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## COCONUT AND CONDENSED MILK

**B**OTH condensed milk (the sweetened kind) and coconut are most useful in varying the cake and biscuit problem. Condensed milk saves sugar; and coconut often counteracts the flavour of fat or any shortening used instead of butter. (Remember that a dash of lemon-juice creamed with the shortening also improves the flavour). Here are some useful recipes.

### Joyce's Biscuits

These are excellent, and are named after my good Secretary, whose signature is familiar to so many of you. Joyce's mother made me a tinful of these biscuits to take with me when I went to America; and when I ate the last one, in New York, four months later, it was as fresh and crisp and delicious as when they were made. Certainly they were made with butter! Perhaps you could use half butter: Four oz. butter, 2 heaped teaspoons of sweetened condensed milk, 2oz. sugar, ½ teaspoon vanilla essence, 6oz. flour, 1 teaspoon cake baking powder. Cream the butter and sugar, add the milk and blend well. Then add other ingredients. Put small spoonfuls on greased tray, flatten with a fork, and bake in a moderate oven (Regulo 5) till a golden brown.

### Pacific Coconut Biscuits

These have been sent to the Pacific Islands, well packed and sealed, and were found in perfect condition after 3 and 4 months:

One tin sweetened condensed milk; 1 cup coconut, or enough to make a stiff paste; ¼ cup cocoa, and a teaspoon of vanilla. Mix well and form into balls. Allow to stand on greased paper to dry. Pack when quite dry.

### Shortbread Biscuits

These may also be made into small balls (using about a teaspoonful for each) and flattened lightly with a fork. They may be eaten plain, or stuck together by twos with lemon flavoured icing:

Cream 4oz. butter and 4oz. good dripping with 5 heaped dessertspoons of sweetened condensed milk. Add 2 level teaspoons baking powder and 12oz. fine wholemeal. Knead to a very soft dough. Put through biscuit forcer and bake a nice brown in a good oven. Stick two together with icing flavoured with lemon essence, or fresh lemon juice. (Cut forcer biscuits into 3-inch lengths).

### Magic Fruit Cake

This is an American one. If no dates, use mixed fruit.

One and one-third cups sweetened condensed milk, ½lb. desiccated coconut, 1 cup finely chopped nuts, 1lb. stoned dates (2 cups). Mix thoroughly the milk, nuts, coconut and fruit. Pack into a buttered loaf pan, and bake 25 minutes in a moderate oven. Remove from pan and allow to cool thoroughly. Cut into thin slices.

### Coconut Biscuits

(No condensed milk)

These are delicious. Half a cup sugar, 1 egg, 2oz. butter, 1 heaped tablespoon flour, 1 teaspoon baking powder, 2 cups coconut. Cream butter and sugar; beat in the egg; add the flour and baking powder mixed. Then mix in 1 cup coconut; then beat in gradually the other cup of coconut. Pinch off small pieces and roll into balls. May be flattened with fork. Bake in slow oven (380deg.) from 10 to 15 minutes.

### Another Coconut Biscuit

Four ounces each of butter, sugar, flour and coconut; 1 egg. Mix as usual. Pinch off small pieces of dough and bake as usual.

### Condensed Milk and Cheese Spread

Cut up into small pieces ½lb. of processed cheese (which is softer than other cheese), and melt it in the contents of a tin of sweetened condensed milk, using a double boiler, or basin standing in boiling water. Stir frequently, and mix well. Remove from heat, and add 2 table-spoons of butter and season with pepper and salt. Beat all till very smooth. Keep in cold place (a refrigerator is best) in a covered jar. Excellent spread on toast or plain biscuits. Also very new and delicious used as a filling for scooped-out half pears (or peaches) in a lettuce salad.

### Novelty Biscuits

(No flour, sugar, butter or eggs)

Place in a bowl: 2 cups coconut, 1 cup chopped raisins and sultanas mixed; 1 cup chopped dates, 1 cup chopped walnuts, 1 tin of sweetened condensed milk. (Use breakfast cups for all measures). Mix all together and make small balls about the size of a walnut and bake on a greased oven shelf very slowly for 15 minutes. Pack in a tin—will keep a long time. Can halve or double this quantity.

### Wholesome Toffee

Mix together in a thick saucepan 1 cup brown sugar, 1 tablespoon golden syrup heated with ½ tablespoon lemon juice, a pinch of salt and half a tin of sweetened condensed milk. Warm slowly, while stirring in a dessertspoon of butter. Stir constantly, and bring to the boil, cooking until the toffee makes a firm ball when a little is dropped into cold water—about 20 minutes perhaps. Remove from heat and add vanilla essence to taste, or any flavouring preferred. Pour into buttered pan. When cold, cut into squares.

### FROM THE MAILBAG

#### Non-Acid Preserved Vegetables

Dear Aunt Daisy,

Perhaps you could tell me something about some broad beans which I bottled. I sterilised them for 3 hours in the jars under water, and made sure they were airtight, and sealed them down. They really do look very nice. I have been wanting to use them, but thought I had better make sure if they have been done correctly, as several people have told

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