



Help Yourself



When tomatoes are too soft for slicing for a salad try putting them in iced water with a lump of sugar added for half an hour before slicing them. They will generally firm up quite surprisingly with this treatment — provided, of course, they haven't deteriorated too much.

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When you're confronted with a limp lettuce and no time to give it a session in the refrigerator, you can crisp it up quickly by putting it in a basin of cold water, adding a good teaspoonful of sugar and then sticking a steel table-knife into the water. It really works.

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Those wizards who demonstrate so convincingly in the shops the magic of their cleansing preparations have one advantage over most of us: their stains are fresh. They pour ink on a piece of carpet, treat it with the stain-remover—and it's gone! If only we can be as prompt we'll be just as successful. The time-lag is the greatest menace in stains. If liquids are given time to sink into fabric fibres they become obstinate. When liquid has been spilt on a dress, first aid can consist of a quick sponging with warm water. If the stain persists, rub the damped place with toilet soap. Then quickly sponge away the lather, and the stain should disappear. Give a final rinsing with cold water to remove the soap.

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Ink or bloodstains specially call for immediate treatment of this nature, and paint-spots will vanish readily if turpentine is rubbed on them at once; but the longer they are left, the tougher the task of removal.

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If you haven't time to damp and roll up something that must be ironed in a hurry, try sprinkling the covered ironing-board with water. Then you can iron the dry garment successfully. Repeat the sprinkling frequently as you iron.

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When preparing potatoes for baking round a joint, it is a good idea to bring them first to the boil in salted water. In this way they absorb some of the salt, which gives them more flavour, and also, since they are hot when put into the baking-dish, they absorb the dripping and tend to crisp up more successfully.

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To remove fat from hot soup, stand a couple of spoons in ice-water and use them alternately to skim the top of the soup. The fat will cling to the ice-cold spoons.

A method for bleaching white woollens which have turned yellow from washing is recommended by an English expert. Add half a pound of hydrogen peroxide (8 fluid ounces) and a teaspoonful of household ammonia to half a gallon of water. Soak the woollens in this for about half an hour. Then rinse them thoroughly and dry them away from direct heat.

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If you're packing for a long journey it is a good plan to make duplicate lists of articles in each piece of luggage. Put one list on top of the garments in the case and the other in a note book. This will often save many hours of searching in a baggage room.

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Scones will be lighter if you melt the butter or margarine in an equal quantity of water and add this to the milk for mixing. But always remember that the keynote of success with scones is hustle! They should be in the oven as quickly as possible after the milk is added.

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Blanching almonds and scalded fingers are always associated in the minds of most of us, as we have fished out the slippery nuts from a bowl of boiling water. But if you soak them overnight in cold water the skins will loosen just as effectively, the fingers will not suffer, and the almonds will not become toughened.

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When serving creamed spinach try adding a dash of nutmeg to the cream sauce. It gives a delicious and elusive flavour.



A group of young people photographed at the Summer Camp. Left to right, Eva Hall of Brewarrina, Board Member Mrs. Pearl Gibbs, Linda McKellar of Bourke, Kay Harris of Murrin Bridge, Lorraine Johnson of Murrin Bridge and Blanche Ferguson and Maud McHugh, both of Brewarrina.