



dog's eye view

Tell you what I notice, Mac. More and more girls with these converging fashion marks on their stockings. Yes, Aussie, and the taper heel as well. When you see them both together you know it must be

Bonds

SY-METRA Full Fashioned Hosiery



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L6

"Ah! Now I Can Breathe Again!"

One moment, nose "stopped-up" by a head-cold or catarrh. Next moment, you're breathing easily — thanks to Va-tro-nol! Just a few drops up each nostril shrinks swollen membranes, relieves stuffiness. Prevents many colds if used in time.

VICKS VA-TRO-NOL

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MORE USES FOR POTATOES

LAST week we had some recipes for potatoes in hot dishes, but they can also be used most successfully in such things as cakes, biscuits and puddings, and thus give a little variety, and help to use up some of the leftovers.

Grandma's Tart

Line a pie plate with pastry. Then put on a filling made with 2 cups freshly cooked mashed potato; 1 cup of sugar; 2 eggs; a small piece of butter; 2 teaspoons of mixed spice; and $\frac{3}{4}$ to 1 cup of sultanas. Put a covering on of pastry, prick it all over, and cook on a hot scone tray.

Date Pudding

Four ounces of shredded suet; $\frac{1}{2}$ lb. stoned dates; 4oz. breadcrumbs, 1oz. flour; 2 tablespoons of sugar; and 4oz. of mashed potato. Bind together with 2 tablespoons of golden syrup; 2 eggs; and a little warm milk, in which 1 teaspoon of baking soda has been dissolved. Pour into a buttered basin, and steam 2 hours.

Potato Sponge

Two ounces of mashed potato; 2oz. of flour; 4 eggs; 4oz. of castor sugar; $1\frac{1}{2}$ level teaspoons of baking powder; 3 teaspoons of lemon juice; and a little lemon cheese. Separate the yolks from the whites of the eggs. Put the yolks in a basin with the sugar, and beat these until they are creamy, adding the lemon juice to the sugar, first. Sift the mashed potato and flour with the baking powder two or three times. Beat the egg whites stiffly. Add half the flour to the mixture gradually, and then fold in half the egg whites. Now add the remainder of the flour, and lastly fold in the remainder of the egg whites. Turn the mixture into buttered sandwich tins, and bake in a moderate oven until light and spongy. When cold, stick together with lemon cheese, and ice if liked.

Potato Raspberry Buns

One cup of mashed potatoes; 1 large cup of flour; 1 large teaspoon of baking powder; 4oz. of sugar; 1 egg; a little raspberry jam, 4oz. of butter, and about 4 tablespoons of milk, and 1 teaspoon of cornflour. Cream the butter and sugar, add the egg, saving out a teaspoon of the egg white. Beat well, add the milk. Sift the flour, potato and cornflour well together, two or three times, with the baking powder and a pinch of salt. Mix all into the butter mixture, and roll into balls. Make a cavity in the centre of each, drop in a little raspberry jam. Close them together again, and brush over the join with the white of egg. Bake in a hot oven on greased slides, for about ten minutes.

Ginger Cakes

One cup of mashed potatoes, 1 cup of flour; 1 egg; $\frac{1}{2}$ teaspoon of cinnamon; 1 teaspoon of ground ginger; pinch of cloves; good pinch of salt; $\frac{1}{2}$ teaspoon

bicarbonate of soda; 1 teaspoon of baking powder; 1 cup of brown sugar; $\frac{3}{4}$ cup of syrup; 1 cup of sour milk; and about one third of a cup of butter. Soften the butter, sugar and syrup, beat in the egg, mix all the dry ingredients, and bake in tins or paper cases, in a moderate oven. Cooking fat may be used, of course.

Spiced Potato Biscuits

Two cups of flour; $1\frac{1}{2}$ cups of mashed potatoes; $\frac{1}{2}$ cup of treacle; $\frac{3}{4}$ cup of butter; $\frac{1}{4}$ cup of dates; $\frac{1}{2}$ teaspoon of salt; $\frac{1}{2}$ cup of raisins; $\frac{3}{4}$ teaspoon of cinnamon; $\frac{1}{2}$ cup of syrup; $\frac{1}{2}$ teaspoon of ground nutmeg; 2 teaspoons of baking powder; $\frac{1}{2}$ teaspoon of baking soda; $\frac{1}{2}$ teaspoon of ground cloves. Melt the treacle, syrup and butter (or fat). Add hot mashed potatoes and sifted dry ingredients, with the chopped fruit added last. Drop in teaspoons on a greased oven tray. Bake in moderate oven till golden brown.

Potato Sweet

Two cups of mashed potatoes; 2 cups of milk; 1 small cup of sugar; 1 tablespoon of gelatine; the grated rind and juice of a lemon. Soak the gelatine for a few minutes in 1 tablespoon of cold water. Add the milk gradually to the other ingredients, making a smooth paste. Then bring this to the boil, with the gelatine. Pour it now into a large bowl. When just beginning to set, beat briskly for ten minutes. Then lightly stir in some fresh or stewed fruit. Pile into sweet dish and leave for a few hours. Serve with any fruit in season; or if you add two lemons it is a delicious sweet on its own.

Potato Fruit Cake

This cake is equal to a Christmas cake, and is a good family size. It will keep well. One cup of butter or cooking fat; 1 cup of light brown sugar; 1 cup of white flour; 1 cup of wholemeal; 1 cup of cool mashed potatoes; 1 small cup of milk; 4 eggs; 2 teaspoons of baking powder; 1 tablespoon of cocoa; 1 teaspoon of cinnamon and a little nutmeg; 1 cup of mixed sultanas; raisins and dates; 1 cup of walnuts; and 1 ripe mashed banana. Beat butter and sugar to a cream, blend in the potatoes, then the whipped-up eggs, and beat well. Add the flour and other ingredients, and the milk. Sift the baking powder, cocoa and spices with the flour. Bake about $1\frac{1}{2}$ hours in a moderate oven.

Boiled Potato and Apple Pudding

Two cups of mashed potato; 1 cup of flour; pinch of salt; 1 teaspoon of baking powder; 5 large apples, sugar to taste; a few cloves; and $1\frac{1}{2}$ oz. of butter (or fat). Make a paste with the flour, potato, salt, and baking powder. Add a little milk if necessary. Line a buttered bowl with the paste, reserving a little for the top. Fill with cut-up apples, sugar, cloves, and butter. Cover the top with the paste. Steam or boil for $2\frac{1}{2}$ hours or more. Serve with cream or milk. This is a good pudding.