



**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

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## CHEESE FOR LUNCHEONS OR SUPPERS

**C**HEESE is an important food—being made from milk it is concentrated, and so contains a good proportion of protein, as well as minerals and vitamins. As cheese contains so much protein, it can be used in place of meat at meals, and some very tasty dishes made with it. Being concentrated, it is best to serve cheese with bulky foods like salads and fruit. However, here are some unusual and tasty dishes, and also some supper suggestions.

### American Cheese Salad Dressing

This can be served with meat, fish or lettuce salads. Four tablespoons of lemon juice or vinegar;  $\frac{3}{4}$  cup of salad or olive oil;  $\frac{3}{4}$  teaspoon of salt;  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of sugar; and a sprinkling of ordinary pepper as well as paprika. Also  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of finely grated processed cheese. Combine all the ingredients, and beat until the whole mixture is smooth and creamy.

### Cheese Balls with Tomato Sauce

Two cups ( $\frac{1}{2}$  lb.) of grated processed cheese; 2 cups of day-old breadcrumbs; 3 well-beaten eggs; 2 teaspoons of Worcester sauce, or a little less if liked; a pinch of salt; a sprinkling of cayenne pepper. Save out a little of the beaten eggs. Combine the cheese, breadcrumbs, eggs, sauce, salt and cayenne, and form the mixture into little balls, about  $1\frac{1}{2}$  inches in diameter. Add a dash of water to the remaining egg mixture, dip in the balls, and roll them in dried breadcrumbs, and fry them in deep fat for 2 or 3 minutes, or until golden brown. Drain for a minute, and then serve with hot tinned tomato soup.

### Tomato and Cheese Rarebit

One tin of condensed tomato soup;  $\frac{1}{4}$  cup of chopped onion;  $\frac{3}{4}$  cup of milk;  $\frac{1}{2}$  teaspoon of prepared mustard; 2 tablespoons of melted butter;  $\frac{1}{2}$  teaspoon of Worcester sauce; 2 slightly beaten eggs; and 2 cups of grated cheese. Cook the onion in butter till brown. Add the soup and milk, mix well, and heat through. Add a small amount of this hot mixture to the eggs, and add it all to the remaining hot mixture. Cook for two or three minutes, stirring constantly. Add the seasonings and the cheese, and stir till the cheese is melted. Serve immediately on slices of toast.

### Cheese and Potato Roast

This is a nice way of serving potatoes and cheese; and is an appetising meal with a green vegetable. Cook potatoes in their jackets, scoop out the insides, and mash them well. To  $\frac{1}{2}$  lb. of the mashed potatoes allow 1 cup of grated cheese; 2 cups of wholemeal breadcrumbs; 1 egg, and a little onion juice. Mix it all together well, binding with the egg. Shape it into a roast, and bake for about half an hour.

### Celery and Cheese Novelty

This is nice for supper. Cut the tops off a bunch of crisp, fresh celery. Wash and dry each stalk separately. Stuff the smallest stalk with softened cheese—or cream cheese. Fill the next largest stalk,

and press it on to the first. Continue filling and pressing the stalks together until you have duplicated the original bunch of celery. Tie the completed bunch with string, and let it get quite cold—if you have a refrigerator all the better. Cut in slices, and serve on curly endive, or lettuce. A dash of the American cheese dressing on would be an improvement.

### Cheese and Apple Fritters

Mix 2 tablespoons of grated cheese; a grated apple; 1 beaten egg, 1 cup of cooked mashed potatoes, and salt and pepper. Drop dessertspoon lots into batter, and fry in hot fat. Serve on rounds of toast.

### Cheese Nuts

Roll any kind of soft cheese, or cream cheese, into balls one inch in diameter. Press two large pecans or walnuts, one on each side of the balls.

### Grilled Cheese on Toast

Cut thin strips of cheese and place on hot unbuttered toast. Then smear lightly with made mustard, and grill. Chopped ham may also be sprinkled on top before grilling.

### Cheese Rolls

One pound of flour;  $2\frac{1}{2}$  oz. of butter; 2 teaspoons of baking powder; 1 teaspoon of salt;  $\frac{1}{2}$  pint of milk and water, and 3oz. of sliced cheese. Sift the flour, baking powder and salt. Rub in 2oz. of the butter and mix to a flexible dough with milk and water. Roll to a very thin sheet, brush with melted butter, sprinkle with grated or sliced cheese. Roll it up tightly like a roly poly. Cut off inch lengths, brush these with milk, and grate on more cheese. Put them apart, on a floured sheet, and bake about 15 minutes in a medium oven—not too brown.

### Sandwich Fillings and Suggestions

(1) Quarter of a cup of cream cheese;  $\frac{3}{4}$  cup of chopped cooked ham; mix these, and put a little mustard on the bread.

(2) Mix cream cheese, and finely grated carrot, with a little lemon juice.

(3) Chopped celery, mashed cheese, a few drops of Worcester sauce, and mayonnaise to bind the mixture.

(4) Grated cheese, diced celery, and chopped walnuts mixed with cream or mayonnaise.

(5) Spread biscuits with butter and honey, sprinkle with grated cheese and chopped nuts.

### Cheese Sticks

Cut slices of brown bread  $\frac{1}{4}$  of an inch thick, and remove the crusts. Cut into strips, dip in sweetened condensed milk. Roll in grated cheese, and bake on a greased slide in a slow oven till brown.

### FROM THE MAILBAG

#### How to Steam Velvet

Dear Aunt Daisy,

I wondered if you could help me with my problem. I have got my two little girls some red silk velvet to make dresses for their uncle's wedding. I decided to