

# HOME MAKERS CORNER

By "LYNETTE."

## FISH MEALS

When I was studying for examinations at school, I used to feel duty bound to eat fish as fish was described as a "brain-building" food. I imagined that just as honey could give the athlete an immediate supply of energy, so fish could give me an immediate supply of intellect in time for my examinations. Though this is, of course, not so, fish is a good source of phosphorous, which is utilised in the formation of muscle, nerve and brain tissue. Among the other minerals supplied by fish, perhaps the most important is iodine, the goitre preventative. New Zealand soils tend to be lacking in iodine, but we can compensate for this in the fish which abounds in our waters.

Fish is more easily cooked than meat because it has less of the tough connective tissues, and for this reason, too, it is more easily digested. It can be cooked in many ways, but usually requires some accompaniment in the way of lemon garnish or a tasty sauce to give more flavour, colour, or richness.

One of the most tasty ways to cook fish as a main dish for dinner is to bake it whole with a stuffing similar to a poultry stuffing.

**Fish Stuffing:** 1 cup stale breadcrumbs, ½ teaspoon salt, 1 tablespoon chopped parsley, 1 tablespoon dripping, pepper, ½ small onion chopped, a little water to moisten.

It is a good plan to place the fish on strips of bacon or old sheeting as this makes it easier to lift it out when cooked. Rashers of bacon laid on the fish to baste it are an improvement. The time required for baking is only thirty to forty-five minutes.

Here is a recipe for fish chowder which is a dish half-way between a soup and a stew.

**Fish Chowder:** 1 lb. schnapper, 3 cups cold water, 2 rashers bacon, 1 small onion, 1½ cups diced carrot, 2 cups milk, 2 teaspoons salt.

Remove the bones and cook them in the cold water 20 minutes. Cut bacon into small pieces and fry with the chopped onion, then add the liquor from the bones, and the carrot. Cook 20 minutes. Add the flaked fish and simmer for 15 minutes, then adding the milk when all ingredients are cooked.

## SOLUTION TO No. 14

**Across**—1, His; 4, Oak; 7, Pre; 10, Unconscious; 13, Edom; 14, Rusk; 15, Item; 17, Sort; 18, Of; 19, Material; 21, Is; 23, Aft; 23a, Sol; 24, Ace; 25, Re; 26, Venal; 28, At; 29, Rear; 31, Rest; 33, Teds; 37, Independent; 40, Sty; 41, Ado; 42, Ago.

**Down**—1, Hue; 2, Indifferent; 3, Scot; 4, On; 5, Ash; 6, K.C.; 7, Pour; 8, Rusticating; 9, Esk; 11, Omen; 12, Iron; 16, Miser; 17, Solar; 18, Oar; 20, Non; 22, Set; 26, Vase; 27, Lewd; 30, Eddy; 32, Shea; 33, 'Tis; 34, Red; 36, P.T.O.; 38, Pa.; 30, No.

# Bulletin of Union News

## NORTHLAND DISTRICT

**Dargaville, May 13:** Mrs. Jolly presiding. Devotions, Mrs. Green, who is taking as a series, "Women of the Bible," today's study being "Hannah." Temperance Fact given. Convention report given by Mrs. Jolly, our delegate, and reports on resolutions by Miss Edmed. Branch business discussions on Headquarters Fund, United Nations, Organiser, Long Service Badges, Maori Hostel, New District President, Temperance Exams, and Community Centre.

**June 10:** Small meeting presided over by Mrs. Jolly. Devotions by Mrs. Green, whose subject was "Rebecca." Mrs. Moorhead reported on Community Art Service. Discussion re "Y.P. Supplements" distribution. "W.R." Day observed. A very interesting impromptu dialogue by Mrs. Jolly and Miss Edmed. Collection 6/-. and Bring-and-Buy 6/-.

**July:** President and Devotions as above. Two new members and visitors welcomed. Memorial Day observed, the President saying that the Dargaville Union had not been functioning twenty-five years, and that it was fitting to pay a tribute to our own members who had done faithful service and were now passed on. A list of twenty names was read; after which all joined in singing "For All the Saints."

## AUCKLAND DISTRICT

**District Executive Meeting, July 7:** District President, Mrs. F. W. Mountjoy, presided, Devotions being taken by Mrs. Wanhill.

A letter was received from Mrs. Hugh Kasper, now in America, telling of her doings, especially in connection with the World Convention.

Two resolutions passed regarding the smoking and drinking, going on in non-smoking railway carriages; both to be further considered at District Convention. Miss C. M. McLay, who was present at the meeting, gave a most encouraging report of her work among the Maori people of the King Country.

Mrs. J. W. Long gave a most satisfactory report of the Maori Girls' Hostel work still going on, stating that many gifts had been received from Unions during the month, and from individuals also.

Letters were also received from Miss A. M. McLay, telling of her organising work in North Auckland. Mrs. Long was appointed to act as representative at a meeting called by the Mayor, Mr. J. A. C. Ailum, in connection with the proposed War Memorial for the Fallen.

**Warkworth, June 12:** Good attendance in

spite of heavy rain. After Devotional period, Mrs. W. Phillips described in an arresting manner, her recent visit to the Maori Hostel in Auckland. Members decided to make curtains for the Hostel. Mrs. Rowe then gave an interesting and comprehensive talk on "The White Ribbon." Mrs. Baker read extracts from a 1931 "W.R."

**July 10:** Mrs. Baker presided over good attendance, reading a few extracts in observance of Memorial Day, as speaker arranged for could not attend. Letter from Mrs. Long acknowledging gifts for Maori Hostel. Mrs. dames Forkington and Moore nominated as delegates to Auckland District Convention. The Rev. Mr. Thompson, who said he had Temperance "in his blood," having had a mother and grandmother officers in the W.C.T.U., gave a sympathetic and inspiring address.

**Henderson, June 19:** Social afternoon to entertain mothers and children of the Cradle Roll. Good attendance. Miss Joyce Webber, a deaconess of the Methodist Maori Mission, gave an interesting account of the wonderful work done by the Mission to help the poorer class of Maoris. "W.R.'s" and "Y.P. Supplements" distributed. Four new C.R. members gained and enrolled.

**Mount Eden, June 3:** Pay-up Social, Miss McLay presiding. Sister Jessie gave an inspiring address, telling of the work for Maoris done in the city through the hostels, and stressing the need for our upholding by prayer. Musical items were given by visitors.

**Kohi-St. Heliers:** May meeting held at Mrs. Lediard's home. "Mother's Day" observed. Temperance Fact. Posters to be distributed to Sunday Schools. Solos given by Miss Anna Farr. Mrs. Kasper was presented with a parting gift, and flowers. Mrs. Bidde will act in Mrs. Kasper's place in her three months of absence from New Zealand, and Mrs. Eady as Secretary. Vote of thanks to Mrs. Lediard for the use of her home for the meeting.

**June 19:** Meeting held at Mrs. Phillips's home, Mrs. Phillips acting as chairman in Mrs. Kasper's absence. "White Ribbon" Day observed. Red Cross posters had been distributed at various buildings. Temperance Fact given. Address by Mrs. Holmes, Hygiene Superintendent, on "The Evils of Alcohol and Nicotine," especially in relation to young married women. Mrs. Phillips thanked for her home hospitality.

**Auckland, June 10:** Annual "Pay-up" Social. Mrs. Long presiding over a large number of members and friends. Greetings received from absent members. A very enjoyable programme of music and elocution was presented. Mrs. Long gave an interesting talk on the Maori Hostel. She stated that the W.C.T.U. would stand firm for the goal of prohibition.

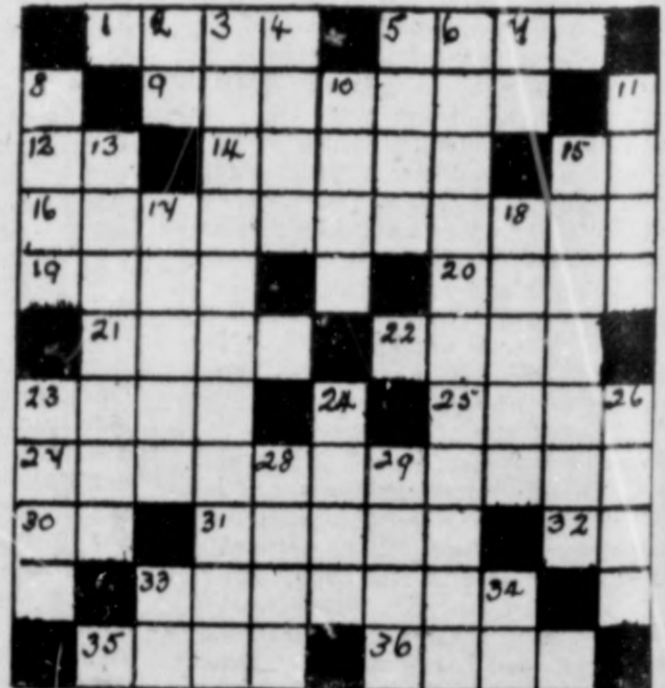
## "W.R. CROSSWORD" - 15

CROSS WORD No. 15—  
CLUES  
Across

- 1—Praise.
- 5—Skin.
- 9—Loud sleeping.
- 12—Pronoun.
- 14—Aim.
- 15—Therefore.
- 16—Addicted to alcoholic liquors.
- 19—Char.
- 20—Mimics.
- 21—Lavish.
- 22—Steadfast.
- 23—"Make eyes."
- 25—Ulceration of mouth.
- 27—Unwilling.
- 30—Postal direction.
- 31—A monitor lizard.
- 32—Dr. of Divinity.
- 33—"Wild Justice."
- 35—Greenstone.
- 36—He liked soup.

Down

- 2—Like.
- 3—Not Understood.
- 4—Fate.
- 5—Languish.
- 6—Train boardings.
- 7—For example.
- 8—Not that.
- 10—Mature.
- 11—They may be of our own household.
- 13—Energy-giving.
- 15—Checked.



- 17—Appendages.
- 18—Garment.
- 23—Songs.
- 24—Measure of land.
- 26—Totals.

- 28—Part of church.
- 29—Byway.
- 33—Painter.
- 34—A Babylonish deity.