

COD LIVER OIL. *Washable:* Wash in hot soapy water and rinse well. *Unwashable:* Sponge repeatedly with a grease solvent.

COFFEE. *Washable:* Soak in borax solution (see chocolate) then launder. *Unwashable:* Sponge with borax solution, then grease solvent.

CREAM. *Washable:* Soak in lukewarm water, then launder. *Unwashable:* Sponge with a grease solvent, allow to dry, and then sponge with lukewarm water.

EGG-YOLK. *Washable:* Launder and remove remaining stain with grease solvent. *Unwashable:* Apply warm soap suds, let dry, and apply grease solvent.

FLOWERS. *Washable:* Sponge with methylated spirit and then launder. *Unwashable:* Sponge with methylated spirit and rub dry.

GRASS. *Washable:* Soak in methylated spirit and rinse in lukewarm water. *Unwashable:* Sponge with methylated spirit and leave to dry.

GREASE. *Washable:* Sponge with grease solvent, then launder. *Unwashable:* Cover with

French chalk and leave for a few hours. Brush off chalk and treat remaining stain with grease solvent.

ICE-CREAM. *Washable:* Launder as usual, then remove any remaining stain with a grease solvent. *Unwashable:* Sponge with warm borax solution, wipe with a damp cloth and rub dry. Remove remaining stain with grease solvent.

INK. *Washable:* Sprinkle white material with salt and rub with cut lemon. Leave for an hour, then rinse and launder. Soak colored materials in tepid milk and then launder. *Unwashable:* Treat as for washable material, but dry-clean instead of laundering.

JAM. *Washable:* Soak in warm borax solution, then launder. *Unwashable:* Sponge with warm water containing borax or ammonia.

FRUIT AND FRUIT JUICE. *Washable:* Soak in borax solution (see chocolate), then launder. *Unwashable:* Sponge with cold water and then with glycerine. After one hour, sponge with lemon juice and rinse well.

N.A.D.O.C. Essay Results

The National Aborigines Day Observance Committee late in June released details of prize-winners of its annual essay competition. The competition was judged by leading educationist and writer Mr Donald McLean, and sponsored by the Rural Bank of N.S.W.

JUNIOR SECTION (Under 14)

1st Prize: Cheryl Robinson, Peak Hill Central School, Peak Hill. 2869.

Chaperoned 5-day tour of the Snowy Mountains.

Special Prizes (5) of \$5.00 each:

\$5.00 Rhonda Craig, Coffin Harbour High School.

\$5.00 Rose Mary Tipiloura, St Therese's Girls School, Bathurst Island.

\$5.00 Acquilla Stanley, St Michael's School, Palm Island.

\$5.00 David Woller, Boys Hostel, Inverell. 2300.

\$5.00 Theresa Castoas, St Michael's School, Palm Island.

SENIOR SECTION (Under 18)

1st Prize: Neville Perkins, Newington College, Stanmore. 2048.

Chaperoned 5-day tour of the Snowy Mountains.

Special Prizes (5) of \$5.00 each:

\$5.00 Robert J. Smith, Kirinari, Box Road West, Sylvania Heights.

\$5.00 Dianne Dennis, St Catherines College, Singleton. 2330.

\$5.00 Malcolm James Davis, Wolaroi College, Orange. 2800.

\$5.00 Teresita Timaepatua, St Therese's Girls School, Bathurst Island.

\$5.00 Annette Coe, 1 Goobang Lane, 2877.

ADULT SECTION (One prize only, the winner having the option of a grant equivalent to the cost of the tour for his further education)

Prize: K. J. Gilbert, Morisset. 2264.

Mr Gilbert intends taking a course in journalism.

Special Prize of \$5.00 donated by the judge, Mr D. McLean:

\$5.00 Gordon Briscoe, 52 Cardigan Road, Greenacre. 2190.