



## shop hounds

She has taste, this girl, don't you think, Pom?

Surely, Spannie. You see, her stockings have both the converging fashion marks *and* the taper heel, which means they *must* be

# Bonds

## SY-METRA Full Fashioned Hosiery

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The ballet dancers must study stance  
But find their costumes rather chilly  
They should have brought a tin of Bants;  
To get sore throat is ballet silly.

## BANTS

THROAT JUBES



BRISTOL ROAD LTD. 283 KYNTER PASS AUCKLAND.

ALL CHEMISTS' 1/6



## HOME MADE BISCUITS

**H**OME-MADE biscuits are always popular, whether they be sweet or savoury—and can be made quite nourishing by using wholemeal and reinforced flours, or bran and oatmeal. Try some of these—for afternoon teas, school lunches, and for suppers.

### Bryan O'Brien's Bran Biscuits

One cup of flour; 1 heaped cup of bran; ¼lb. butter or good cooking fat; a nearly full cup of sugar; 1 teaspoon of baking powder; and 1 egg. Cream the butter and sugar, mix in the other ingredients, roll out, cut into rounds, and bake as usual. Nice with butter.

### Cream Crackers

Rub 2oz. of butter into 8oz. of flour, and ¼ teaspoon of salt. Mix with 1 tablespoon of top milk, or tinned cream, and sufficient water to make a mixture which can be rolled out thinly. Cut into oblongs, prick with a fork, and bake in a moderate oven.

### Wholemeal Cheese Biscuits

One cup of wholemeal; 2oz. of butter or good fat; 4oz. of grated cheese; 1 teaspoon of vegetable or meat extract; 1 small teaspoon of baking powder—but they may be made without the baking powder, too. Rub the butter or fat into the flour, and add the cheese. Dissolve the extract in a little warm milk and water. Stir into the dry ingredients, keeping the mixture rather dry. Roll out thinly, and prick well. Bake in a quick oven.

### Coconut Biscuits

Cream together 1oz. of butter; ½ large cup of sugar; pinch of salt; and 1 egg. Then add 2 cups of coconut, 1 teaspoon of flour; 1 teaspoon of baking powder, and mix well. Place small teaspoon lots on a well greased tray, allowing a little room for spreading, and bake in a moderate oven till golden brown—about 10 minutes. Take biscuits off the tray as quickly as possible, as they are very crisp, and will stick and break if left to get cold. Keep them in airtight tins. The quantity of flour seems small, but it is quite right.

### Three-in-One Biscuits

Four ounces of butter; 2 cups of flour; 1 cup of sugar; ¾ cup of milk; and 1½ teaspoons of baking powder. Boil together the butter and the milk, and when boiling, add the sugar. Set this aside to cool a little, and beat vigorously. Then add the flour and baking powder. Divide this into three—in one lot put jam; the second lot add figs or dates or anything to taste; and the third lot sprinkle with spice and sugar.

### Wine Biscuits

Three cups of flour; 1½ teaspoons of baking powder; ½ cup of sugar; and 3oz.

of butter. Rub the butter into the flour and sugar, and a little vanilla essence, and enough milk to make into a soft paste. Roll out thinly, cut into rounds, and bake in a fairly quick oven for about 20 minutes.

### Ginger Nuts

This is the recipe of those tiny ginger nuts which were sent away during the war, by a "Link" at Island Bay—I think a lot of the boys had these ginger nuts in their parcels. They are no bigger than a shilling. Two pounds of golden syrup; 2¼lb. of flour; ½lb. of butter; 1lb. of light brown sugar; and 1oz. of ground ginger. Rub the dry ingredients together well, and then mix with sufficient warmed syrup to make a stiff dough—it may not take the full two pounds. Make the dough into long strips, chop off little bits, as though you were cutting up rhubarb, and roll them into small balls. Flatten them slightly, and bake about 15 minutes, perhaps less, with the temperature about 350deg. There is no rising in them.

### Gracie Fields' Biscuits

Two ounces of lard or cooking fat, or butter; ¾ cup brown sugar; 1 dessertspoon of golden syrup; 1 egg. Beat those all together very well until light. Now sift in 1 cup of flour; ½ cup of wholemeal; 1 tablespoon of cornflour; 1 tablespoon of vanilla custard powder; 1 teaspoon of cinnamon; ½ teaspoon of nutmeg; 1 teaspoon of baking powder. Break off pieces, roll them in cornflakes, and bake in a slow oven.

### Hokey Pokey Biscuits (Requested)

Cream ¼lb. of butter and ½ cup of sugar. Then warm 1 dessertspoon of golden syrup; 1 dessertspoon of milk; and 1 small teaspoon of soda, and add it to the creamed mixture. Finally add 1 breakfast cup of flour. Make little balls, and press them with a fork.

### Jewish Biscuits

Ten ounces of flour; 8oz. of butter; 1 egg yolk; ½ teaspoon of baking powder; 1 dessertspoon of cinnamon; 6oz. of castor sugar; and a pinch of salt. Cream the butter and sugar, add the egg yolk, and sift in the dry ingredients. Roll out, cut in rounds, put half a blanched almond on the top, and brush over with the white of the egg. Bake 12 to 15 minutes.

### Sailors' Biscuits

Melt ¼lb. butter with 1 tablespoon of golden syrup. Add 1 teaspoon of baking soda dissolved in 2 tablespoons of boiling water. Then add the following—1 cup of sugar, 1 cup of coconut, 1 cup of wholemeal, 1 cup of chopped walnuts; and ¾ cup of flour. Take small spoonfuls and roll them into small balls, put them on a cold oven sheet, leaving space between each. Cook ½ hour in a slow oven.