



Aluminium Pots and Pans



When choosing pots and pans—whether a complete set for the new home or merely renewals—the modern housewife has a wide and almost bewildering variety from which to make her choice, and is in a very different position to her grandmother, who was forced to choose from a very limited selection.

During the last few years cooking utensils made of aluminium have become more and more popular, and in this article it is proposed to consider this variety only. They undoubtedly possess many advantages, and are particularly suitable for gas cooking-stoves; they are light—a most important point, especially for larger pans; they are now comparatively cheap, and they are easily cleaned.

One most important point in favour of aluminium utensils is that they are very safe, as no injurious salts are formed as a result of cooking food in them. It is, however, advisable to buy good-quality pans of pure aluminium, for cheap goods are sometimes made from inferior aluminium and may contain other undesirable metals.

A few words regarding the cleaning of aluminium may not be amiss here. Everybody now realises that on account soda must be used; for hot soda-water acts on the aluminium, gradually dissolving it. Fine steel wool cleans aluminium very satisfactorily. If the pans become discoloured—as they generally do when used for heating hard water, and especially when used for cooking eggs—it is a good plan to fill them with some weak harmless acid and bring it to a boil. Vinegar answers the purpose admirably, or if squeezed lemon or apple parings are available they may be used, for, as readers may have noticed, when fruit is stewed in a discoloured aluminium saucepan the dark stain disappears. This stain is harmless, but the appearance of the pan is hardly improved by it, and therefore most housewives remove it.

Aluminium utensils are manufactured from the metal in various ways; they may either be spun, stamped, or cast.

Spun aluminium pans are made on a spinner's lathe: a sheet of aluminium is placed against the blank and the article shaped by means of a drafting tool.

Stamped pans are perhaps of most general utility, and are superior to the spun article mainly on account of their greater uniformity of thickness and the absence of both accidental, and occasionally intentional, thinness in parts, such as is apt to occur in the spun variety. With the latter it is comparatively easy to deceive the buyer as the rims appear thick, whereas the more important base may be a good deal thinner.

Stamped aluminium articles pass through a series of machines before even the simplest is complete. In these machines they are subjected to pressure varying according to the thickness of the aluminium.

Of the three types, cast aluminium is not very generally used, but possesses a possible advantage over the other two in that a thicker pan can be manufactured. It is, therefore, especially convenient for large pans, subjected to hard use, which would become misshapen if made of thin metal. Pans made from cast aluminium are, however, expensive, as their manufacture involves complicated processes in making a smooth surface afterwards. Another advantage is that, as cast pans are not subjected to any pressure during the process of manufacture, the cast metal is much more porous and open, and more apt to become "pitted," than the rolled metal used for spun and stamped articles. The melted aluminium is moulded in a "sand," and allowed to stand a few minutes, when the "sand" is opened and the aluminium contracts while cooling.

The "trimmings," as the handles, knobs, and so forth are technically called, are worth a few moments'

Salad Dressing

Cornwell's Vinegar, slowly aged and mellowed, imparts to a dressing that delightful flavour which epicures appreciate—and without which no salad would be an entire success.

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PURE MALT VINEGAR
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DOMINION COMPRESSED YEAST
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