

Give Your Family THIS DELICIOUS HEALTH DESSERT



The smoothest, creamiest custard with a delicious delicate flavour all its own... Rich in health-giving natural iodine... Contains no starch or cornflour. To tempt the appetites of all the family, serve healthful Gregg's Seameal Custard frequently!



GREGG'S
SEAMEAL
Dessert CUSTARD

With DENTURES you can't be too FASTIDIOUS

WHEN Kemdex is first tried it is immediately recognised to be a superior cleanser. Kemdex is thorough and safe. It makes dentures completely germ-free, either when used in an all-night Denture bath or as a "double-strength" soak for a few minutes. Kemdex keeps artificial teeth as clean, hygienic and natural looking as when they were first fitted.

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KEMDEX

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Fassett & Johnson Ltd., Manners St., Wgtn.

STA-BLOND THE BLONDES' OWN SHAMPOO

*You Too can enjoy
PERFECT.
PRICELESS
VITALITY!*



9 Minerals + Food Iodine + Vitamin B₁ to build you up

Worry, overwork, acute nerve strain—all sap your vitality. Then you must re-nourish nerve and body cells. They need Calcium such as you get from Milk... Phosphorus which you get from Cheese... Iron which you normally get from Eggs. They need Vitamin B₁.

Vinkelp brings you all of these precious elements—it brings you 9 essential Minerals, Food Iodine and Vitamin B₁. And as these vital substances get into your system you begin to build up. Nerves

steady. Tiredness turns into energy. Weakness into strength. You have found the way to new health and priceless vitality. Get Vinkelp today.

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Fassett & Johnson, Limited, Manners Street, Wellington. P.O. Box 33.



HOT LUNCHES FOR COLD DAYS

NOW that the cooler weather has come, hot lunches are more in demand than salads, and are very good for the children coming home from school in the middle of the day. However, the meat ration does not extend as far as this, so here are some nourishing dishes. Of course, they could be used also, on "meatless" days.

Vegetable Casserole

This can be made with any winter vegetable such as carrots, turnips, swedes, and potatoes, all cut into dice; celery cut in rings; cabbage cut in strips; onions cut in slices; and Brussels sprouts left whole. Weigh them after they have been prepared, and allow 1oz. fat and 3 tablespoons of water to every pound of vegetables, and cook for 35 minutes. Strain off the liquid, make it up to half a pint with cold milk; and make a sauce to pour on top. Brown for a few minutes in the oven. Cheese could also be added to the sauce. Serve with brown bread and butter, and a glass of milk.

Poor Man's Goose

Slice a sheep's liver, and pour over some boiling water. Soak some stale bread, then add sage and grated onion, pepper and salt, as for stuffing. Now grease a pie-dish. Put a layer of stuffing on the bottom; cover with a layer of finely sliced apple; then add a layer of the liver, then a slice of par-boiled potatoes. Repeat these layers till the dish is full. Then pour over a little stock or hot water, or vegetable water, and bake about an hour and a-half. A little bacon is an improvement.

Baked Beans and Tomatoes

Cook a quarter of a pound of haricot beans, and put in a casserole with some of the water they were cooked in. Add 1 tablespoon golden syrup, pepper and salt, and 3 or 4 skinned and sliced tomatoes. Stir together, then add a rasher or two of bacon. Put on the lid, and bake slowly near the bottom of the oven, for an hour or two.

Cheese and Onion Tart

Line a pie plate with short pastry. Spread with a layer of boiled or fried onions, then a layer of grated cheese; then cover with a layer of pastry. Pepper and salt, of course, to taste. Bake in a moderate oven till golden brown.

Hot Ham and Cheese Sandwich

Cut thin slices of stale bread into squares or rounds. Fry in hot butter, or fat, till crisp and brown. Sprinkle half of them with grated cheese, lay on a thin slice of ham, then sprinkle on more grated cheese, and put on the top piece. Put in a fireproof dish in the oven just long enough for the cheese to melt and the ham to become hot. Serve very hot.

Farm Toast (Shropshire)

Fry bacon crisp, then fry the bread in the bacon fat, and also fry thick slices of apple. Put thick layers of cheese on the fried bread, melt the cheese under

the griller. Now lay on the bacon, the apple, and sprinkle with pepper and salt. Serve hot.

Vegetable Pie with Oatmeal Crust

Put into a pie-dish 1½lb. of cooked vegetables; with ½ pint of stock or water. Make pastry by rubbing 1oz. butter or cooking fat into 6oz. flour; add 2oz. grated cheese; 2oz. of oatmeal; and salt to taste. Mix to a stiff dough with water, roll out, and cover the pie. Bake in a moderate oven, about 30 minutes.

Steamed Kidney Pudding

Chop up half an ox kidney. Add 1 cup of milk; 1½ cups of wholemeal bread-crumbs; salt to taste; 1 dessertspoon of chopped parsley; 1 dessertspoon of chopped chives; 1 teaspoon thyme. Put it all into a basin, tie a paper over, and steam for 2 hours. Make a white sauce with ½ teaspoon made mustard and ½ teaspoon meat extract in it.

Kidney Rissoles

Chop up a kidney into very small pieces—or mince it. Beat up an egg, add a little salt and pepper, and the kidney, and pour spoonfuls into boiling fat. Brown both sides and serve.

Tripe Roast

Wash 2lb. of smooth tripe, and boil till tender. Make a stuffing of bread-crumbs, finely chopped onion, 1 tablespoon butter, herbs if liked, parsley, pepper, salt, and 2 teaspoons mulligatawny soup powder. Roll into the tripe, like a roly-poly, and put in a baking dish. Pour over a soup made with the rest of the packet of soup powder, made to 1 pint. Bake half an hour; and serve with apple rings fried in butter or cooking fat.

Tripe Patties

Put some cooked tripe twice through the mincer. Have ready some white sauce. Add tripe and a little parsley. Make some rounds of pastry. Put some of the mixture on to each round. Brush round the edges with cold water. Fold over, and roll in beaten egg and vermicelli (if you have some—if not, never mind) and fry in boiling fat. When dished up, grate cheese over them.

THE HAY-BOX A Fireless Cooker

ONE of our readers has asked that we again publish the directions for making a haybox. This is useful at all times, but especially now that fuel is sometimes short.

Procure a box with a well-fitting lid—a fairly large box. Line it thickly with newspapers. Then fill the box with hay, packing it very tightly for five inches all round. See that the corners are well packed. Then make nests for the saucepans, which must have tight-fitting lids to keep in the steam. Make a cushion of hay to cover the top of the saucepans. Finally tuck it all in with an old blanket and close the box lid firmly.