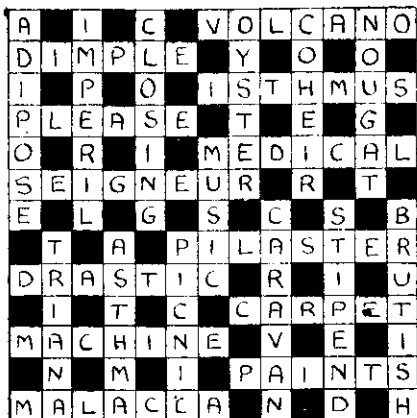


THE LISTENER CROSSWORD

(Solution to No. 262)



Clues Across

1. Semi-precious stones discovered in a strange setting.
5. Pages are out of order here.
8. This colour is usually a matter of words rather than paints.
9. In favour of an examination? I object!
11. Time seen in reverse.
11. It is done as something inciting rebellion.
13. An exclamation to be heard from people in pink coats?
14. Province in India commencing with the lowest form of wit, and ending with a sharp blow.
17. Let's chat about our movable possessions.
18. A form of star formerly found in Russia.
20. "It's ——— sunny sunbeams from above," as Deanna Durbin sings.
21. An abbreviated pachyderm provides the cash.
22. In the case of the commandments the last.
23. In the kernel, uncle is upset before us.

Clues Down

1. All in grey in the upper circle?
2. Ration in crime (anag.)
3. Else in a fishy form.
4. Tommy Tucker sang for his.
5. "The King's Daughter is all ——— within; her clothing is of wrought gold." (Psalm 45).
6. Would this magistrate perhaps deliver this in verse.
7. It's easy to get a stain out of this material.
12. This skit may be playful if arranged properly.
15. Grave-mounds.
16. As long as a trade motto?
17. 3-1-5 grains.
19. Coates, Portmann, or Little by Little?

(continued from previous page)

the crust should be done in ¼ hour to 20 minutes. I sometimes double the quantity and it is always successful.—
Te Aroha.

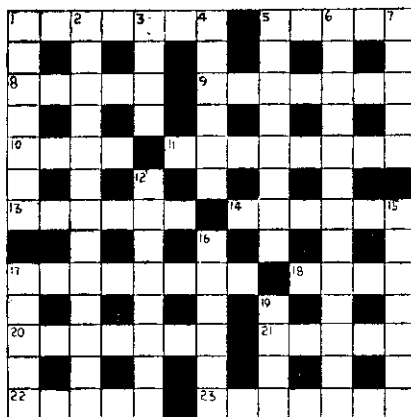
Is Cottage Cheese Fattening?

Dear Aunt Daisy,

You have been giving us some very useful advice about making Cottage Cheese; and I do agree that it is a real economy, both because it uses up sour milk and also because it saves butter by using it as a "spread." Now can you tell me whether Cottage Cheese is fattening. Yours sincerely, A Plump Person.

Unless you add extra cream to the curds, it will not be very fattening; and if you make your curds with skim-milk it will not be fattening at all. It will just contain high-quality protein—a very necessary thing. Actually, it has been worked out that half a breakfast cup of cottage cheese supplies approximately as much protein as a 4-ounce serving of roast beef, or 3 eggs. Cottage cheese made from skim milk is advised in reducing diets, and also in diets prescribing protein. It is very cheap, and is especially valuable when meat, fish and poultry are scarce.

No. 263. (Constructed by R.W.C.)



Soothing to Coughs
Sore Throat
Strained Voice
Pleasant Jubes blended from
Eucalyptus
Cinnamon, Pine, etc.
Eukols
1/1 Stacey Bros. Ltd.
385 Khyber Pass, Auckland

18.5



VERSATILE, CRISP
Bixies
TOASTED WHOLE WHEAT FLAKES

Float them in milk... smother them on stewed fruits... sprinkle them on cakes... use them in puddings, pies, whips and pancakes... let them replace bread crumbs in batter... every dish, savoury or sweet, gains appetite interest, new taste thrills, when Bixies are added.

And no matter how you use them, Bixies are good. They bring you whole-wheat nourishment at its best. Each toast-crisp, nut-brown flake holds its carbohydrates, proteins, and minerals in delicious easily digested form. There's energy, and real body-building food in the big Bixies packet.

Keep Bixies in the cupboard. Any meal... any dish... tastes better, looks better... is better, when you serve the crispest, nuttiest, nicest whole-wheat flakes of them all.



BIXIES