



Ten Teikarawa.

Instructions for running house.

1938



Instructions for Cook

All saucepans and lids must be kept scrupulously clean both inside & out. They should be cleaned with sandsoap & washed in hot water & then dried with cloth. Enamel saucepans, basins & pint measure should have no black marks or stains & must never be scraped with a knife, only sandsoap on a cloth.

Kitchen basin, sink & sink boards & table must be washed after each meal & dried with clean sweat rag.

At least one kitchen towel must be put to soak in cold water every night & boiled first thing next morning & hung in the sun to dry. Sweat rags to be boiled once a week & kitchen towel for hands to go to the wash every Monday.

Kitchen safe to be washed out once a week, on Tuesdays, & ice chest to be thoroughly washed out, ^{with hot water} on Wednesdays, ^{& outside polished.} anything spilt during the week to be cleaned up at once.

Kitchen stove to be thoroughly cleaned out on Saturdays; all inside cleaned & outside polished. Kitchen floor to be washed on Saturdays. ^{Ashes} ~~Stove~~ to be raked out every day before lighting the fire. Kitchen to be swept out two or three times a day. Shelves to be dusted on Saturdays & all cobwebs removed.

Nothing whatsoever is to be put on the scales. After using the weights put them back on the table. The scales must always be empty when not in use.

soon as they are ready & while still hot.

Drinking water.

All drinking water must be boiled, put into billy-can & kept covered till cold. Billy-can to be washed out every day.

Covering food.

All food must be kept covered so that flies do not get on it. Use blue umbrellas in kitchen and dining-room. Cover M^r Maude's drinks with net covers & send them to the wash every week.

At night no food whatever is to be left outside the safe. The sieve with flour must be kept inside the safe.

The cloth for covering the bread while it is rising must be washed & boiled each time it is used. The inner & outer lids of flour tin to be kept tightly shut.

Washing up.

Washing up must always be done in very hot water with a little soap. Glasses, silver, plates & kitchen utensils to be dried as

Table of Special Work.

Monday. ^{make yeast} Sitting room turned out. make yeast.
clean silver.

Tuesday. ^{make Bread} Office turned out. Kitchen safe washed.
make Bread.

Wednesday. Bathroom washed & thoroughly cleaned.
Ice chest washed with hot water.
make Yeast.

Thursday. ^{make Yeast} ^{M^{rs} Maude's room} ~~Bedroom~~ turned out.
make Bread.

Friday. ^{make Bread} M^{rs} Maude's clothes or luggage.
Bedroom turned out. make Yeast.

Saturday. Kitchen stove cleaned thoroughly.
Kitchen shelves cleaned & cement
washed. make Bread.
Laundry got ready.
Korea bathed every other week.

Sunday. Prepare Rinso & put clothes to
soak in the evening.

Instructions for cleaning House.

Sitting Room.

To be swept & dusted every morning before breakfast, ash-trays cleaned & flowers seen to. To be thoroughly turned out every Monday - all books moved & dusted, tables polished. Brass flower pots cleaned.

Office.

To be swept & dusted every morning & thoroughly cleaned out every Tuesday.

Bedroom.

Net to be put up when M^{rs} Maude wakes. Mattress to be turned every day & bed made after breakfast. Mats to be put in the sun occasionally. Room to be swept & dusted every day, not forgetting to dust bedstead, cupboards & mirrors. Room to be well cleaned, under mats etc. ^{today Thursday.} every ~~Wednesday.~~ Drawers to be turned out every other ~~Wednesday.~~ also wardrobe, & sprayed with gun.

Bathroom.

Bath & basin, ^{inside & outside} to be cleaned & dried every day & floor swept. Room to be thoroughly cleaned ~~on~~ every ^{Wednesday.} ~~Thursday.~~ Walls swept, shelf cleaned, lavatory bowl washed with boiling water inside & out & wood polished, & floor to be washed. Brass taps to be kept polished. Sweat rag for bath to be washed out each day & hung up in ^{bathroom.}

Verandahs.

To be swept every day & washed occasionally.

Dressing Room.

Swept & dusted every day. Turned out on Thursday.

M^a Maude's clothes.

Pyjamas to be folded up + put under pillow every morning.

Dirty shoes to be cleaned every morning, other shoes to be dusted + shoes seldom worn to be cleaned every other Friday.

Dirty clothes to be put into blue bag.

Black trousers + coat to be brushed every other Friday.

Clean clothes from wash to be put away in their drawers.

Hair brush^{comb} to be washed in Lux every other Friday.

Hats in helmet case to be brushed + aired once a fortnight.

Luggage.

Suitcases.

Should be well rubbed with clean duster, inside & out, every other Friday, (when you are not doing clothes), & polished with Dubbin once a month. Locks cleaned & oiled.

Camphorwood Chests.

To be oiled once a month & polished up.

Laundry.

Saturday morning:-

Sheet + pillow case to be changed;

Bath towel + shaving towel;

Face towel (2 a week);

Table cloth (2 a week);

" Napkin (2 a week);

Tray cloths + glass covers;

White handkerchiefs

Make two tablespoons Rinso with hot water + pour into half tub cold water. Put white things to soak on Sunday evening.

Khaki stockings to be washed in warm, not hot lux, hung up by the toes to dry + not ironed.

All Aertex to be washed in lux. & ~~white aertex to be boiled occasionally.~~

Koua.

Koua to be brushed & combed every day & bathed once a fortnight.

Food. On Ocean Island $\frac{1}{2}$ lb. meat per day.
2 Biscuits or 1 Biscuit & some boiled rice.
mpemite occasionally & also oil.

Brush & Comb. Washed once a fortnight in
hot water & lux.

Books.

Tarawa	Sheppard	M ^{rs} Buchanan.
The Leaning Wind.	Gessler.	"
Ghosts of London.	Morton	"
Cruise of the Janet Nicol	M ^{rs} Stephenson	M ^{rs} McEwen. ret.
A Doctor in Paradise.	Lambert.	D ^r Terman.

Healthful Cookery

N.M.	Nut + Rice Sausages	p. 16.
N.M.	Irish Stew	p. 18.
N.C.	Mock Chicken Croquettes	p. 20.
N.M.	Shepherds Pie	p. 21.
	Lentil + Marmite Roast	p. 22.
	Lentil + Rice Mould	p. 23.
	Lentil Savoury	p. 23.
N.C.	Vegetarian Veal Roast	p. 24.
	Potato Puffs	p. 25.
	Scalloped Sweet Corn	p. 25.
	" Tomatoes	p. 25.
	Egg in the Nest I	p. 26.
	" " " " II	p. 26.
	Vegetarian Roast Duck	p. 26.
	Corn + Nut Pie	p. 30.
	Columbia Loaf	p. 32.
	Nut meat steak	p. 32.

Menus.

Breakfast.

Breakfast.

Lunch.

Lunch.

Dinner.

Dinner.

Menus.

Breakfast.

Boiled Egg.
Brown Bread.
Marmalé.
Fruit.

Breakfast.

Cereal + Fruit.

Lunch.

Scalloped Sweet Corn. H.C. 25.
Mint Potatoes.
Casserole Onions.

Lunch.

Liver Pate'.
Potato Salad.
Cheese + Ryeita.

Dinner

Tomato + Onion Savoury.
Mashed Potato.
Cheese + Biscuits.
Fruit.

Dinner.

Fruit Salad
nuts.

Menus.

Breakfast.

Dried Fruits. Almonds.
Bread + Honey.

Breakfast.

Boiled Egg.
Brown Bread.

Lunch.

Vegetarian Roast Duck.
French Beans.

Lunch.

Baked Potatoes.
Chopped Onions. Green Peas.
~~Tomato~~ ~~onion~~ ~~Sausage~~

Dinner.

Curried Eggs.
Rice.
Fruit.

Dinner.

Spaghetti + Cheese (Tin).
Fruit.

Menus.

Breakfast.

Breakfast.

Lunch.

Lunch.

Vegetable Curry.

Te ska ae e Ummaki.

Dinner.

Dinner.

Potato & Cheese Sausage (cold)

Anchovy & Eggs.

Fruit Salad.

Menus.

Breakfast.

Breakfast.

Fruit.

Bread + Honey.

Lunch.

Lunch.

Savoury Potatoes.

Spinach Sauerkraut.

Lentil + Marmite Roast. H.C. 22

Spinach. Casserole onions.
Lyonnaise Potatoes.
Dried Fruits.

Dinner.

Dinner.

Eggs maitre d'Hotel.

Menus.

Breakfast.

Cereal. Fruit.
Brown Bread.
Honey or Marmite.

Lunch

Salmon Mayonnaise.
Potato + Onion Salad.
Grated Carrot or Cress +
Mustard. Cheese.
Date Roll.

Dinner.

Eggs à la Boston.
Green Peas.
Fruit.

Breakfast

Diced Pawpaw with
lime + mandarin oranges.

Lunch

Butter Bean Roast.
Spinach.
Ryvita + Jam or Honey.

Dinner.

Egg + Rice Salad.
Fruit.

Menus.

Breakfast.

Dried & Fresh Fruit.
Brown Bread.

Breakfast.

Boiled Egg.
Brown Bread.
Honey or Marmalade.
Fruit.

Lunch

Fish Salad.

Lunch.

Fish & Tomato in Pyrex Glass.
Mashed Potato.
French Beans.

Dinner

Swiss Potato Pie.
Fruit or
Date Roll.

Dinner.

Asparagus & Peas.
Mayonnaise.
Cheese & Ryvita.

Menus.

Breakfast.

Cereal
Fruit.
Honey or Marmalade.

Lunch.

Steamed Fish. $\frac{1}{4}$ lb.
White or Parsely Sauce.
Steamed Cabbage. 1 lb.
Boiled Potatoes. $\frac{1}{2}$ lb.

Dinner

Fish Cakes.
Tomato Sauce.
Dried Fruits.

Breakfast.

Scrambled Eggs.
Brown Bread
Fruit.

Lunch.

Vegetable Curry.
Lentils & Rice.

Dinner.

Fruit Salad with Nuts.
Cheese.
Brown Bread.
Tea and biscuits.

Menus.

Breakfast.

Fruit.
Brown Bread.
Marmalade or Honey.

Lunch.

Salad. Raw chopped
cabbage, grated raw carrot,
chopped onion, cold mashed
potato. Mayonnaise. Cheese. Asparagus.

Dinner.

Eggs 'a la Boston.
Green Peas.
Marmite.
Fruit.

Breakfast.

Cereal.
Fruit.

Lunch.

Blue Cod.
Mint Potatoes.
Cabbage or other vegetable

Dinner.

Baked Beans.
Sauerkraut.
Cheese.

Menus

Breakfast

Fruit.

Toast or Bread + marmalade.

Lunch

(H.C. p. 18 or)

Irish Stew (Lamb chops).

Carrots en Casserole.

Avocado Pear.

Dinner

Fruit Salad with Nuts.

Cheese.

Ryvita.

Tomato - Onion Savoury.

Mashed Potato

Breakfast

Mummy Apple.

Boiled Egg.

Brown Bread + marmite.

Lunch

Vegetable Casserole.

Cheese.

Brown Bread.

Dinner

Fruit Salad with Nuts.

Cheese.

Ryvita.

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