

'TOPSALL' CALICO

IS ABOVE ALL OTHERS FOR

Quality and Value.**36-in. Wide****5/11****per Doz. Yards.**

SOLD ONLY BY

BEATH & CO. LTD.**CHRISTCHURCH.**

When he was taken away, even his mother felt that it was well.

Still young and fair she lives in her beautiful, lonely home, desolated by the foe against which she and her husband had thought to secure their doors, but which had slipped in through the mistaken service of their friends. The poor, the sick, and the sorrowing come to her for help and comfort. But her main strength is given to the work of the W.C.T.U.; and no one wonders that her chosen Department is Non-Alcoholic Medication, in which she is ably and zealously seconded by Mrs Owens, whose grief and penitence are deep and lasting.

—*Union Signal.***The Home.**

Build thee more stately mansions, O my soul,
As the swift seasons roll!

Leave thy low-vaulted past!

Let each new temple, nobler than the last,

Shut thee from heaven with a dome more vast,

Till thou at length art free,

Leaving thine outgrown shell by life's unresting sea!

—*Oliver Wendell Holmes.***The Right Use of Food.**

Always let the food be simply for nourishment—never more, never less. Never should food be taken for its own sake, but for the sake of promoting bodily and mental activity. Still less should the peculiarities of food, its taste or delicacy, ever become an object in themselves, but only a means to make it good, pure, wholesome nourishment, else in both cases the food destroys health.—*Froebel.*

Recipes.**HOW TO COOK BEANS.**

There are very few cooks who really know how to cook beans. As ordinarily served, they are neither wholesome nor palatable. In nine cases out of ten, beans are placed upon the table in a dry and underdone condition. Those who have never tasted beans that were properly cooked have no idea how delicious and appetising they may be.

In order to get the best possible results, proceed as follows:—

First of all select beans which are really good, and not too old. Look the beans over

carefully, removing any dirt or foreign matter. Then put them over the fire to stew in a covered vessel containing cold water. Some prefer soaking the beans over-night. This is an excellent plan if they are old, or if there is need of haste in their preparation. As a general rule, the beans should be cooked in the same water in which they have been soaked. It is not necessary to measure the quantity of water in stewing beans. Simply see that they are kept well covered, boiling water being added from time to time if needed. Do not allow the beans to boil furiously, as gentle simmering produces better results. Set them at the back part of the stove where they will just boil and no more, and let them cook for a number of hours (the longer the better). This plan leaves the front part of the stove free for such foods as require rapid boiling.

The beans can be made more rich and savoury by adding about a tablespoonful of olive oil and an onion. These should be added early in the process of cooking. Even those who dislike olive oil would never recognise its taste when cooked with beans in this way. The onion may be removed just before serving. A moderate amount of salt should be added to the beans a short time before removing from the fire.

After the beans have been stewed for three or more hours, the broth will be rich, and quite as savoury as meat broth. Under no circumstances should this be drained off and thrown away. It should be served with the beans, unless a little of it can be spared for soup stock. Bean broth thus prepared may be of great value in the sick-room, as it is quite as palatable as, and much more nourishing, than meat broths.—*Good Health.*

BAKED BEANS WITH TOMATOES.

Wash two cups of haricot beans, put into an earthen jar, and cover with a mixture of strained stewed tomatoes and water in equal proportions, salt and a little butter. Put into the oven and cook until tender, adding water if they get too dry. This is a good dish for winter days when we have long fires. Less time for cooking will be required if the beans are first boiled until tender.

SAVOURY SAUCES.

While it is true that "hunger is the best sauce," a dinner is frequently incomplete without a good gravy to serve with the vegetables and meat course. The vegetarian cook of but short experience may manage the meat substitutes very satisfactorily and yet be quite at a loss in the matter of a meatless gravy. We are indebted to a lady of long experience in scientific vegetarian cookery for the following excellent recipe:—

Gluten Gravy.—Four gluten balls, two cups water, two dessertspoonfuls thick cream, two dessertspoonfuls (heaping) browned flour, salt to taste.

Drop the cream into a hot saucepan with the salt, stir together until the cream begins to separate, then add the gluten, which has been crushed into irregular pieces; stir again, letting

RAETIHI—Last Tuesday, Salvation Army Hall 3 p.m.; Pres Mrs Gibbs; Vice-Pres Mesdames Underwood & Fletcher; Sec Mrs Stanley; Treas Mrs Ashwell

MANAIA—1st Friday, alternate six months, Presbyterian and Methodist Churches: Pres Mrs J J Patterson, Vice-Pres Mesdames Allison & Berry, Treas Mrs Ballantine, Sec Mrs Hunt, Cradle Roll Mrs Ricketts, Press Reports Miss Patterson, WHITE RIBBON Supt Mrs Hansen

WARKWORTH—Last Thursday 2.30 p.m., Ante-room Town Hall: Pres Mrs E Morrison "Red Bluff," Sec Mrs W Hamilton "The Grange," Treas Mrs T H Wilson, WHITE RIBBON Supt Miss Morrison

it get very hot; add one cup of cold water and stir while the lumps of flour cook smooth, and then add a cup of hot water and let boil until the gravy thickens.

Directions for making the Gluten Balls referred to above.—Three cups of best white flour, and one cup of cold water.

Mix the water into the flour, making a smooth loaf; divide into four balls, place in a basin and cover with four quarts of cold water, and let soak for an hour and a half; then taking the balls in your hands, work over and over in the water until all the starch is washed out and only the gummy mass of gluten is left. Rinse the gluten in clear cold water, break into balls an inch thick, place on an oiled pan three inches apart, and bake in a moderate oven until dry, when it is ready to be used in making gravy.

The gravy which results from a careful following of the above directions, so closely resembles a meat sauce in every way that it would not be recognised as a vegetarian product by the most careful observer.

OATMEAL WAFERS.

One cup white sugar, one tablespoon butter, two eggs, two and a half cups rolled oats; if eggs are large three cups oats; two teaspoons bakins powder. Flavour with almond. Drop on to well-buttered tins, about a teaspoon for each cake, and far apart as they spread. Cook quickly and take at once from pan.

ORANGE PUDDING.

Peel five oranges, carefully removing all white and pips. Cut in pieces and put in a glass dish; add to them six ounces of white sugar (if made in winter eight ounces will be needed). Set the dish aside two hours to draw the juice. Make a blancmange with three large tablespoonsful of cornflour, one pint of milk, and a little sugar. Pour this on the orange, and when cold decorate with two oranges divided into quarters and placed prettily round the dish. Whip up the whites of two eggs with sugar, flavoured with essence of vanilla, and pile it up in the middle of the dish. If the yolks of eggs are beaten into the blancmange it is an improvement.