



lucky dogs

Nice view of a taper heel, don't you think, Rags?

And notice the converging fashion marks as well, Terry.

Very slimming to the leg, and only found *together* with

Bonds

SY-METRA Full Fashioned Hosiery



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Simple Way To Lift Corns Right Out

No Excuse for Cutting Corns.

Tender corns, tough corns, or soft corns can now be safely lifted out with the finger-tips, thanks to **Frozol-Ice**, says grateful user.

Only a few drops of **Frozol-Ice**, the new-type antiseptic treatment, which you can get from any chemist, is ample to free one's feet from every corn or callus without hurting. This wonderful and safe remover stops pain quickly, and does not spread on to surrounding healthy tissue. **Frozol-Ice** is a boon to corn-burdened men and women.

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DON'T BE SKINNY!

If you are thin and anaemic you should try a course of "YIM," the Yeast, Iron Malt, Tablets. This amazingly triple Tonic puts on firm, healthy flesh quickly. "YIM" Tablets give clear, radiant skin, freedom from indigestion, nervousness and constipation. "YIM" helps build new strength, power and pep. 4/6 (double size 7/6).

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NUTS OF DIFFERENT KINDS

NUTS are always popular—whether they be peanuts, walnuts, pecans, or any other variety. They are also nourishing, containing fat, protein, and vitamins to a certain degree. This week we will consider some of the more substantial dishes made with nuts—including some vegetarian recipes; and there will probably be some recipes left over for next week—some of the nice cake and biscuit recipes.

Nut Meat

One cup of shelled peanuts, minced; 1 cup of breadcrumbs; pepper and salt to taste. Fry one sliced onion and 1 cut up tomato together in a little butter, till brown, and add to the nuts and breadcrumbs. Add a little gravy and mix all together with an egg, or a little milk. Bake in a well buttered pie dish till brown. Turn out on a meat dish, and garnish with parsley.

Nut and Cheese Muffins

One cup of grated cheese; 1 cup of chopped nuts; 2 cups of breadcrumbs; 1 cup of milk; 1 beaten egg; salt and pepper. Mix everything up, and put in greased patty pans, for about 15 minutes in a moderate oven. Serve with brown gravy and a green vegetable for a nourishing and tasty lunch.

Another Nut Meat

Put one large cup of roasted peanuts through the mincer; add 1 cup of fine rolled oats; 1½ teaspoons of salt, and thyme to taste. Mix all together with about 1 pint of water, either hot or cold. Other flavouring may also be added if liked. Steam in a bowl for four hours, and when cooked press down well in bowl and leave to set.

Waldorf Salad

Two cups of diced apple; ½ cup of broken walnuts; 1 cup of chopped celery; and the juice of half a lemon. Squeeze the lemon juice over the apple, and mix it with the celery and nuts. Add sufficient mayonnaise to bind. Arrange in crisp lettuce leaves, and garnish with curled celery.

Healthy Breakfast

One dessertspoon of wheat flakes; 1 tablespoon of honey; 1½ apples; 1 dessertspoon of crushed nuts—walnuts rather than peanuts; and the juice of half a lemon. Core the apples, but leave the skin on. Grate them into a dish, pour over the honey and lemon juice mixed. Then sprinkle over the wheat flakes and the crushed nuts. It should be served before the apples begin to turn brown.

Nut Cutlets

Quarter of a pound of chopped nuts; 2oz. of cooked vermicelli or macaroni; seasoning; and tomato sauce to mix. Mix the nuts and vermicelli to a stiff mixture with tomato sauce. Add pepper and

salt; roll out, and cut into shapes. Coat with egg and breadcrumbs and fry in smoking hot fat.

Peanut Stuffing

This is a crumbly, buttery stuffing. You can convert it into (1) Oyster Stuffing, using oyster liquor instead of all celery liquor, and adding chopped raw oysters; or (2) Cranberry Stuffing for turkey by adding cranberries and sugar (3) Orange Stuffing for duck, by omitting the celery liquor and adding diced oranges with their juice and a little grated orange rind and (4) Prune Stuffing, by substituting prune juice for celery liquor and cooked unsweetened prunes, quartered.

Cook 2 cups of finely diced celery in 2 cups of boiling water till tender; drain and save the liquor. Cook ¼ cup minced onion in ½ cup good fat till tender, but not brown. Mix the celery and onion with plenty of breadcrumbs, adding pepper and salt and chopped sage leaves. Add ½ cup or more of chopped salted peanuts. Moisten to desired consistency with celery liquor, mix very well, and stuff the bird with this.

Salted Nuts

Put into a frying pan half butter and half olive oil. Do not have this fat too deep. It must be cooked over an asbestos mat, or else the fat and the nuts will burn. Drop in the nuts when the fat is hot, and then a handful of salt. Shape the pan so that the nuts will not stick and be burnt. When they are brown and done, strain them through a strainer. Pour the fat over them again, while they are still in the strainer. The salt will crystallise out again on to the nuts when they dry. Shake off the superfluous salt.

Roasted Salted Peanuts

Spread about a pound of shelled peanuts on the oven tray, inverted so that the ledge keeps them from falling off. Turn the oven on, and by the time it gets to about 400 degrees they should be nicely browned. Turn into a large shallow basin, and remove the skins. This is best done outside. Add about a teaspoon of butter to the cleaned nuts, warm in the oven again. Stir till all are buttery, then sprinkle well with salt, and mix well.

Peanut Butter

Shell and roast about 3lbs. of peanuts. Then put them three times through the mincer, adding about a tablespoon of melted butter, or olive oil, and a dessertspoon of salt. Mix thoroughly, and put into jars.

Sandwiches

School lunches tax the ingenuity of the housewife—and nuts can always be used. Either as peanut butter plain; or peanut butter with honey or raisins. Peanut butter with chopped dates, or a little chopped preserved ginger is unusual, too. Or vegetable extract, nuts and lettuce is a popular combination; also cream cheese and walnuts. Biscuits can also be spread with butter and honey and sprinkled with grated cheese and chopped nuts.