



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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Relief

for Coughs, Colds
and Sore Throats

These effective jubes are blended from Eucalyptus,
Cinnamon, Pine,
Gaultheria, etc.

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Eukols

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MORE NUTTY RECIPES

THIS week I promised the cake and pudding and other recipes using nuts. But always remember that crushed nuts can be sprinkled to good effect over fruit salad, or trifle, or ice cream. And also a pudding sauce with finely chopped nuts in is very nice with a plain or lemon steamed pudding.

Peanut Butter Lunch Cookies

Blend thoroughly one and a third cups of sweetened condensed milk; ½ cup of peanut butter; and 3 cups of shredded coconut. Drop in spoonfuls on a greased baking sheet; and bake 15 minutes, or until brown.

Nut and Raisin Loaf

Three cups of flour—or 2 cups of flour and 1 cup of wholemeal; 3 teaspoons of baking powder; 1 cup of sugar; 1 teaspoon of salt; 1 teaspoon of ground cinnamon; 1 egg; 1½ cups of milk; 1 cup of seeded raisins; 1 cup of chopped walnuts. Sift the dry ingredients. Add the beaten egg to the milk, stir it in and mix well. Add the nuts and raisins. Pour into one or two greased tins, and let stand for 30 minutes. Bake in a moderate oven, about 1½ hours.

Banana Nut Cake

Two eggs; 2¼ cups sifted flour; 2 teaspoons of baking powder; ¼ teaspoon of baking soda; ¼ teaspoon of salt; ½ cup of butter or fat; 1 cup of sugar; ½ cup chopped walnuts; 1 teaspoon of vanilla; 1 cup of mashed ripe bananas; and 2 tablespoons of milk. Sift together the flour, baking powder, baking soda, and salt. Work the butter or fat till creamy and fluffy, and gradually add the sugar, working till light. Add the unbeaten eggs, one at a time, and beat well after each. Add the nuts, beat well, and add the vanilla. Add the flour mixture alternately with the bananas and milk, beating after each addition. Bake in a greased and floured square tin in a moderate oven—about 350 deg. Fah. about 55 minutes, or until cake is done.

Nut Cake

Mothers with babies often have egg whites to use up, and so this recipe will not seem extravagant. Two cups of flour; 1½ cups of castor sugar; ½ cup of butter or good fat; ¾ cup of milk; 2 cups of flour; 2 teaspoons of baking powder; the whites of 4 eggs; 1 heaped breakfast cup of chopped walnuts; and a good pinch of salt. Beat the egg whites and sugar well together. Put butter into the milk, and heat—but do not bring to boiling point. Mix well into the eggs and sugar mixture. Then add the well sifted flour, baking powder and salt, folding them gently in. Then add three parts of the chopped nuts, leaving the

rest of the walnuts to sprinkle over the cake before putting it in the oven. Bake in a moderate oven for about one hour.

Mystery Mould

One packet of raspberry jelly crystals; 3 sliced bananas; and ½ cup of finely chopped walnuts. Dissolve the jelly crystals according to the directions on the packet. Pour half into a mould, then mix the bananas and walnuts with the rest of the jelly. Pour carefully into the mould, when the first layer is firm. Serve with cream or custard.

Chocolate Nut Pudding

Two ounces of breadcrumbs; a good 2oz. of flour; 1 dessertspoon or more of cocoa; 2oz. finely shredded suet; 1 level teaspoon of baking powder; 2oz. of sultanas; 3oz. of chopped walnuts; 3oz. of sugar; 1 egg to mix; and milk if necessary. Put the dry ingredients together, stir in the suet and sugar, the egg, and enough milk to mix. Steam in a buttered basin for 1½ to 2 hours.

Walnut Crisps

Four ounces each of butter and sugar; 1 egg; 4 teaspoons of cocoa; 8oz. of wholemeal flour; ½ cup of walnuts; and vanilla. Cream the butter and sugar well, add the unbeaten egg and other ingredients, mixing well. Cook in a greased tin, the mixture being about quarter of an inch thick. Cut into fingers while hot.

Cornflake Crisps

Three egg whites; 2½ cups of cornflakes; 1 small cup of sugar; 1 cup of chopped walnuts or other nuts; and a little almond essence. Beat the whites stiff, gently add spoonfuls of sugar, cornflakes, nuts and the essence, beating all the time. Put on cold greased trays, and bake in a very slow oven, letting the oven get quite cool before taking the biscuits out.

Peanut Brownies

One cup of sugar; 1¼ cups of flour; ½ cup of melted butter; 1 egg; 1 cup of roasted peanuts; ½ teaspoon of salt; ½ teaspoon of baking powder; and 2 teaspoons of cocoa. Cream the butter and sugar, add the beaten egg; then the other dry ingredients. The mixture must be fairly stiff. Place in small piles on a cold greased tray. Vegetable fat could be used in place of butter; or any good cooking fat.

Raisin Nut Bars

One egg; ¼ cup of butter; ½ cup of sugar; ¼ teaspoon of baking soda; ½ cup of golden syrup; 1½ teaspoons of baking powder; 1 cup of chopped nuts; ½ cup of milk; 1 cup of raisins; a pinch of salt; and 2 cups of flour. Cream the butter and sugar, add the beaten egg, then the syrup and milk warmed together. Add the dry ingredients, and lastly the nuts and raisins. Butter a meat dish, and spread the mixture thinly. Bake quarter of an hour in a fairly quick oven. When cold, cut into bars about 3 inches long and 1½ inches wide—it makes about four dozen.