

your letters

Our star letter winner receives a home spa hamper from MatsiMela valued at R2 500

Hot topic

Share your funny, heartwarming or strange anecdotes and you could win a family book hamper worth R500. We'll nominate the topic, just write to us in no more than 100 words and we'll publish our favourite stories. For our October issue, tell us about the weird and wonderful, funny or amazing things your pet has done. Email yourfamily@caxton.co.za with Hot Topic October in the subject line by 31 August. Don't forget to include your name, telephone number and address.



IN JUNE ASKED ABOUT YOUR FAVOURITE PANTRY OR FREEZER STAND-BY. HERE ARE SOME GREAT IDEAS FROM READERS:

I roll out pastry and cut it to fit into foil pie cases. I make dozens and freeze them. Whenever I have leftover ingredients like roast chicken or bobotie, or onions, I chop them, fill the pie cases and put them back in the freezer.

When I don't feel like doing a big meal, or we get unexpected visitors, I take pie cases out of the freezer with whatever fillings they have in them, mix up a few eggs with a bit of milk, pour the mixture over each pie, grate some cheese on top and bake at 200°C for about 20 minutes. My friends and family love them and nothing ever goes to waste!

– Isabel Ashmore, Pinetown

I always keep tins of butter beans, red kidney beans, creamed sweetcorn and sugar beans handy for the quickest heartiest meal.

A combination of these ingredients (including the juice they are in), together with a packet of white onion soup, mixed according to instructions, and, if you can get hold of some, a pack of bacon bones (for a lovely smoky taste), results in a very tasty, hearty soup. Enjoy with fresh crusty bread, good wine and good friends. Double up ingredients if you have a big crowd. A great winter stand-by.

– Mary Dallas, East London

My favourite freezer standby is frozen lemon juice cubes. I only realised how much I used lemon juice when my normally abundantly producing tree was having a 'breather season' and I vowed to never be without lemon juice again.

– Sue Westoby, Southbroom

ISABEL WILL RECEIVE A FAMILY BOOK HAMPER WORTH R500 FOR SHARING HER STORY WITH US.

STAR LETTER

BE HAPPY

I read the article 'Move, laugh, dance' with interest. There are so many people suffering from stress-related illnesses. Dancing is one of the small things that celebrates life and brings happiness and light. Exercise and laughter are the main remedies of stress. Having fun shows how much you value your life. Life is good. What you put in is what you get out.

– Matome Kubu, Tshwane

EASY BIRTH!

I was seven months pregnant. My son Kade was spending the day with me at my preschool when a colleague arrived to show me her new baby. While holding her baby, I called to Kade to come and have a look. He shouted: 'Mommy has our baby popped out?' Kade thought that this was his new sibling! I thought, 'If only it was that easy.' Kade's sister Ella was born the hard way!

– Claudine Collocott, Cape Town

APOLOGIES

We mistakenly misspelled the name of the Harding family in our July issue. Apologies to Brandon and Shelley Harding and their family.

Our star letter winner will receive a decadent home spa hamper from MatsiMela worth R2 500. The hamper includes body butters and scrubs, soothing hand creams and lip balms, and a gift voucher. MatsiMela's unique and ever-evolving product range incorporates the finest natural ingredients, designed to pamper your soul and feed your senses. Matsimela lets you create your own home spa experience.



* Please see page 128 for terms and conditions.