



Your morning shower with quick-to-lather PROTEX SOAP makes you feel as though you could dance through the air with the greatest of ease.

PROTEX SOAP has the refreshing fragrance of the bush. It contains a mild, efficient antiseptic that makes your skin superbly clean and guards against infection. PROTEX SOAP is the soap for the entire family, for even a baby's tender skin is safe with its mildness and purity.



**HE PROTEX-ed
HIMSELF THIS MORNING**

PR.6.6

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REJOINE.



EASY ON SUGAR

HERE are a few recipes for cakes and biscuits which do not need much sugar. Some of them are useful as "spreads," thus saving butter too. Remember to cream any non-butter shortenings with a little lemon-juice.

Novelty Biscuits

This uses no butter, sugar, eggs or flour. Put into a basin 2 cups coconut; 1 cup chopped sultanas and raisins mixed; 1 cup chopped dates; 1 cup chopped walnuts; 1 tin sweetened condensed milk. (Use breakfast cups). Mix all thoroughly well together; make into small balls, about the size of a walnut; bake on greased oven shelf in coolish oven, very slowly, for approximately 15 minutes. Keep in a tin.

Delicious Coconut Biscuits

Cream $\frac{1}{2}$ cup sugar and 2oz. shortening; beat in 1 egg. Add 1 heaped tablespoon flour, mixed with 1 teaspoon baking powder; then mix in 1 cup coconut. Lastly beat in gradually another cup of coconut. Pinch off small pieces and roll into balls. May be flattened with a fork. Bake in slow oven from 10 to 15 minutes.

Cheese Spread

This is excellent on water biscuits or cream crackers, or toast. In a double boiler, or a basin standing in a saucepan of boiling water, melt together a half-pound of cut-up processed cheese (which is soft and easy to melt) and a whole tinful of sweetened condensed milk. Beat and stir well to blend properly. Remove from heat and add 2 tablespoons of butter and seasoning of pepper and salt. Keep in covered jar in cold safe.

American Date Cake

Half-pound desiccated coconut, a tin of sweetened condensed milk, a cup of finely chopped nuts, 1lb. stoned dates (2 cups). Mix thoroughly all together. Pack into buttered loaf pan and bake in moderate oven approximately 25 minutes. When cold, cut into thin slices.

Sugarless Madeira Cake

Five ounces shortening, 6oz. flour, 1 teaspoon baking powder, 2 eggs, 4oz. sweetened condensed milk, 3 tablespoons water, one-eighth teaspoon salt and the grated rind of a lemon. Put the fat into a warmed basin, cut it up small, then cream it with the condensed milk. Add the eggs, either beaten or one by one, and mix well. Then the dry ingredients and the lemon rind, lastly the water. Bake in moderate oven a golden brown.

Coffee Creams

One heaped cup flour, 1 egg, 1 tablespoon coffee essence, 1 teaspoon baking powder, 2oz. shortening, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon vanilla. Cream shortening

and sugar, add coffee, vanilla and beaten egg. Then flour sifted with baking powder. Roll into two pieces, spread one with raspberry jam and put the other half on top. Cook in medium oven about 15 minutes. Ice when cold with coffee icing and cut into biscuits.

Honey and Malt Biscuits

Two cups fine wholemeal, 3 tablespoons cornflour, $\frac{1}{4}$ cup golden syrup, 1 dessertspoon honey, 1 tablespoon malt, $\frac{3}{4}$ teaspoon baking powder, 1 teaspoon salt, 2 tablespoons shortening. Cream shortening, golden syrup, and honey, add malt. Mix well, then add dry ingredients, roll into balls and flatten out on tray with fingertips. Moderate oven.

Oatmeal Honey Biscuits

One cup flour, 1 cup oatmeal or wholemeal, $\frac{1}{2}$ cup honey, pinch salt, 1 teaspoon baking powder, $\frac{1}{4}$ lb. shortening. Rub shortening into dry ingredients, mix to a soft dough with honey which has been melted in $\frac{1}{4}$ cup milk. Roll thin. Cut into squares or rounds, and cook in a quick oven.

Orange Biscuits

Four ounces shortening, 2oz. sugar, 1 packet orange jelly crystals, 1 egg, $\frac{1}{2}$ teaspoon orange essence, 2oz. coconut, 2oz. ground rice (or cornflour), 4oz. flour, 1 teaspoon baking powder, pinch salt. Beat shortening, sugar and jelly crystals till light. Add egg and whip. Add flavouring. Sift in dry ingredients. Roll into balls, put on cold tray. Flatten with a fork; bake in a moderate oven about 15 minutes.

Peanut Butter Lunch Cookies

Blend thoroughly 1 tin of sweetened condensed milk, $\frac{1}{2}$ cup peanut butter, and 3 cups shredded coconut. Drop in spoonfuls on greased baking sheet. Bake 15 minutes at 375deg. or until brown—about 30 minutes.

Shortbreads

Cream 4oz. butter and 4oz. prepared cod-fat with 5 heaped dessertspoons of sweetened condensed milk. Sift in 12oz. of fine wholemeal and 2 teaspoons baking powder. Knead to a soft dough. Make (1) into small balls, using about a teaspoonful for each, and flatten lightly with a fork; or (2) put through biscuit forcer in 3-inch lengths. Bake a nice brown. The biscuits may be eaten plain, or stuck together in twos with a lemon flavoured icing.

Joyce's Biscuits

Four ounces shortening, 2 heaped teaspoons condensed milk; 2oz. sugar; $\frac{1}{2}$ teaspoon vanilla; 6oz. flour, 1 teaspoon cake-baking powder. Cream the fat and sugar, add the condensed milk and blend well. Then add the other ingredients. Put small spoonfuls on greased oven-tray, flatten with a fork; moderate oven. Bake a golden brown.