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EGGLESS CAKES, BISCUITS

THIS is a timely subject. Eggs are always scarce and dear at this time of the year; and even those housewives who have some preserved find that they need them for scrambling, and soufflés, and so many other dishes besides cakes, that they are glad to have some eggless biscuit and cake recipes. Golden syrup is a help in partially replacing eggs; and of course, cake powder.

Wholemeal Chocolate Cake (Eggless)

Two cups of wholemeal; ¼lb. butter or fat; ¼lb. brown sugar; 1½ teaspoons baking soda; ½ cup chopped dates; 3 tablespoons golden syrup; 1½ cups flour; 1½ cups milk; 2 tablespoons cocoa; ½ teaspoon vanilla; ½ cup chopped walnuts if liked. Stir 1 cup of the milk, sugar, butter and golden syrup in a saucepan over heat until the butter melts. Dissolve the soda in the other half cup of the milk. Mix the dry ingredients together, add the warmed milk mixture; then the dates, nuts and essence. Beat well, and lastly add the milk and soda. Bake in a well greased meat dish for about 1½ hours, moderate oven. Ice if desired.

Eggless Fruit Cake

One pound of flour; ¼lb. butter or cod fat; ½lb. of sugar; 1 cup of milk; 3 level teaspoons of baking soda; ¾lb. of fruit, or more if liked; pinch of salt; 3 tablespoons of vinegar; 1 teaspoon of cinnamon; ½ teaspoon mixed spice; 1/3 teaspoon ground nutmeg. Of the flour, some may be wholemeal. Cream the fat and sugar, and add the other ingredients as usual—vinegar last. Bake in a moderate oven 1½ to 2 hours—about 300 deg. for the first hour, then 250 deg. to finish.

Eggless Apple Cake

Dissolve 2 teaspoons of baking soda in 1½ cups of stewed apple, cool, and not too wet. Cream 1 cup of sugar and ¼lb. butter or substitute; add the apples with the soda, and stir in 2 cups of flour sifted with 1 teaspoon of cinnamon; 2 teaspoons of cocoa; ½ teaspoon of nutmeg; a pinch of salt; and 2 small teaspoons of baking powder. Lastly add ¾ to 1 cup of raisins. Bake about 1 hour in a moderate oven.

Eggless Sour Cream Spice Cake

One cup of brown sugar; ½ cup of golden syrup; 1 breakfast cup of thick, sour cream; ¾ breakfast cups of flour; 1 teaspoon of baking soda; 1 teaspoon of mixed spice; ½ teaspoon of cinnamon; and 1lb. of raisins or mixed fruit. Dissolve the soda in 3 tablespoons of boiling water, and add to the syrup. When the syrup is almost dissolved, add the cream and sugar, then the sifted flour, spice and cinnamon, and lastly the fruit. Bake about 1 hour in a moderate oven.

Eggless Chocolate Biscuits

This is a Christchurch recipe. Quarter of a pound of butter or fat; ¼lb. of sugar; 1 dessertspoon of golden syrup; ¼ cup of milk with 1 teaspoon of baking soda dissolved in it; ¼lb. of white flour; ¼lb. of wholemeal; ¼lb. of cornflour; 1 heaped tablespoon of cocoa; pinch of salt; and vanilla. Beat the sugar and fat

well, then add the cocoa, the golden syrup, and the milk with the soda in it. Lastly add the sifted dry ingredients, and a good teaspoon of vanilla. Roll out nice and thin, cut into rounds, and bake in a moderate oven. When cold, stick together with a nice vanilla icing.

Honey and Malt Biscuits (Eggless)

Two cups of wholemeal; 3 tablespoons of cornflour; ¼ cup of golden syrup; 1 dessertspoon of honey; 1 tablespoon of malt; ¾ teaspoon of baking powder; 1 teaspoon of salt; and 2 tablespoons of butter or fat. Cream the butter, syrup and honey; add malt and mix well. Add the dry ingredients, roll into little balls, and flatten with the finger tips on the tray. Bake in a moderate oven.

Coconut Crispettes

Half a pound of butter or shortening; 1 small cup of sugar; 2 cups of flour; 1½ cups of coconut; 2 tablespoons of cocoa; 1 teaspoon of baking powder, and vanilla to flavour. Cream the fat and sugar, add the dry ingredients, and a very little boiling water, to mix. Roll into balls, dip into castor sugar, and flatten. Put them on cold greased trays, and bake in a medium oven. Join with flavoured icing or raspberry jam.

Jelly Crystal Biscuits

In some districts jelly crystals are in short supply, but there are lots of Links who can get them. One packet of jelly crystals; ¼lb. of butter or fat; 3oz. of sugar; 8oz. of wholemeal; and 1 bare teaspoon of baking powder. Beat the fat, sugar, and jelly crystals well. Add the dry ingredients, and mix with milk. Put teaspoonfuls on a cold greased tray, and flatten with a fork. Bake about 15 minutes in a moderate oven.

Joyce's Biscuits

These are delightful, and have very little sugar. Four ounces of butter or fat; 2 heaped teaspoons of sweetened condensed milk; 2oz. of sugar; ½ teaspoon of vanilla; 6oz. of flour; and 1 teaspoon of cake powder. Cream the butter and sugar, add the milk, and blend well. Then add the other ingredients. Put small spoonfuls on a greased tray, flatten with a fork, and bake in a moderate oven till a golden brown. I was given a tin of these when I left for America in 1944, and they lasted me nearly the whole trip—delicious.

Sailors' Biscuits

Melt ¼lb. of butter or cooking fat with 1 tablespoon of golden syrup. Add 1 teaspoon of baking soda dissolved in 2 tablespoons of boiling water. 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. Roll teaspoonfuls into small balls, put them on a cold oven sheet, leaving a space between each. Cook ½ hour in a slow oven.

FROM THE MAILBAG

Soiled Knitting

Dear Aunt Daisy,

I have just completed knitting myself a dress, and now it is finished I notice a tragic thing. I knitted the front of the dress on bone needles, and having broken one, I knitted the back of the dress on steel needles. Now I find that the back

NEW ZEALAND LISTENER, JULY 11