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STRAND BAG COMPANY LIMITED, CHRISTCHURCH, DECEMBER, 1946.

WEAK ARCHES

REUMATIC-LIKE foot and beg pains, tired, aching feet, sore heels, callouses on soles, or excessive fatigue after stand-Ing or walking, may be due to weak or failen arches. If this is your trouble, Dr. Scholl's Arch Supports and exercise will give you quick relief by removing mus-cular and ligamentous strain — the cause of your pain. Adjustable to aid in gradu-ually restoring the arches to normal. Dr. Schoil's Arch Supports are thin, light

and flexible. Slip in any shoe like an

insole. Expertly fitted at all Dr. Scholl



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For the utmost care of the

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from infection of others in the

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It is non-poisonous, does not stain. and has a pleasant perfume and tasta.

SOLD BY YOUR GROCER.

Burch & Co. (N.P.) Ltd., 58 Gill St., New Plymouth.



FESTIVE SWFFTS

Christmas pudding nowand there are still holiday times ahead, and the weather is warm-so why not have some extra special desserts? Some of the most gay-looking are really very economical to prepare, and would be nice for children's parties, too.

Hidden Treasure

Make up two jellies. Pour into the mould about 2 inches of jelly, and let it set. When it is set, stand a straight jar or tin on the centre, and pour jelly all round to within half an inch of the top, and let that set. Remove the jar or tin-if filled with hot water it will come away quite cleanly. Fill the space with finely chopped fruit, and a little custard. Finally pour the remainder of the jelly over. The fruit is completely hidden in the centre of this jelly mould.

Lemon Chiffon Pie (and Orange)

One tablespoon of gelatine; 1 cup of sugar; ½ cup of lemon juice; 4 egg whites; ¼ cup of water; 4 egg yolks; 1 teaspoon of grated lemon rind; ½ teaspoon of salt. Soak the gelatine in the cold water. Beat the egg yolks till light, and add half of the sugar, lemon juice and rind, and beat. When very light, place on a low heat, and cook, stirring till it is like custard. Add the gelatine and see that it is all dissolved. Leave it to cool. Add the whites beaten with the rest of the sugar. Pour into a baked shell. and leave to set. If making Orange Chiffon Pie, substitute 1/2 cup of orange juice; 1 tablespoon of lemon juice; and 1 tablespoon orange rind.

Chocolate Souffle

One ounce of chocolate; 1/4 pint of milk; loz. of butter; loz. of flour; loz. of sugar; a pinch of salt; 1/2 teaspoon of vanilla; 3 egg yolks and 4 egg whites. Dissolve the chocolate in 1 tablespoon of the milk. Do not allow the mixture to boil. Melt the butter, add the flour and cook together for a minute. Add the remaining milk gradually, stir well, and bring to the boil. Cook for a few minutes, and then add the dissolved chocolate, sugar, salt and vanilla. Add the yolks one at a time to the chocolate mixture, beating well. Whip the whites stiffly, and fold into the rest of the mixture. Pour into a greased casserole and bake about 17 minutes. Leave plenty of room for it to rise-put paper round the edges if necessary.

Ginger Souffle

Make the same as the Chocolate Souffle, only omit the chocolate and vanilla, and flavour with 20z. of finely chopped preserved ginger.

Watermelon Slices

Fill a large sized baking powder tin Dear Aunt Daisy, with green jelly, flavoured with lemon juice; and let it set. Fill a small sized baking powder tin with pink jelly, and when it is half set, stir into it seeded raisins dusted in icing sugar, and let it set firmly. Now turn out both jellies and

TE have eaten the big cut them in slices. With the top of the smaller tin, cut the centre out of the green slices, and slip into its place the round of pink jelly. Serve on a flat dish, with cold lemon custard. The green centres can be served next day with a cherry or piece of fruit on each slice. If milk is used instead of water, the jelly colours will be softer, and the dish more nourishing.

Ice Cream Puffs

Fill big cream puff cases with ice cream, and serve immediately with Hot Chocolate Sauce. Boil 1 cup of sugar and 1½ cups of water for 2 minutes. Add 1½ tablespoons of cornflour and a pinch of salt, dissolved in a little water. Boil until clear and smooth-about 3 minutes, Then add 1/4 cup of cocoa dissolved in water. Cook for another three minutes, take off, and add 1 teaspoon of vanilla. Serve Straight away.

Crusted Apples.

Six apples, some apricot or other jam; 2 egg whites; ½ cup breadcrumbs; ½ cup of ground almonds or other nuts; 1/2 cup brown sugar. Remove the cores from the apples, and pare one third down. Put in a baking dish, fill the cavity with jam, and sprinkle with brown sugar. Bake until almost soft. Cool slightly, and paint with beaten egg whites. Sprinkle with almonds and mixed crumbs. Return to the oven and bake 15 minutes at 350 degrees.

Prune Snow

Three egg whites; $2\frac{3}{4}$ cups cooked unsweetened prunes; $\frac{1}{2}$ cup sugar; 3 tablespoons lemon juice; and 1/4 teaspoon cinnamon. Sieve the cooked prunes there should be about 2 cups of pulp. Beat the egg whites until stiff. Add the sugar, lemon juice, and cinnamon to the prune pulp, mixing thoroughly. Fold in the beaten egg whites, and serve with sauce, or stewed fruit.

Strawberry Dainty

Make up your favourite sponge, and cook in two sandwich tins. Dissolve not quite 3/4 of a packet of jelly crystals in a good cup of water, and pour into a plate or sandwich tin to set. Lay it on the bottom sponge cake. It could be set in a basin, whipped when it is just setting, spread over, and then left to set. Cut a big circle out of the top sponge, so that just a rim is left. Put this on the jellied lower sponge. Fill the round hole in the centre with mashed strawberries, cover with cream or mock . cream, and decorate with a few whole strawberries. This makes a few strawberries go quite a long way.

FROM THE MAILBAG

He Sat on Snowdrops!

Some time ago my little grandson sat down on some snowdrops in his white romper suit. Now there is a quantity of dark spots from the juice from these flowers. My daughter has tried boiling the suit, but instead of moving the stains