

adhere strictly to a well-planned reducing diet. In this respect it is advisable for the person who is considerably overweight and who would therefore be on a reducing diet over a fairly long period to reduce weight under the supervision of a doctor, who will be able to ensure that good health is maintained.

Finally the stout person should realise that once she has reached the desired weight she may perhaps increase her food consumption slightly, but a return to the pre-reducing menu will inevitably result in a gain in weight and the effort will be wasted. Consequently, though the appetite does in time adapt itself to a reduced food intake which may even be considerably less than that of the rest of the family who are of normal weight, the person with an inclination toward stoutness should realise that some restraint in food consumption may be necessary for some time if she wishes to maintain her weight at a reasonable level.

Whipping Egg White for Different Uses

EGG white is used often in cookery in the preparation of puffy omelets, cake frostings, meringues, souffles, and coatings, and sometimes for clarifying soups and coffee, but the consistency of the beaten egg white varies for each of its uses. The following are a few simple rules which should help to ensure success:—

1. Have the eggs at room temperature.
2. Separate the eggs very carefully so that there is no trace of yolk in the white.
3. Have the bowl and beater perfectly clean.
4. Use a deep bowl for a revolving beater, and a shallow bowl or plate for a wire whisk.
5. Beat or whisk to the correct stage. For example: (a) Foamy for clarifying or coating. The air bubbles are of moderate size and the egg is still liquid, although rather thick. (b) Stiffly foamy for souffles, soft meringues, and sponge cakes. When the beater is lifted from the bowl the whipped egg white just retains its shape and the "peaks" bend well over at the tips. (c) Stiff for puffy omelets, hard meringues, and cake frostings. When the beater is lifted from the bowl the whipped egg white easily holds its shape, but the peaks bend over slightly at the tips. Its appearance is glossy. (d) Dry for shirred eggs. Here the egg white appears dull and is very stiff. Over-beaten egg white appears dull and has small, semi-solid flakes separating out from the foam.
6. Do not leave the beaten egg white to stand before combining it with other ingredients, but use it at once.
7. If yolks and whites that are to be combined immediately are being whipped, use the beater first for the whites and then for the yolks.

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Filet Crochet Corners



THE appearance of table cloths, tray cloths, and other linen or cotton furniture coverings can be considerably enhanced by the addition of filet crochet corners to the material used. The sample illustrated can be made by following the instructions given here.

MATERIALS required are No. 3 crochet cotton and a No. 3 steel crochet hook.

Abbreviations: Ch., chain; tr., treble; s.c., single crochet.

Working of Filet Crochet

A Block

A block is shown on the chart by a cross and consists of 3 trebles.

When 1 block stands alone there will be 4 trebles in the group, the first of which belongs to the previous space. When 2 blocks stand alone there will be 7 trebles in the group, 3 for each of the 2 blocks and 1 for the previous space. Therefore all groups of blocks will have 3 times as many trebles as there are crosses, plus 1 for the space. When working a block into a space work 2 of the 3 trebles into the hole and the 3rd into the following treble.

A Space

A space is shown on the chart as follows: 2 chain, miss 2 chain (or 2 trebles), 1 treble into next stitch.

Decreasing

To decrease for the right-hand end of the work, slip stitch to the desired position and continue working in the ordinary way.

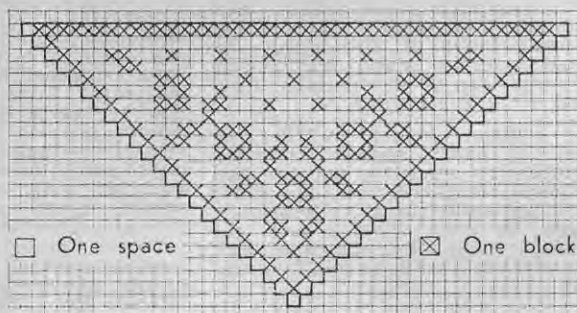
To decrease for the left-hand end of the work, turn, leaving the desired number of spaces or blocks unworked, and continue working as shown on the chart.

The Pattern

Make 140 chain (5 of these to be used for "turning" to represent 1 tr., 2 ch.).

1st row: 1 tr. into 8th ch. from hook, then 1 tr. on each ch. to the last 3 ch., 2 ch., 1 tr. in last ch.

Continue working from the chart, each cross representing a block of 3 tr. and each plain square a space of 2 ch., 1 tr.



The Edging

Buttonhole stitch the corners to the cloth. Roll or buttonhole stitch the edges of the linen, then work the following crochet edging all round, working in the spaces on the corners and over the hemmed edge of the linen, spacing the edging to match. * 1 s.c. between 2 spaces, 7 ch., 1 s.c. between next 2 spaces, turn and work 4 tr. into 4 ch., 2 ch., 1 s.c. back into 4th tr. Now work 1 s.c. into each tr. Repeat from *.