COOKERY NOOK

A CORNER FOR HOME HINTS, COOKING RECIPES, AND INTERCHANGE OF HOUSEKEEPING EXPERIENCES.

BLANQUETTE OF LAMB.

Cut the remains of cold lamb into neat pieces, make a brown sauce and stew in it till tender some thin slices of cucumber. When they are cooked add the lamb and let it heat slowly in the sauce, but do not let it boil. Serve with mashed potatoes.

BUTTERED PRAWNS SAVORY.

Take 3 cups of prawns, pepper and salt, 2 cups good gravy, butter, flour.

Shell prawns and put a few heads on one side for a garnish. Dredge prawns with plenty of pepper and salt, put them in a saucepan, pour in the gravy and add a small lump of butter well kneaded with flour (for the thickening). Simmer gently for 5 minutes and serve in small dishes garnished with the heads.

BEEFSTEAK IN BATTER.

Make a batter with 1 well-beaten egg, ½ cup milk, 1 small cup self-raising flour, salt and pepper to taste. Let it stand 20 minutes to rise. Pour half the batter into a well-greased pie-dish and place on top of the batter 1 lb. of raw steak (bladebone for preference) cut thin and sprinkle with salt, pepper, chopped parsley, a very little onion and, if liked, a few herbs. Pour the rest of the batter over and bake in a slow oven for 1½ hour, but do not overcook or the batter will become too dry. Serve with egg and parsley sauce.

CARROT JELLY.

Take 4 large carrot, 4 large lemons, 4 lbs. sugar, 4 pints of water. Grate the carrots and lemons (pulp as well as skin) and place in a preserving pan with 2 lbs. sugar and 4 pints of water. Allow to stand over night, then place over gentle heat and cook slowly about 3 hours. Strain, add the other 2 lbs. of sugar and boil up again till it jells.

CHEESE STRAWS.

Take 2 ozs. flour, 2 ozs. of grated cheese, 2 ozs. of butter, ½ teaspoonful of mustard, 1 egg yolk, salt and cayenne to taste.

Sift the flour into a bowl, add the mustard, salt, cayenne, and grated cheese, then rub in the butter. Mix to a paste with the egg yolk and, if required, a little water. Knead slightly, roll out on a pastry board till about an eighth of an inch thick, cut into narrow fingers about three inches in length, place on a greased baking tin, and make in a quick oven.

CREAM OF BARLEY SOUP.

Take 1 quart of milk, ½ cupful of barley, 2 tablespoonfuls of flour, 2 tablespoonfuls of butter, 2 teaspoonfuls of salt, 1 teaspoonful of onion, or ½ teaspoonful of grated nutmeg, pepper, parsley.

Wash the barley through several waters; put on to boil in 4 cupfuls of hot water, and boil slowly for 45 minutes, or until thick and creamy. Add the milk and seasoning. When boiling add the flour and butter, which have been rubbed together, and boil for five minutes. Add parsley.

ORANGE SPONGE CUSTARD.

Take 1 tablespoon of butter, ½ cup sugar, 1 tablespoon self-raising flour, juice of 2 oranges and rind of one, ½ cup milk, 2 eggs.

Cream butter and sugar, add flour, orange-rind and juice and mix well. Add milk, mix again, and stir in beaten egg-yolks. Whip the whites to a stiff froth and fold in last, mixing lightly. Pour into a fireproof dish and bake as ordinary custard, standing in a dish of water. It will cook with a firm, light, spongy top and a creamy custard beneath.

PINEAPPLE STEAK.

Cut 1 lb. steak in rounds. Sprinkle with sugar an equal number of pineapple slices and put in the oven to heat. (If tinned pineapple is used no sugar is necessary.) Sprinkle the rounds of steak with flour, pepper and salt and fry in boiling fat. Make thick gravy with flour, seasoning and a little pineapple juice. Place a round of steak on each slice of pineapple, pour gravy over and serve hot with mashed potatoes.

SMOTHERED CABBAGE.

Melt 5 tablespoons butter in a pan, add 1 dessertspoon flour and mix well, add gradually 1 cup milk, stirring constantly until it boils, season with pepper and salt, add 5 cups finely chopped cabbage. Mix thoroughly, cover and cook one hour.

SCOTCH BUN.

Scotch bun will keep for months. The quantities given are for a very large cake. Quantities halved will make a good-sized bun.

Line cake-tin with ordinary short pastry and leave enough draped over the sides to cover the mixture when put in. Take 1 lb. self-raising flour, 2 lbs. sultanas, 1 lb. currants, ½ lb. sugar, ½ lb. mixed peel, ½ lb. Jordan almonds, 1 packet mixed spice, 2 tablespoons treacle. Mix all ingredients together with milk to nice cake consistency, put into tin, cover with pastry and bake 2 to 2½ hours in moderate oven. Put away when cold and do not cut for at least a week.

TOMATO SAUCE.

Take 12 pounds ripe, red but firm tomatoes, 1 lb. brown sugar, ½ oz. whole mace, ½ oz. whole pepper, 1 lb. onions, juice of 1 lemon and the grated yellow rind, 2 tablespoons salt, 1 quart vinegar, 1 stick horse-radish (grated) or generous pinch of cayenne.

Boil all ingredients except vinegar together for 4 hours, strain through colander, add vinegar and boil till right consistency. The juice of the tomatoes, onions and lemon will provide sufficient moisture for the first stage. After opening a bottle for use leave the cork out.

HELPFUL HINTS.

Tough cabbage can be softened by adding a teaspoon of lard to the water in which it is boiled.

If the garbage tin is washed out once a week with a soultion of permanganate of potash it will always smell sweet and clean and will not be a breeding-ground for germs and flies.

When making melon jam, boil seeds and green rind in a little water for 1½ hours, strain off the liquid, add to the jam, and boil in the usual way. The jam will jell beautifully. A pinch of cayenne to a boiling of melon jam is a great improvement also.

NOTICE.

THE Public are cautioned against trespassing on any part of the Wingecarribee Estate without written consent.

J. M. OXLEY.

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WATCH OUR WINDOWS FOR SNAPS

Breadboards Vases
Electric Lamps Teapots
Scissors Lacquers Fry Pans
Playing Cards
and many odd lines must be cleared

WITH THAT NIMBLE SHILLING.

See Venables First
Phone 148. BOWRAL.

Prostrated With Weak Heart Through Gas On Stomach

Prominent Woman Has Harrowing Experience.

"Dear Sirs,—

I have suffered for over thirty years from indigestion in one form or another. Sometimes when I have lain down in bed at night I have had to sit up, and have been sometimes four or five hours trying to relieve myself by bringing up wind, and often had severe pains in the stomach. After the attack I have been left



quite prostrate with my heart in a very unstable condition through trying to relieve the gas in my stomach, and my chest has been as sore as if the skin was scraped off.

"About seven years ago I was first told of Salix Magnesia, and took it regularly during that time I had no severe attacks. Since I took it afterwards whenever I felt my food did not quite agree with me, and I would feel better. Now I do not like to be without Salix Magnesia in the house, as I feel I have something that I know will do me good.

"Yours truly,
"(Mrs.) ————"

(Testimonial on file in our office.)

IF you suffer sharp pains in the stomach—if you sometimes feel you are almost suffocated—if you have attacks of dizziness, bloating, or other symptoms of gas in the stomach, don't delay. Go straight to your chemist and get a few ounces of Salix Magnesia. Take a teaspoonful in half a glass of hot water after meals. Within three short minutes it will relieve the pressure of gas that's been bloating and stretching out the stomach walls. Pain disappears, and you breathe easier. Salix Magnesia soothes, cleanses, and sweetens the stomach and neutralises the dangerous acids from sour, fermented foods—the real cause of a gassy stomach.

Salix Magnesia—recommended by doctors and chemists throughout the civilised world for more than 10 years—is to-day the most scientifically balanced form of magnesia and bismuth available to stomach sufferers—possessing fully twice the pain-relieving speed, three times the acid-neutralising power of other magnesia-bismuth preparations; ten-fold the lasting curative properties; and by far the most palatable taste.

NOTE.—Don't confuse Salix Magnesia with slow-acting, uncertain and unsatisfactory forms of magnesia—granular, saline, citrates etc.—it is always wise to pronounce clearly the name "S-A-L-I-X" Magnesia to your chemist.

Our Air Services.

AUSTRALIA AMONGST THE WORLD'S GREATEST.

The extent of Australia's flying enterprises is little known even by her own people, yet we rank amongst the foremost in the world. Every day these great services run so strictly to time that settlers set their clocks by them, and only at rare intervals, and then often under unusual circumstances, do accidents occur.

In his recent address upon Imperial Airways, the Minister for Defence (Hon. Archdale Parkhill) gave particulars of the Australian Air Services, from which we make the following extracts:—

REGULAR SERVICES (Subsidised).
CARRYING PASSENGERS, MAILS AND FREIGHT.

	Route mileage.	Miles flown per week.	Miles flown per year.
Brisbane—Darwin—Singapore	4,361	8,772	453,544
Cloncurry—Normanton	216	432	22,464
Charleville—Cootamundra	629	1,258	65,416
Perth—Daly Waters	2,252	4,504	234,208
Melb.—L'nceston—Hobart (a)	463 av.	5,556	288,912
Ford River—Wyndham (b)	147	294	15,288
Perth—Adelaide	1,453	2,906	151,112
Brisbane—Cracow	250	500	26,000
Rockhampton—Mt. Coolon	330	660	34,320
Sydney—Bega	205	820	42,640
Adelaide—Whyalla	150	300	15,600
	10,456	25,952	1,349,504

REGULAR SERVICES (Unsubsidised).
CARRYING PASSENGERS, MAILS AND FREIGHT.

Melbourne—Sydney	490	5,880	305,760
Sydney—Brisbane	500	7,000	364,000
Brisbane—Townsville	711	2,844	147,888
Townsville—Cairns	190	760	39,520
Cairns—Cooktown	100	800	41,600
Adelaide—Melbourne	468	1,872	97,344
Adelaide—Pt. Lincoln	165	990	51,480
Adelaide—Broken Hill	255	1,020	53,040
	2,879	21,166	1,100,632

REGULAR SERVICES (Unsubsidised).
NOT CARRYING MAILS.

Brisbane—Rockhampton	325	650	33,800
Brisbane—Toowoomba	75	900	46,800
Sydney—Newcastle	80	1,920	99,840
Brisbane—Rockhampton	325	650	33,800
Sydney—Narromine—Bkn. Hill	635	2,540	132,080
Sydney—Nar'mine—C'namble*	300	600	31,200
Sydney—Griffith	310	1,860	96,720
Perth—Wilunka — Kalgoorlie—Perth	1,168	2,336	121,472
	3,218	11,456	595,712

Aggregate mileage of all services, 16,553 miles; miles flown per week, 58,574; per year, 3,045,849.

Cricket.

BOWRAL v. GLENQUARRY.

Low scoring was a feature of the match between Bowral and Glenquarry second grade cricket teams on Saturday. Glenquarry made 52 in the first innings, and Bowral replied with 60.

In the second innings Glenquarry made 107. Bowral had lost two wickets for 38 in the second innings when stumps were drawn.

The scores were:—

GLENQUARRY.—First Innings.

A. Clarke, b Regan	2
J. Clarke, c Owers, b Harrold	20
R. MacPaull, c Shiels, b Regan	1
E. Pull, c Owers, b Harrold	1
I. Ford, run out	0
A. Pull, c Field, b Harrold	5
C. Heyhorn, not out	9
L. Whatman, c Field, b Harrold	2
W. Whatman, run out	2
L. Heyhorn, st. Willis, b Harrold	1
Sundries	4
Total	52

Bowling: Regan, 2-18; Harrold, 5-29.

Second Innings.

L. Whatman, c Fletcher, b Willis	29
W. Whatman b Regan	0
I. Ford, c Owers, b Regan	0
J. Clarke, c Field, b Grove	7
A. Clarke, b Willis	5
A. Pull, c Owers, b Willis	4
C. Heyhorn, c Fletcher, b Grove	2
E. Pull, c Owers, b Donohue	31
R. MacPaull, c Shiel, b Harrold	12
L. Heyhorn, not out	13
Sundries	4
Total	107

Bowling: Regan, 2-3; Harrold, 6-55; Willis, 3-15; Grove, 2-9; Fletcher, 1-5; Donohue, 1-5.

BOWRAL.—First Innings.

A. Field, b Clarke	0
O. Fletcher, b Whatman	2
M. Shiel, run out	13
S. Willis, b Whatman	3
R. Grove, b Clarke	3
J. Regan, b Whatman	5
J. Harrold, b Whatman	20
J. Sullivan, c and b Clarke	0
J. Whatman, c Clarke, b Whatman	0
J. Owers, not out	10
P. Donoghue, b Whatman	0
Sundries	2
Total	60

Second Innings.

J. Regan, b Whatman	4
R. Grove, run out	7
O. Fletcher, not out	22
A. Field, not out	5
Two wickets for	38

SUTTON FOREST v. S.P.C.

Low scores were a feature of the cricket match between Sutton Forest and S.P.C. on Saturday. Sutton Forest was dismissed in the first innings for 56 (R. Badgery 21, L. Quigg 25), P. Beattie taking six wickets for 30.

S.P.C. made 93 in the first innings F. Wrightson 36, P. Beattie 20 (not out). A. Harvey took seven wickets for 61 and V. Stewart 3 for 7. In the second innings Sutton Forest made 58, Reid taking three wickets for 8 and Beattie five for 20.

As S.P.C. needed only 22 runs for outright victory additional time was played and the runs obtained with the loss of three wickets.

The scores were:—

SUTTON FOREST.—First Inn. 56

Second Innings.

C. Garbutt, c Reynolds, b Reid	13
L. Quigg, c Reynolds, b Reid	0
R. Badgery, c Richards, b Reid	2
A. Andrews, c Reid, b Beattie	12
A. Harvey, b Beattie	0
W. Quigg, c McKinnon, b Beattie	13
W. Forbes, c Richards, b Beattie	0
V. Stewart, not out	7
J. Foley, c Beattie, b Richards	8
F. Sarginson, b Beattie	1
S. Stewart, absent	0
Sundries	2
Total	58

S.P.C.—First Innings.

T. Wrightson, c J. Foley, b A. Harvey	35
T. Doyle, b A. Harvey	11
R. Richards, l.b.w., b A. Harvey	10
P. Beattie, not out	20
T. Bartlett, c W. Forbes, b A. Harvey	6
S. Reynolds, b V. Stewart	1
W. Saker, b V. Stewart	6
C. Reid, l.b.w., b A. Harvey	1
J. Beattie, l.b.w., b V. Stewart	0
A. McKinnon, b A. Harvey	1
J. Brown, c F. Sarginson, b A. Harvey	1
Sundries	1
Total	93

Second Innings.

S. Reynolds, c sub., b A. Harvey	0
W. Saker, c W. Forbes, b L. Quigg	4
A. McKinnon, c sub., b L. Quigg	4
C. Reid, not out	14
J. Beattie, not out	0
Sundries	2
Three wickets for	24

Tennis

KNOCK-OUT CONTESTS.

The final matches in the A and A reserve grade district tennis knock-out competitions took place on Saturday. The A grade was won by Excelsior and the A reserve grade by Selecta.

The final of the B grade knock-out competition will take place on Saturday afternoon between Bluebird and the Pines on Ascot court. In the semi-final matches last Saturday Bluebird defeated St. Andrew's, and The Pines defeated Selecta.

The association championship matches will commence on Saturday, 15th February.

The results of matches played on Saturday were:—

A GRADE KNOCK-OUT FINAL.
Excelsior, 6 sets beat Kyogle 3 sets.

A RESERVE KNOCK-OUT FINAL.
Selecta, 6 sets beat Waratah 3 sets.

B GRADE KNOCK-OUT SEMI-FINAL MATCHES.
Bluebird, 7 sets beat St. Andrew's 2 sets.
Pines, 5 sets beat Selecta 4 sets.

Explains How Enlarged Veins Can be Reduced

Oftentime Veins Burst and Cause Much Suffering, Expense and Loss of Employment.

Many people have become despondent because they have been led to believe that there is no remedy that will reduce swollen veins and bunches.

If you will get a two-ounce original bottle of Moone's Emerald Oil (full strength) at any first-class chemist's and apply it at home as directed, you will quickly notice an improvement which will continue until the veins and bunches are reduced to normal.

Moone's Emerald Oil, which has brought much comfort to worried people all over the country, is one of the wonderful discoveries of recent years, and anyone who is disappointed with its use can have their money refunded. Leading chemists sell lots of it under that rigid guarantee.

GOVERNMENT NOTICES.

A CALL-UP of Bowral Unemployed who missed the one on 1st February will take place at Stanton's on Saturday, 15th February, at 10 a.m. —R. J. BECKLEY, Resident Engineer.

Resumption of Land Under the Public Works Act, 1912.

ATTENTION is drawn to notification of Resumption, published in Government Gazette, No. 27, of 31st January, 1936, of 204 perches of land in the Parish of Mittagong, County of Camden, and said to be in the possession of Caroline Bailey and Dorothy M. d'Apice.—E. S. SPOONER, Minister for Public Works, Sydney, 10th February, 1936.

SALE! SALE!

MITTAGONG
Furniture Mart
(At Railway Station Entrance)

WE hereby notify the public of Mittagong and surrounding districts that we have taken over the above business from Messrs. A. J. and M. Bennett, and in order to advertise our Stock in Trade we have decided to hold a 12 DAYS' "INTRODUCTION SALE," commencing on Monday, the 17th February, with 10% Discount for Cash off all stock, and 15% off Special Lines.

This affords a unique opportunity of obtaining your Household Requirements at prices well below the average of City Retail Houses.

NOTE THE FOLLOWING:—

3-piece Bedroom Suite	£4	9	6
Kitchen Cabinet	3	5	0
Velvet Lounge Suite	9	15	0
Glory Chest	3	12	6
Dining-room Suite	8	11	6
Bedroom Mirror	2	17	6
Lounge Chair	1	16	6
Baby Lounge Chair	1	9	3
Bridge Chair		19	6
Cane Perambulator	3	15	0
Carpet Sweeper (Newmaid)	3	2	6
Seagrass Chairs, from		10	6
Tapestry Squares, 9 x 7.6	2	7	6
Electric Light Stand	1	4	6
40-piece English China Utility Set	2	12	6
21-piece English (Foley) Tea Set	1	12	6
Cut Glass Salad Bowl and Servers	1	0	0
Set 6 Aluminium Cannisters		17	6
Set of 5 Aluminium Saucepans with Stand		15	6
21-piece English Tea Set	1	1	0
Household Scale and Weights		12	9
Collapsible Meat Safe		11	6
Cups and Saucers, per doz.		2	6
Electric Light Globes		10½	
Dressing Table Set		15	0
Set Jardiniers (Oxidised)	1	2	6
18-piece Tea Sets		4	9
Supper Plates, per doz.		2	6
Viking Cream Separator (15 galls.)	5	12	6
Piano (German iron Fr'm)	13	10	0

Crockery, Glassware, Aluminiumware, Enamelware, Carpet Runners, Rugs (great variety), Mats of all descriptions, Alarm and Fancy Clocks, Thermos Flasks, Butter Coolers, Household Linen, Curtains, Blinds, Cutlery, Linoleums, Balatums, Cushions and a Host of Sundries at Attractive Prices.

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A. AND A. A. BERNIE
(LATE A. J. AND M. BENNETT)

SUTTON FOREST.

FAMOUS MOORE'S FLATS ESTATE UNLOCKED AT LAST!

2,000 ACRES IN SUBDIVISION.
CHOICE DAIRY FARMS. GOOD GRAZING AREAS.
Subdivided into 11 blocks, areas from 37 acres to 350 acres.

The Estate is situated about 2 miles from Sutton Forest and 5 miles from Moss Vale, just off Hume Highway. The soil is rich red basalt, to good grazing country, and a considerable area is covered by Milk Board Licenses. The dairy farms are mostly well improved, there is a complete absence of blackberry pest, and practically all the Estate is splendidly watered by creeks and springs. Four homesteads.
The rainfall approximates 40 inches.

Look at the Terms! 10 Years to Pay!
20% on possession, 5% end of first year, 5% end of second year and the balance in 16 half-yearly instalments, interest 5%

TITLE WILL BE TORRENS. EARLY POSSESSION.

Solicitors to the Estate: Messrs. ALLEN ALLEN AND HEMSLEY.
Further complete particulars and litho. from the Auctioneer:

Burton of Bowral
AUCTIONEER

has received instructions from the Trustees of the Will of late Thomas Moore to sell as above

On WEDNESDAY, 4th MARCH, 1936
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Phone Bowral 164. Box No. 1.

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